

# PLUNGING IS EASY!

## STEP 1 REGISTER

**Step up and help a cause that's worth freezing for.** Face the cold and register for the Polar Plunge for Special Olympics Minnesota.

Collect all the courage you have and take a dip in one of Minnesota's beautiful lakes in the middle of the winter. Visit [PlungeMN.org](http://PlungeMN.org), click REGISTER and sign-up today!

REGISTER



**There is no "I" in Plunge, but there is a "team" in Special Olympics Minnesota.**

Don't have all this fun by yourself — form a Polar Plunge team!

One thing we know for sure is that Plunging is even more fun when you have a crew doing it with you. Throw on those costumes, get those creative vibes flowing and form a team! Grab your best buds, teammates, family members or co-workers and Plunge together. Set your goals high and blow it out of the water! Make this fundraiser a party!

## STEP 2 FORM A TEAM

## STEP 3 TELL THE WORLD

**We know you don't want to jump in a frozen lake in the middle of the winter without telling everyone.** Spread the word!

Share what you're doing on social media, call your grandparents (or grandkids—and hey, if that's the case, good for you!), e-mail your friends and tell your neighbors. Let them know what that you're PLUNGING for Special Olympics Minnesota. There's no doubt they'll support you!

I'm taking the Polar Plunge! #PlungeMN



**Here comes the awesome part!** Every dollar you raise helps one of our amazing Special Olympics Athletes, so get out there and raise that cash!

Make it your own personal mission to surpass your goal. See how much Polar Plunge gear you can earn by raising all the money you can for the more than 8,100 Special Olympics Minnesota athletes across the state.

## STEP 4 RAISE \$\$