

# SHELTON STATE BASEBALL

## FALL SEASON TEAM MEAL FOOD SUGGESTIONS

A wide variety of food can be provided by parents for the players after each game during the Fall season. Double-Header Tournament games may vary in food needs but can be clarified by Coach Sprowl. The basic guidelines are for each player and coach to have the following:

- 1 or 2 Sandwiches such as: Arby's, McDonald's Chicken Sandwich or Double Cheeseburger/Hamburger, Chick-Fil-A, Subway, Pizza, Peanut Butter/Jelly Sandwiches (popular), Deli meat sandwiches, etc. (We have had success with several restaurants offering team discounts that saves money)
- Chips, Fruit and/or Dessert
- Drinks – A mixture of Water, Gatorade and Soft Drinks Drinks. (Many players prefer Water & Gatorade as do the coaches and trainer)
- Plan on enough food for 42 players and 4 coaches. Away games may vary as not as many travel to many single away games in the Fall. Coach Sprowl will provide information on the approx. number of players traveling to any particular away game.

### \*\*\*Important Reminder

For those families who live out of the immediate area or who are unable to bring meals to a chosen game, we are requesting a \$50.00 donation to help cover the meal. A designated person will be responsible for having food and drinks available for the team after the game. Each game will require 2 parents to volunteer to provide the team meal.