

## Team Game & Refreshment Schedule

**Contact Information:**

Coach: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Asst. Coach: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Team Parent: \_\_\_\_\_ Phone: \_\_\_\_\_

Date	Time	Field	Refreshments
			Fruit: Snacks:
			Fruit: Snacks:
			Fruit: Snacks:
			Fruit: Snacks:
			Fruit: Snacks:
			Fruit: Snacks:
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**REMINDERS:**

**GAME DAY:** Please arrive 20 minutes before the game. Make arrangements in advance if you must miss the game or arrive late! Wear uniform, shirt tucked in, shin guards, socks and cleats. Wear sweats UNDER uniform if very cold. Bring ball, water bottle and best manners.

**SNACK:** Parents assigned to half-time fruits should bring fruits high in water content and easily handled without much mess (such as grapes). You should also bring water, ice and cups. Parents assigned to end-of-game snacks should bring drinks (pouches, boxes or bottles only, please no cans) and a nutritious snack (granola bars, trail mix, etc.) for all players .  
 Please DO NOT bring chocolate as a snack.