

## SOCIAL MEDIA SAMPLE POSTS

Brain freeze got your mind blanking on how to share about your Polar Plunge on social media? No worries! We've got you covered with some sample social media posts that you can easily copy, paste and post to your favorite social media site(s).

Help me support the 8,100+ athletes who participate in Special Olympics Minnesota. Please donate to my Polar Plunge team! #PlungeMN *<insert link to team page>*

THE POLAR PLUNGE IS HERE! Please help me reach my fundraising goal by donating to my Plunge team. It'd be pretty COOL if you did. #PlungeMN *<insert link to team page>*

Its winter in MN, so why don't we jump into an icy lake together? LET'S DO IT. Support Special Olympics MN & join my Plunge team! #PlungeMN *<insert link to team page>*

YOU can make a difference! Help me reach my fundraising goal as I Polar Plunge for Special Olympics MN. BRRing it on! #PlungeMN *<insert link to team page>*

I'll be freezin' for a reason at the 2018 Polar Plunge! Help me support Special Olympics MN by making a donation to my Plunge team #PlungeMN *<insert link to team page>*

***Be sure to include a link to your Plunge page at the end of each post!***

## HELPFUL TIPS

- Get creative! Feel free to edit and personalize these posts however you want.
- Add a photo! Have an awesome picture of you Plunging last year? Cool. Use it in your social posts!
- Share it! Twitter? Check. Facebook? Check. Instagram? Check. Spread the word about your Polar Plunge on ALL of your social media sites!