

Polar Bear Plunge

January 30, 2010

Longview Lake

Plunging begins at noon.

If you can't do the splash, how about donating
some cash!!

Check the back side of the handout for directions to
sign up or to donate to your favorite polar bear.

Donate at lunch or at the basketball tournament.

Be cooler than cool. Be polar. Take the plunge!



Who: anyone interested in helping the Special Olympics by jumping in Longview Lake (YOU!!!)

What: run, walk, swim, or crawl into a frozen Longview Lake

When: January 30th

Where: Longview Lake

Why: to raise money to support year-round sports training and athletic competition for more than 15,000 children and adults with mental disabilities who participate in Special Olympics Missouri.

Rules:

- Must be 10 years or older
- Must raise at least \$75 (hopefully more!) by the event date
- Must wear shoes and at least a swimsuit to plunge
- No wet suits allowed

Benefits:

All participants who meet minimum goal will get free sweatshirt

If you go above and beyond in raising funds for the athletes, you can also earn :

\$300 level: Digital Photo Key Chain OR Recycled Nylon Backpack OR Performance Long Sleeve Microfiber Shirt

\$500 level: Spectator Cooler Chair OR Grill Cooler OR Afghan Throw

\$1,000 level: Computer backpack with Laptop Sleeve OR Soft Shell 3-layer Spandex Hooded Jacket OR 3 in 1 Webcam, Speaker and Microphone

How to register:

1. Go to www.somo.org
2. Click on polar bear plunge icon/words
3. Click on Kansas city-Jan 30
4. Click register now
5. Fill out step 1
6. Step 2
 - a. Join an existing team
 - b. Pleasant Hill High School Stuco
7. Step 3
 - a. Drop down bar to "1"
8. Step 4
 - a. Disregard "LETRagency"
9. Step 5
 - a. Retype billing information to school info
 - b. 1 Rooster Way-address
 - c. 540-3111-phone

YOU'RE DONE!!!

How to donate online: *this requires a credit card

1. click on polar bear plunge
2. click on Kansas city
3. click on search for participants
 - a. under "find another Polar Bear"
4. type in desired name or team (Pleasant Hill High School Stuco)

OR

1. go directly to the Polar Bears page
ex: www.somo.org/victoriacaskey

*Create your own page to make it easier for donators to find you within your dashboard under the icon called "my page"