



POLAR PLUNGE

Polar Plunge is an annual fundraising drive for those brrrr-ave enough to take the challenge! Participants - or “plungers” - raise funds to get wild and plunge into chilly water and we would love for the Knights of Columbus to join us.

Join us online as we plunge at home to support the mission of Special Olympics Florida! This year we are doing it up BIGGER and better than ever and we would love for the Knights of Columbus to join in on all the virtual fun! What a fun way to challenge the Knights.

Register at SOFLPOLARPLUNGE.COM

WHAT IT IS:

#PLUNGEATHOME is a way to support Special Olympics Florida and have some fun while many of us are home.

We want you to be creative and have fun as you take the #PLUNGEATHOME! But we want you to be safe too, so please don't do anything dangerous. Here are a few ideas you can try – take a cold shower or fill your bathtub with ice cubes (remember to wear a swimsuit), plunge in your pool, plunge at the beach, run through a sprinkler, have your favorite action figure plunge into a water cup, or get sprayed with a hose outside. Most of all have fun!

YOU HAVE THE OPPORTUNITY TO SPONSOR AN ATHLETE FOR A FULL YEAR OF SPORTS WITH A DONATION OF \$350

FUNDRAISING TIPS AND TRICKS

How to raise \$350 in a week!

Day 1 - Make a \$50 donation to yourself to get started!

Day 2 - Send an e-mail to five friends asking them for a \$20 contribution. Don't forget to also ask them to take the #PLUNGEATHOME with you!

Day 3 - Ask five relatives for a \$10 contribution!

Day 4 - Ask five neighbors for \$10 to support your fundraising goal!

Day 5 - Send an e-mail to four family friends asking for a \$5 donation and (of course) ask them to join your Plunge team, too!

Day 6 - Ask four people at your favorite hangout, restaurant or tavern for a \$5 donation!

Day 7 - Post on Facebook asking for a \$20 donation from three friends to help you reach your fundraising goal. Don't forget to also ask them to take the #PLUNGEATHOME with you!

#PlungeFL #challengeacceptedplungeFL #specialolympicsfl

