



# FUNDRAISING TOOLKIT

## GENERAL

**PRESENTED BY LAW ENFORCEMENT**  
for Special Olympics Minnesota

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Minneapolis, MN 55402

763.270.7140  
[PlungeMN.org](http://PlungeMN.org)



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# WELCOME TO THE POLAR PLUNGE

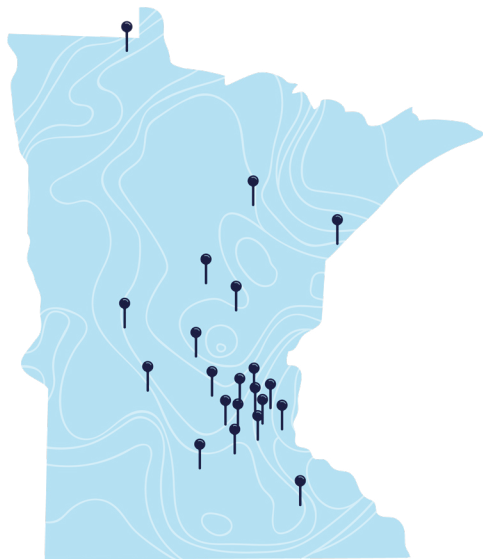
## THE POLAR PLUNGE IS A SERIES OF EVENTS WHERE PEOPLE JUMP INTO A FROZEN LAKE TO SUPPORT SPECIAL OLYMPICS MINNESOTA

Special Olympics Minnesota (SOMN) is part of a global movement of people creating a new world of inclusion and community. Through athletic, health and leadership programs, SOMN aims to create a world that accepts and welcomes every single person regardless of ability or disability. All funds raised from Polar Plunge support over 8,200 athletes across the state who participate in Special Olympics programs such as Young Athletes, Unified Sports, Healthy Athletes and ALPs University.

Just thinking about registering for the Polar Plunge? Already registered and not sure what to do next? Either way, you're in the right spot! Check out all of the resources in this packet to help you go above and beyond your goal, taking your support of Special Olympics Minnesota to the next level.

## PLUNGE LOCATIONS

21 locations. 1 mission to be a part of. Find a Plunge near you at [PlungeMN.org](http://PlungeMN.org)!





# SOCIAL SHARING

Utilize Facebook, Twitter, LinkedIn and Instagram to reach out to your friends and family when asking for donations. Make sure that you link your Plunge Account to your posts so it's super easy for people to donate right to you! **Another important reminder: don't create a Facebook Fundraiser – that money won't count towards your total for the Plunge!**

## TIPS

Get creative! Feel free to share pictures and videos to your posts. Check out Polar Plunge on YouTube for some great videos.

Have a personal story? Share it with your followers and let them know why you Plunge.

Tag Polar Plunge and Special Olympics Minnesota in your posts!



@PlungeMN | @SOMinnesota



@PlungeSOMN | @SOMinnesota



@PlungeMN | @SOMinnesota

## SAMPLE POSTS

*Help me support the 8,200+ athletes who participate in Special Olympics Minnesota. Please donate to my Polar Plunge page! #PlungeMN <insert link to personal Plunge page>*

*You can make a difference! Help me reach my fundraising goal as I take the Polar Plunge for Special Olympics Minnesota. #PlungeMN <insert link to personal Plunge page>*

*'Tis the Plunge season! Help me support Special Olympics Minnesota by donating to my Polar Plunge! #PlungeMN <insert link to personal Plunge page>*



# EMAIL OUTREACH

Email is an incredibly effective fundraising tool and is a great way to spread the word about your Plunge, ask others to join your team and ask for donations to your cause.

## TIPS

Make it personal: Tell your story. Share with others why you participate, whether it's because you're Plunging for fun or because you love Special Olympics Minnesota.

If you've Plunged before, share a picture of your previous jump!

If it's your first time, share your nerves and excitement!

Have fun with it! Make a contest or game out of it: maybe the first person to donate or the largest donation gets a gift from you!

Follow-up. Be sure to say thank you to donors after they make their donation, and again after you take the Plunge. Send them a picture of you Plunging with the results from the event.

