

Caroline Cavaliers Football Club (Caroline High School)

Good afternoon,

It is that time again! We are several months out from our 1st game. As we do every year, we are asking local churches, restaurants, and civic organizations to help us feed our guys and gals before their games, both JV and Varsity. We will acknowledge your support by announcing you as the team meal sponsor of that game on our website and Facebook page. We really appreciate you! Thank you for your continued support. Proper nutrition directly impacts the players' athletic performance. Coach Johnson has provided guidelines for the meals. Please review the game dates below and the menu options. Let us know which meal option you choose, and a first and second choice of game dates. There are approximately 45 players on each team and 7 coaches.

Meal options:

1. **Spaghetti (with red meat sauce)**, salad, and garlic bread or rolls.
2. **Baked or Grilled** chicken, green beans, broccoli or salad, and rice (white, brown, dirty).

NO fried food, pizza, bacon, sausage, ribs, ribeye steak, fast food, lasagna, alfredo/butter/cream sauces, chips, soda, or desserts for the players. If these items are brought, they will be refused.

Important information:

1. The school can provide the players with drinks.
2. Coach wants the team to eat at 3:30 pm, allowing time for digestion. Please arrive by 3:15. If you cannot deliver the meal, we can arrange for someone pick it up and serve it to the team.
3. All meals are at held in the Caroline High School cafeteria. Please park behind the school, by the entrance closer to the gym. We will have someone there to help you with set up and serving.
4. Serving materials (paper plates, forks, napkins, cups) are welcomed too. Please let us know if we need to provide those: (Carolinecavaliersfc@gmail.com).
5. If you have questions or concerns, feel free to contact me with the above information.

Thank you for all you do to support the Caroline Cavaliers football team and our community!

JV games are on Wednesday and Varsity games are on Friday

Select	DATE	Varsity Games	Select	DATE	JV Games
	8/25	JR TUCKER		8/23	@ JR TUCKER
	9/8	SPOTSYLVANIA		9/6	@ SPOTSYLVANIA
	9/15	@ KING WILLIAM		9/13	KING WILLIAM
	9/22	@ EASTERN VIEW		9/20	EATERN VIEW
	9/29	CULPEPER		9/27	@CULPEPER
	10/6	CHANCELLOR		10/4	@CHANCELLOR
	10/13	@ KING GEORGE		10/11	KING GEORGE
	10/20	@ COLONIAL HEIGHTS		10/18	COLONIAL HEIGHTS
	10/27	COURTLAND		10/25	@COURTLAND
	11/3	@ JAMES MONROE		11/1	JAMES MONROE