



Swim Families:

One of the traditions that support the great swim program at Kennedy is **Breakfast Club!**

Breakfast as a main dish is provided by the parents of swimmers who practice in the AM and PM. Food is prepared, brought to the breakfast room, and served by parent volunteers. This allows the swimmers to refuel with **quality food** after the morning workout-- before school. All parents of AM swimmers are required to participate. Please sign up for at least one slot per swimmer. If you are unable to provide breakfast you must pay \$30.

Breakfast Club Details

- Sign up for at least 1 slot per swimmer
- Pay \$30 if you cannot participate
- Must be ready to serve by **6:30 AM**
- Bring enough food for **25 hungry athletes**
- Drinks and paper products are provided
- There is a fridge, microwave and outlets in the room, but no stove/oven
- Bring nutritionally valuable food
- NO DONUTS
- Bagels are a side item, not a main dish
- Most appreciated by swimmers....breakfast pizza, pancakes, sausage/bacon, breakfast burritos, eggs, smoothies and fruit (side item), waffles, French toast, egg sandwiches....your creativity and cooking skills are WELCOME!!

