

## PLUNGE TEAM BUILDING 101

TIMELINE	WHAT TO DO
<b>2-4 months before</b>	<ul style="list-style-type: none"> <li>• Register your team at PlungeMN.org.</li> <li>• Set team goals and create a plan to achieve them.</li> <li>• Recruit team members.</li> </ul>
<b>2-3 months before</b>	<ul style="list-style-type: none"> <li>• Hold a team kick-off party.</li> <li>• Continue recruiting team members.</li> <li>• Begin collecting donations - it's never too early to start.</li> </ul>
<b>1-2 months before</b>	<ul style="list-style-type: none"> <li>• Hold a team fundraiser.</li> <li>• Make sure your team members are registered online.</li> <li>• Start planning your team's costumes.</li> <li>• Attend a Plunge info session, if you have questions.</li> </ul>
<b>1-2 weeks before</b>	<ul style="list-style-type: none"> <li>• Ensure you have the most current pre-registration and day of registration Plunge details from PlungeMN.org and communicate them to your team.</li> <li>• Set a time and place for your team to meet on the day of the Plunge.</li> </ul>
<b>Day of Plunge</b>	<ul style="list-style-type: none"> <li>• Meet your Plunge team at the planned location.</li> <li>• Ensure each team member registers, turns in pledges and collects incentives.</li> <li>• Take a team photo.</li> <li>• Hold your breath, Plunge into the icy water and have fun!</li> </ul>
<b>After the Plunge</b>	<ul style="list-style-type: none"> <li>• Collect any late pledges and mail them to Special Olympics Minnesota.</li> <li>• Thank team members for their efforts!</li> <li>• Host a wrap up party to recognize your team members.</li> <li>• Send us your Plunge photos, videos and stories.</li> <li>• Take the plunge survey and help us improve future Plunges.</li> <li>• Start planning for next year!</li> </ul>