## SAMPLE TEXT

*You can support my Plunge several ways. The best and easiest is to visit [PlungeMN.org](http://PlungeMN.org) and donate online. My personal page can be found at [PlungeMN.org/\(personal url\)](http://PlungeMN.org/(personal url)). You can check this page to see my goal, money raised and a photo of me after the Plunge!*

*If you can't support my Plunge through a donation, why not consider joining me in taking the Plunge? You can join my team online at [PlungeMN.org/\(personal url\)](http://PlungeMN.org/(personal url))! To learn more about the Polar Plunge and Special Olympics Minnesota, visit [PlungeMN.org](http://PlungeMN.org).*

## EMAIL BANNER

Include an email banner at the bottom of your email talking about your Plunge participation. It can be a sentence or two about the Plunge or you can use the Plunge email banner icon to show potential donors exactly what you'll be doing! You can even link the image to your personal Plunge page.

# DONATION IMPACT

**\$2.50**

Provides a first place athlete with a gold medal at an SOMN competition.

**\$5**

Provides a meal to an athlete at an SOMN competition.

**\$10**

Provides a hearing screening and hearing aids to an SOMN athlete.

**\$15**

Provides a dental screening, education and tools to an SOMN athlete.

**\$20**

Provides physical therapy screening and coaching to an SOMN athlete.

**\$30**

Puts a child through an 8 week SOMN Young Athletes season.

**\$45**

Sends a coach to SOMN's Sports Academy training program.

**\$60**

Provides an eye examination and a pair of glasses to 2 SOMN athletes.

**\$100**

Sends a Unified Pair to SOMN's Athlete Leadership Program.

**\$250**

Implements a Respect Campaign into a school, business, or organization.

**\$300**

Provides necessary equipment for an entire Young Athletes season.

**\$500**

Provides funding to start a new Special Olympics Minnesota Delegation.

**\$1,250**

Sends an SOMN athlete to Special Olympics USA Games.



# HOW TO RAISE \$150 IN SEVEN DAYS

DAY	THE ASK	TOTAL PER DAY	GRAND TOTAL
1	Kick start your fundraising by adding a personal contribution of \$10.	\$10	\$10
2	Send an email to three friends asking for a \$10 donation. Don't forget to also ask them to take the Plunge with you!	\$30	\$40
3	Send an email to three of your favorite relatives asking for a \$10 donation.	\$30	\$70
4	Ask one parent and one sibling for \$10 each. Your birthday or a holiday is bound to be right around the corner!	\$20	\$90
5	Ask two neighbors for \$10.	\$20	\$110
6	Ask five people at your favorite restaurant, coffee shop, tavern or local community hang out spot for \$5.	\$25	\$135
7	Ask your best friend or significant other for a \$15 donation. And (of course) ask them to join your Plunge team, too!	\$15	\$150



# HOW TO RAISE \$500 IN TEN DAYS

DAY	THE ASK	TOTAL PER DAY	GRAND TOTAL
1	Kick start your fundraising by adding a personal contribution of \$25.	\$25	\$25
2	Ask three family members to match your personal donation of \$25.	\$75	\$100
3	Ask your best friend to donate \$25.	\$25	\$125
4	Ask your boss for \$25. Don't forget to ask if they have corporate matching!	\$25	\$150
5	Ask five friends to donate \$10 each.	\$50	\$200
6	Ask five more friends to donate \$10 each.	\$50	\$250
7	Ask five businesses that you frequent to donate \$10 each.	\$50	\$300
8	Ask five co-workers to donate \$10 each.	\$50	\$350
9	Ask five neighbors to donate \$10 each.	\$50	\$400
10	Post on your social media pages and ask for 10 people to donate \$10 each.	\$100	\$500





# DONOR RECEIPTS

Use the donor receipts for cash donations or checks made out for less than \$20. Checks made for \$20 or more will receive a receipt from Special Olympics Minnesota in the mail. All online donors will automatically receive a receipt via email.

**POLAR PLUNGE DONOR RECEIPT**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Donation Amount: \_\_\_\_\_ Date: \_\_\_\_\_

Plunger Name: \_\_\_\_\_

Form of Payment:  Cash  Check

*Thank you for your donation. Special Olympics Minnesota is a 501(c)(3) nonprofit organization. Your donation is tax deductible to the extent allowed by law.*

**POLAR PLUNGE DONOR RECEIPT**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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