

PLUNGE TEAM BUILDING 101

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