



Come Join our Team for a

Seton Swimming Pre-Season Party

Who: All Swim Team members and anyone who might be interested in joining the team. Parents are welcomed.

What: Join us for an afternoon of outdoor games and food. Burgers, hot dogs and drinks will be supplied by the team with sides and salads supplied by Pot Luck

Where: Coach Dalrymple's House
10850 Justabout Farms Lane, Nokesville, VA 20181

When: Saturday, November 10, 2019

Schedule of Events:

2:00 p.m. Arrive
2:15 p.m. Pick Teams
2:30 p.m. Potato Salad (explained below)
3:30 p.m. Water Balloon Wars (explained below)
4:30 p.m. Eat Hamburgers and Hot Dogs and Pot Luck sides and salads
6:00 p.m. Clean-up

What to Bring: Bring a side dish or salad to share. Parents should bring a lawn chair.

RSVP: RSVP with Sign-Up Genius [here](#)

The Outdoor Games

Potato Salad

- There are four teams, each wearing a different colored set of flags from flag football.
 - There will be separate rounds for boys and girls
 - One colored team has a boy's squad and a girl's squad. We will play a girl's round and then a boy's round.
- There are four roped areas, one for each colored team, arranged in the corners of a large field. Each team has one of these roped areas as their home base.
- Each team has 15 colored potatoes (potatoes wrapped in colored duct tape) and 5 are placed in each of the other teams area
- The object of the game is to get all 15 of your potatoes back into your own area
 - The game ends when someone gets all 15 potatoes into their base
 - One point per potato in your base at the end of the game
- Each player has two "lives" that correspond with the two flags they are wearing (the flag football flags).
- If you are inside any circle or not holding a potato, you are safe, but as soon as you exit a circle with a potato in your hand, you can get flag pulled off.
- If you lose a flag, you have to return the potato to where you grabbed it and return to your home base before you can reengage in the game.
- Passing the potato through the air is legal, but if it is not caught by a teammate or if it hits the ground and doesn't come to rest inside of your team's home base, the potato has to be returned to where it was first found and the thrower loses one flag.
- No player is allowed to touch another team's potato except to knock down a pass.
- As a wild card, one of the referees will have an unmarked potato that can be dropped discretely anywhere on the field. If someone finds the unmarked potato, the referee whistles everyone to freeze. Then the player who found it has 30 seconds to run free and gather potatoes for his/her team.
- The score for the boys round and the girls round will be combined into one score for the winner.
- It is not hard to imagine numerous strategies for both offense and defense including mass attacks on a single opposing team's base or a heavy defensive strategy to wipe out the other team's players.
- Equipment needed:
 - 10 flag football flags for each of 4 colors – green, blue, red and purple
 - 15 potatoes wrapped in colored duct tape for each of 4 colors – plus one unmarked potato
 - Colored rope and tent stakes to make home base areas
 - A whistle
 - A first aid kit for the boys round ;-)
 - 4 referees
 - 1 scorer

Water Balloon Wars

- There may be separate battles for boys and girls, depending on the number of participants
- Each team lines up in battle lines on opposite ridges on a large field
- Each team has a Battery of 5 large balloon slingshots and a bucket full of 100 water balloons
 - These are the artillery pieces and the caissons
 - The caissons are about 20 feet behind each artillery pieces
- Mixed in among each team's lines are coaches standing on chairs. The coaches are not allowed to jump off of the chair – if they fall off the chair, that counts as a hit. But Coach Lowell would never take the cowards way out I'm sure ;-)
 - I'm not sure if the female coaches are up for this, so at a minimum, we will have Coach Koehr, Coach Mulhern, Coach Zadnik and Coach Halisky as targets on the chairs. If Coach Ross and Coach Dalrymple are not up for getting hit by a screaming fast water balloon that has flown 100 yards in the air at 60 miles per hour, I'd certainly understand.
- Scoring: 5 points for each coach that is hit and 1 point for each opposing player that is hit
- When the game begins, a runner has to run back to the caisson and retrieve one water balloon at a time
- Then, with three people working each slingshot, they shoot the water balloon to achieve the maximum number of points.
- The battle ends when all 200 water balloons have been fired.
- Equipment needed
 - Two large keg buckets, one for each battery, full of 100 water balloons
 - 10 100-yard water balloon slingshots
 - 400 water balloons
 - 4 clipboards for 4 scorers
 - A change of clothes for the coaches