

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 and make 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 and take advantage of the fundraising tools.
- Talk about the Polar Plunge incentive prizes with your team and get them motivated to aim for earning a certain prize: **\$75** - Official Polar Plunge Long Sleeve T-shirt, **\$175** - Beach Towel, **\$350** - Hoodie, **\$600** - Fleece Jacket, **\$1,000** - all incentives mentioned above and **\$1,500** - \$100 Kwik Trip gift card and all incentives mentioned above.
- Send your teammates periodic updates through the Plunge email system. Keep your team members informed of progress towards your team goal 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 plunging and Plunge day.
- Create a friendly competition among team members by offering some fun team incentives...like buying your top fundraiser supper after the event.
- Encourage your team members to request sets of paper polar bears from your Regional Special Olympics office by calling (608) 789-7596 or emailing gloedek@cityoflacrosse.org. They are free to our Plungers and team members can ask area businesses to sell these for \$1 each and all the money raised will count toward your team total!

What the Plunge is 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 high 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 are encouraged to raise a minimum of \$75 to receive the official Polar Plunge long-sleeve T-shirt. Remember, by raising more money you can earn other great incentives.
- Teams are encouraged to get creative and Plunge in costumes, matching T-shirts or a team theme!
- If you have questions regarding how to handle receiving a general donation made to your team, for example if your company donates \$500 to your Plunge Team, please call Kerry at (608) 789-7596 or email gloedek@cityoflacrosse.org. Team donations are okay and can be split up among members.

Team Prizes

If your team raises over **\$2,500 online by Friday, February 17th**, you will earn the following:

- Buffalo Wild Wings Bash.
- Team shuttle bus to pick your team up at a location of your choosing.
- Preferential Plunge time.

After Friday, February 17th Special Olympics will contact the Team Captain to discuss arrangements for your team prizes.

Toss your Boss or Too Chicken?

Interested in putting together a Plunge team at work and everyone's Too Chicken to Plunge? There are some options for you and your co-workers:

- Toss your Boss
 - To Toss your Boss, you and your co-workers must work together to raise a minimum of \$1,000.
 - Find a way to "break the ice" to your boss and make sure they are willing to be tossed.
 - Visit the Toss your Boss section of the webpage to learn more!
- Too Chicken to Plunge
 - Jumping into a freezing river isn't for everyone but the Polar Plunge is!
 - While your team is plunging, you can hang out at the Mississippi River edge and stay dry in the Too Chicken To Plunge Chicken Coop.
 - Visit the Too Chicken To Plunge section of the webpage to learn more!