



POLAR PLUNGE



FREEZIN' FOR A REASON

Rochester Polar Plunge
Ontario Beach Park - Sunday, February 2nd, 2025

What is a Polar Plunge?

Last year over 2,000 brave souls plunged into the chilly waters of Lake Ontario while hundreds of spectators looked on with excitement. These people are your neighbors, friends, and of course, Special Olympics New York Athletes. Help us raise money for these athletes by asking your friends, family, coworkers, etc. to support you in taking the PLUNGE! Then, take a dip or slow crawl into the chilly waters of Lake Ontario. Every plunger that raises \$100 receives an official Plunge sweatshirt. Raise more money and receive great prizes! Whether you would like to plunge or support a Plunger, come join us on February 10th!

How to Get Started?

Log on to www.PolarPlunge.net and click the Register Here button. You can start a team, join a team or join as an individual. Set up your personal Plunge page and you are on your way to be Freezin' for a Reason!

Toss Your...

Boss, Coach, Kid, Neighbor, Parent, Principal, Teacher, Superintendent! You name it, they Plunge! Set a fundraising goal. If YOU hit it, they PLUNGE or match your fundraising efforts! It's a great way to get everyone involved!

Did You Know?

Special Olympics New York has 66,835 athletes and unified partners competing in year round Olympic-style sports. Our athletes and their families or caregivers are NEVER CHARGED to participate! It costs approximately \$500 to support one athlete for one sports season. Set your plunge goal for \$500 and you have sponsored an athlete for an entire season!



Sign up today! www.PolarPlunge.net

For more information please contact:

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