

# SPECIAL OLYMPICS NEW YORK

# POLAR PLUNGE®

## What is a Polar Plunge?

Neighbors, Friends, and others from the community brave the icy waters to raise money for the Athletes of Special Olympics New York. Every plunger that raises \$150 receives an official Plunge sweatshirt. Raise more money and receive more great prizes!

To get started, visit [www.polarplungeny.org](http://www.polarplungeny.org) and select the Plunge you'd like to join and sign up!

**Because raising money spreads awareness, all Students Receive community service hours!**



## When are the Polar Plunges?

Downstate, we have 3 amazing Plunges in March and April

### TOBAY Polar Plunge:

March 13th at TOBAY Beach

### Rockaway Queens Polar Plunge:

March 20th at Rockaway Beach 94th St.

### Splish Splash Polar Plunge:

April 17th at Splish Splash Water Park

### Virtual Polar Plunge

Deadline, April 18th

Come and join us for one, two, or all three!

Sign up today!

[www.polarplungeny.org](http://www.polarplungeny.org)

**For more information and details on our Virtual Plunge, please contact:**

Casey Maloney, Special Olympics New York  
631-458-4078  
[cmmaloney@nyso.org](mailto:cmmaloney@nyso.org)

# Help the Athletes get Back in the Game!

# Registration Form

Please include your personal information here:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_  
DOB (optional) \_\_\_\_\_  
Phone (day) (\_\_\_\_\_) \_\_\_\_\_  
Phone (evening) (\_\_\_\_\_) \_\_\_\_\_  
E-mail \_\_\_\_\_  
Circle one:     I am plunging with a team  
  
                  I am plunging as an individual  
  
Team Name: \_\_\_\_\_  
Cash & Checks: \_\_\_\_\_  
Online: \_\_\_\_\_  
Total: \_\_\_\_\_

As you collect sponsors and donations, please provide their information below:

Name:	Amount
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Bring this with you on the day of the plunge or mail it to:  
Special Olympics New York  
Attn: Casey Maloney  
560 Broadhollow Rd, Suite 106  
Melville, NY 11747

