

Box Lunches

Each box lunch includes utensils, a cookie, a pickle, and a choice of side.

Sunday

Saturday

MCALISTER'S CLUB™

Turkey, ham, Applewood Smoked bacon, cheddar and Swiss cheese, lettuce, tomatoes, McAlister's Honey Mustard™ and lite mayo on toasted wheat bread.

Turkey

Turkey on a choice of wheat, rye, sourdough or rosemary ciabatta, lettuce and tomatoes.

Ham

Ham on a choice of wheat, rye, sourdough or rosemary ciabatta, lettuce and tomatoes.

Roast Beef

Roast Beef on a choice of wheat, rye, sourdough or rosemary ciabatta, lettuce and tomatoes.

THE MEMPHIAN®

Roast beef, smoked ham, turkey and provolone cheese, lettuce and tomatoes on a wheat hoagie.



2010 Junior Varsity Lacrosse Louisville/Stickhead Lacrosse Tournament Trip March 12-14, 2009

ITINERARY: See attached. We will leave Friday afternoon from St. East High School and travel to Louisville on a coach bus. We will stay at Marriott Courtyard, Louisville, KY. The hotel has an indoor pool, full breakfast included. The boys will stay 3 in a room, Coaches will select roommates.

WHAT IS INCLUDED: Transportation, hotel, tournament fees, all meals (except the two fast food dinner stops on the road), donated snacks/drinks on the bus ride.

PERMISSION SLIP: See attached. Needs to be signed and returned as soon as possible to your coach by Thursday practice, March 11th.

COST: \$225 Please make check out to "St. Charles Boys Lacrosse." Include with signed permission slip and return, no later than Thursday, March 11th, to: JV Coaches

WISH LIST: As we attempt to control costs and are a parent-supported team, we would ask for any parent donations of the following:

1. 8 cases of water (partnering up is ok, we will not need more than this)
2. 6 cases of Gatorade equivalent
3. 2 cases soda (preferably diet/twist top individual bottles for spillage)
4. apples, oranges, grapes
5. chips & cookies (for bus/hotel snacks)
6. napkins/garbage bags

TO BORROW FOR TRIP (please label for safe return):

1. 4 rolling coolers
2. 2 portable canopy/sunshades (one already promised)

Any parents wishing to go and/or chaperone, we would love to have you. Discounted hotel rooms are available, limited space:

Room	Single Rate	Double Rate
King Suite	99	99

Courtyard by Marriott

10200 Champion Farms Drive
Louisville, KY 40241
Phone: 502-429-9293

(Call for reservations by March 10th; the block is under "St. Charles Lacrosse").

TRIP COORDINATOR: Bob Haley (bob_haley@comcast.net or 630.945.3167)



**St Charles Lacrosse Club
2010 Louisville JV Tournament Trip
March 12-14, 2010**

Permission

Player Name _____

I give permission for my son to travel with the St Charles Boys High School Lacrosse Club on the Louisville JV Lacrosse Tournament trip to Louisville, KY, from March 12, 2010, to March 14, 2010.

I acknowledge that my son will be under the supervision of team coaches and team chaperones, and that he is expected to comply with the policies of the Club and the direction of the coaches and chaperones.

I acknowledge that:

1. I have signed a medical release form for my son to participate on the team, and that this release applies during this trip.
2. I have signed an athletic liability and waiver for my son to participate on the team, and that this release applies during this trip.
3. I have read and signed the Community Unit School District 303 Code of Conduct, and that this Code is fully in force on this trip. I recognize that any violation of the Code of Conduct by my son while participating on this trip could result in his being immediately sent home at my expense. Additional disciplinary action may result as well.

Signed

Parent Signature

Date

Parent Contact Phone Number: _____