

Ohana Night

Ohana, means family... A Ohana night is a time for the team to gather the night before a race. It builds excitement and helps with pre-race jitters. While it might seem daunting to host the team. It's actually very fun and a great way to get involved!

It's recommended to partner with another parent on the team when hosting an Ohana night. Student typically arrive at 6PM and leave at 8PM. The host family will provide pasta, plates, forks napkins, water and a cooler for ice.

Students will bring:

Freshman: Drinks (individual cans, no soda please)

Sophomores: pre-sliced, prepared garlic bread

Juniors: Salad, prepared and ready to serve

Seniors: Desserts cut and ready to serve

Cooking the Pasta

Typically, 50-60 athletes. 8 lbs. of pasta will serve a group this size. The team loves marinara meat and pesto sauces. Serving with parmesan cheese is always a hit. Having a few large pots helps speed up the cooking time. Having 5 pounds ready as the athletes arrive and water boiling to cook more as needed helps with leftovers.

Setup

We recommend you setup and have the kids eat outside. Folding chairs and tables work but the athlete will sit anywhere and if you are limited on sitting, picnic blankets. Have trash outside as the kids should clean up when they are done eating.

Have a cooler outside with ice for freshman to put drinks in as they arrive.

Questions,

Samantha Donohue (Veteran of many Ohana Nights) 707-849-8001

Head XC Coach, Greg Fogg 707-291-2967

2023 MCHS XC Ohana Sign-up

Include Name, Address, Phone Number

8/24: HOST: Samantha Donohue , 1536 Spirit Hawk Place 95409 707-849-8001

9/8: HOST: _____ HELPER: _____

9/26: HOST: _____ HELPER: _____

10/3: HOST: _____ HELPER: _____

10/10: HOST: _____ HELPER: _____

10/17: HOST: _____ HELPER: _____

11/10: HOST: _____ HELPER: _____