

**Rochester Polar Plunge
Charlotte Beach
Lake Ontario Beach Park
February 8, 2009
www.Polarplunge.net**



**Special Olympics
New York**



What is a PLUNGE?

A unique, wacky experience! Raise funds from friends and family to support your jump, or slow crawl into the chilly waters!

Earn Great Prizes

Plungers must raise \$60 to take the Plunge and receive an official PLUNGE sweatshirt!

Raise more money and earn more great prizes like official Plunge merchandise, gift cards and more! Visit our website for more info!



**Freezin' For A Reason
POLAR
PLUNGE**

Get Started!

Grab your friends, family and co-workers and start a team!!

Log on to

**www.specialolympicsNY.org
or www.polarplunge.net** and register your team and make your Personal Plunge Page!

Email your link to all of your contacts and let them know you are taking the Plunge and you want their support! Talk about the Plunge to everyone you know!

For more information contact Melissa Wiggins at 585.586.7400 or mwiggins@nyso.org



Log on to our web site to:

- Start your own Personal Plunge Page
- Recruit Teammates
- Download Fundraising Tips
- Donor Receipts
- Learn about Special Prizes, Incentives and Contests
- Rookie Tips
- Read stories of past Plungers

**Rochester Top 2008 Team
Teddy's Crew- \$16,000+**

**Rochester 2008 Individual Fundraiser
Fr. William Scanlon - \$10,100+**

**Rochester 2008 COOL SCHOOL
Brockport**

Thank You To Our Sponsors:

Beat the BEST in New York!
Top Team - Suffolk County Police Academy - \$40,000+
Top Individual - Fr. William Scanlon - \$10,100+



