

POLAR PLUNGE



COOL SCHOOLS CHALLENGE

Special Olympics
Oklahoma





WHAT IS A POLAR PLUNGE?

The Special Olympics Polar Plunge is the coolest event of the winter! A Polar Plunge is a fundraising challenge made to an individual or group challenging them to dive into a cold body of water in order to raise money for Special Olympics. Each participant collects pledges from family, friends, and businesses in the hopes of raising lots of money to support over 12,100 Special Olympics athletes in Oklahoma.

The Plunge events occur in 12 different cities in Oklahoma from late January through the end of February. Each plunger raises a minimum of \$75 dollars to take a jump into the frozen water.



WHAT IS THE COOL SCHOOLS CHALLENGE?

Challenge - something that by its nature or character serves as a call to battle, contest, special effort, etc. Here's your running call to battle. Take the challenge and put your school up against other area schools taking part in the Polar Plunge. Battle it out with other schools for bragging rights.

Are you a teacher, coach, or student who is looking for a whole school engagement activity? Cool Schools is a great opportunity to get your classmates, teachers, school clubs, and school resource officers together to show school spirit and raise money for Special Olympics Oklahoma. Your participants can earn great prizes and you can designate 10% of what you raise back to your schools Special Olympics team.



HOW TO GET STARTED

1- Register online

2- Create a team

3- Recruit students and faculty to join your team

4- Share your online fundraising page with coworkers, family, and friends

5- Organize fundraising events at your school

6- Earn great prizes based on the money you raise

THE MORE YOU RAISE, THE MORE YOU EARN

\$75

Exclusive 2022 Polar Plunge T-Shirt

\$250

Mug, Socks or Portable Charger

\$500

Blanket, Towel or Hooded Sweatshirt

\$1,000

Jacket or Bluetooth Speaker Sports Bottle



MORE PRIZES!



The top fundraising school will receive an award and have bragging rights over the other schools. Plungers are also eligible for the following awards:

- Best Costume
- Best Team Costume
- Top Fundraiser
- Youngest Plunger
- Oldest Plunger





COOL SCHOOLS TIPS

Thank you for signing up for the Polar Plunge. Now it's time to get other students and faculty to join you!

- Promote your school's Plunge team by hanging flyers, posters, sign-up sheets and other kinds of eye-catching materials throughout the school.
- Further promote your team in the school newspaper, with PA announcements and through the school's Facebook page.
- Besides challenging other schools, have a friendly internal competition between classes, clubs, sports teams, etc., to see who can recruit the most Plungers. Reward the winning group with a prize.
- Host a fundraising event:
 - Approach school staff with a dress down/jean day, where employees make a donation for the opportunity to wear jeans for the day
 - Toss Your Teacher Challenge
 - Provide a donation jar for each class
 - Do you have prime parking spots reserved in your school's lot? Consider putting them up for auction each week, with proceeds benefiting your Plunge team.

Every dollar you raise supports the athletes of Special Olympics Oklahoma and our goal of making the world more inclusive! When you participate in the Cool Schools Polar Plunge, you are helping students with and without intellectual disabilities change the world.



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