



#### **EVENT OVERVIEW:**

**WHEN:** Saturday, March 7<sup>th</sup>, 2026

**WHERE:** Crying Eagle Brewery, 1165 E. McNeese St, Lake Charles LA 70607

**TIME:** 11:00 AM – 3:30 PM

**Open to the Public:** Everyone and anyone can register a cooking team, and everyone is invited to attend.

#### **WHY WE'RE HOSTING THE COOK-OFF:**

*A Cook-Off with a Purpose!* The Shells & Tails Seafood Cook-Off isn't just about delicious food and friendly competition; it's about making a difference. This event directly supports SWLA Youth Foundation, a non-profit organization dedicated to empowering today's youth to make informed decisions.

Every sponsorship, cooking team entry, and donation helps fund vital educational programs, services, and opportunities for youth in our community.

When you join us, whether as a sponsor, vendor, cooking team, or supporter, you're not just part of a fun community event, it's also an opportunity for our community to help provide educational programs to our local high school students. We are committed to empowering today's youth with the knowledge to make informed decisions. Dedicated to preparing young people to be community leaders, future employees, and volunteers helping to create a healthier, stronger community.

#### **TEAM REGISTRATION:**

- Team registration deadline: **February 27, 2026** (limited availability for teams).
- Registration fee is **\$150.00** per team.
- Each paid Team registration is provided **4 entry bracelets** (1 per team member).
- Please visit [www.swlayouthfoundation.org](http://www.swlayouthfoundation.org) to register teams and pay fees.

#### **SPONSORSHIP OPPORTUNITIES:** (Details listed on attached form)

For more information or to take advantage of our sponsorship opportunities please visit [www.swlayouthfoundation.org](http://www.swlayouthfoundation.org)

### **AWARD WINNING:**

1<sup>st</sup>, 2nd place and 3<sup>rd</sup> place; winners will be determined by a panel of 3-4 judges. There will also be a people's choice award given.

### **PEOPLES' CHOICE VOTING BUCKETS:**

The tasting public will receive 3 tickets for voting with each wristband purchased. The cook-off team with the most tickets in their buckets wins the Peoples' Choice Award at the end of the competition time. All voting will stop at @ 2pm and team ticket buckets will be collected. This is where you want to encourage your friends, families and customers to come out and vote for you.

### **JUDGING:**

Judging will be done in one round and begin at 12:00pm. Each team must submit a sample in the unidentified containers given to them the morning of event. Judge's decisions are final.

### **TEAM RESPONSIBILITIES:**

- The Team Captain will be responsible for insuring that the booth area is kept clean, both during and after the event. Teams are responsible for disposing their own trash in the provided containers.
- The Team Captain is responsible for paying registration fee and submitting team registration forms and waiver.
- The Team Captain is responsible for the conduct of their team members. As well, the Team Captain shall be responsible for his/her team's compliance with the rules and regulations herein set forth.

### **TEAM RULES:**

- Teams consist of 4 members, 1 team captain, and 3 team volunteers.
- Each team will be provided a 10x10 cooking area.
- **Primary protein must be seafood.** All seafood must be boneless. Meat can be seasoned ahead of time.
- Must cook a minimum of **3.5 gallons** to serve **100** people.
- All food must be prepared on-site.  
*(Roux, stock, marinades may be prepped in advance.)*
- Teams must provide all cooking and cleaning supplies, cookware, serving tools, tents, tables, chairs, aprons, grills, burners, first aid kits, and any other items needed, just like you would for a tailgating setup.

- Teams must supply the necessary items to give samples (cups, plates, napkins & utensils, unless donated).
- Team members are responsible for cleaning their designated cooking area throughout the event. Waste bins will be provided, and a dumpsite will be available.
- Water will not be provided; all teams should bring the appropriate amount of water needed.
- Teams will not have access to power on-site. If power is needed, please bring a generator that can fit your space.
- Due to space limitations cooking trailers will not fit and cannot be accommodated within your assigned cooking area. Thank for your understanding.
- Beverages will be available for purchase after 10:00 AM. Participants should provide their own beverages for their team members prior to 10:00 AM. **(No glass bottles allowed.)**
- Team members must wear serving gloves and either a hat or hair net.
- Failure to follow these rules will be grounds for disqualification.
- The fundraising committee reserves the right to make additional regulations as situations warrant. Decisions of this committee are final.
- All rules and regulations can also be found on our website at [www.swlayouthfoundation.org](http://www.swlayouthfoundation.org).

**Event Schedule:**

7:00 AM	Set up & Cooking Begins
12:00 PM	Judges Containers Picked Up
	Public Tasting & Voting Opens
2:00 PM	People's Choice Voting Closes
2:30 PM	Award Presentation
4:00 PM	All clean up needs to be done