

Polar Plunge Teams

Welcome Team Captain



Special Olympics Wisconsin would like to welcome you as a Team Captain for the 2012 Polar Plunge! As a Team Captain you will lead your teammates on their mission to be “Freezin’ for a Reason,” while making a positive impact on the lives of nearly 10,000 Special Olympics athletes in Wisconsin.

Team Captain Tips

- Ask team members to register online and create their own customizable personal web page & take advantage of the fundraising tools.
- Talk about the Polar Plunge Incentive prizes with your team and get each of them motivated to aim for earning a certain prize - **\$75** - Official Polar Plunge Long Sleeve T-shirt, **\$200** - Beach Towel, **\$350**-Hoodie, **\$600** - Fleece Jacket, **\$1,000** - Cumulative prizes and **\$1,500** - \$150 gift card and cumulative prizes.
- Send your teammates periodic updates through the Plunge email system. Keep your team members informed of progress toward your goals and offer fundraising tips.
- Plan a team-building meeting. (Food is a great motivator!) Show pictures and tell fun stories if you’ve taken the Plunge before. Ask your veteran plungers to share some tips about the day of the event.
- Create a friendly competition amongst team members by offering some fun team incentives...like buying your top fundraiser dessert after The Plunge.
- Encourage your team members to request sets of paper polar bears from your Regional Special Olympics office at (262) 598-9507, Ext. 2, or rtudjan@specialolympicswisconsin.org. Paper polar bears are free to our Plungers. Team members can ask area businesses to sell these for \$1 each and all the money raised will count toward your team total!

What is the Plunge all about?

Based on an idea from an International Law Enforcement Torch Run® conference in Alaska in 1998, the Polar Plunge started at Lake Onalaska in the La Crosse area in 1999 and raised \$30,000. In 2000, four more Plunges were added. Now offering 12 Plunges, Special Olympics Wisconsin boasted over 9,300 Plungers in 2011 and raised nearly \$1.9 million dollars. Funds raised by the Polar Plunges support local programs across the state and provide cognitively disabled children and adults with competition opportunities, leadership training and health programs.

SpecialOlympicsWisconsin.org



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Getting your team registered

A team can be any size...a group of two friends, 10 co-workers or 50 students from your school. Plunging as a team is a blast, and is the most popular way to participate.

- To get registered as a team you must first decide who will be the **Team Captain**.
- The Team Captain is responsible for registering online **first** and setting up the team web page by establishing the team name and adding a team photo or logo to the team web page.
- Once the team web page is created, the Team Captain can send out an e-mail letting people know that they can start signing up. **EACH** Team member **MUST** register individually and then will be asked to select the team that he/she would like to join.
- **EACH** team member is responsible for raising pledges and must raise \$75 to receive the official Polar Plunge long-sleeve T-shirt.
- Teams are encouraged to get creative and Plunge in costume, matching T-shirts or a team theme!
- If you have questions regarding how to handle a general donation made to your team (for example if your company donates \$500 to your Plunge Team), please e-mail Raechel at: rudjan@specialolympicswisconsin.org. Team donations are accepted and can be split up amongst team members.

