

Hello Westdale athletes and families!

I hope everyone is well. I want to thank all who have already accessed the Google document and signed up indicating their food contributions for the School Boy regatta this weekend. Your generosity and attentiveness are appreciated and we thank you for that.

We are in the last stages of getting prepared, however we have some significant holes in our food list; as we have had only about half of the parents respond. Please take a look at what is left to select from on the Google document spread sheet. Simply click on the link in order to view the document here:

[https://docs.google.com/spreadsheets/d/1HVJfTu3LJp4X3Od6rgN8oKqDBn2-lmUedm1yyW\\_xy7I/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1HVJfTu3LJp4X3Od6rgN8oKqDBn2-lmUedm1yyW_xy7I/edit?usp=sharing)

Select a field where you would like your name to appear and the document will save your selection. I am more than happy to help in any way. Feel free to email/text me (Dina Gadsdon) if you have any difficulty accessing or updating the document. [dgadsdon@hwdsb.on.ca](mailto:dgadsdon@hwdsb.on.ca) (905 869-3462). Again please forward me any questions or concerns over food for the CSSRA's. **Please do not respond to the blog with these questions.** The sooner we complete the list, the better as we only have a few days to pull this off. ☺

A couple of things to recap:

- Each family needs to make, but is not limited to, **3 selections of food contributions.**
- You need to bring the food on the day you have signed up for it. E.g., Do not bring Saturday's food on Friday; we have no storage facilities on the island.
- Your food should be accompanied with all items required to cook/serve your food e.g., bowls, mixing spoons, spatulas, frying pans etc. (we do not have a generator - please no electric appliances)
- Label everything in order that we can identify you as the owner.
- Make certain that your food arrives timely for its meal purpose. e.g., breakfast food should arrive very early in the morning before the first race in order that it can be prepared on time etc.

- Athletes are responsible for their own water. We have no supply of water. Water bottles can be filled at the boat house. Keeping well hydrated is a concern for safety and performance.

### **A Note About Thursday**

This is nearly a full day on the island. There will be no food provided on Thursday. Students will take a bus from the school to the island and back (leaves Westdale at 10am & returns at 3pm). Athletes must pack everything they will need for the day e.g., food, sunscreen, hats, rain gear, boots, layers of clothes, water. This is a practice day; pre-hydrating, proper nutrition and not getting sunburnt are essentials.

**ONE MORE THING!** We so appreciate how busy this time of year is, and yet there is just one more push to the finish! With your help, this will be a success.

Thank you so much Warrior parents and athletes! :) See you on the weekend! ☺