



Swim Families:

Having quality food is very important to athletes. In support of that, the Kennedy Swim Team supplies the breakfast room with healthy food for all swimmers throughout the season. Each swimmer has available to her healthy snack food should she feel hungry.

Fees for the Snack club are:

AM and PM Swimmers \$40  
PM only swimmers \$20

There are approximately 40 days of practice during the school year, so per-use cost is a mere **50 Cents!!** A great bargain for a healthy snack and properly fueled athlete!

### **Foods available**

- 100% whole wheat bread
- Peanut butter, jelly, cheese
- Milk, juice, water
- Apples and bananas
- Cereal
- If you do not pay, your swimmer will not be allowed to participate

