



# FREEZIN' FOR A REASON!

**ORLANDO**

**POLAR  
PLUNGE**

**FEB. 11**

Polar Plunge is an annual fundraising drive for those brrrr-ave enough to take the challenge! Participants/Plungers raise funds to **get bold in the cold** and plunge into chilly waters at three different locations in Florida. It's the coolest event in Florida – literally – and it's all for an amazing cause! All proceeds help Special Olympics Florida provide year-round sports training and competition, important health services, and inclusive programs for nearly 60,000 athletes with intellectual and developmental disabilities.

Join or start a team, fundraise, create a costume, have fun, and make a splash for INCLUSION!

## GET STARTED

- 1 Find your Plunge here → [Polar Plunge locations](#)
- 2 Invite friends and followers to join the Plunge
- 3 Use tools from our [Social Media Kit](#) tools to post about your involvement
- 4 Check out these resources available to make your fundraising easy
  - > [A-Z Guide for Team Captains](#)
  - > [Fundraising Incentives](#)
  - > [Fundraising Email Sample](#)

**Promote your involvement on social media!**  
**Be sure to tag us!**



@SpecialOlympicsFlorida



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[www.SOFLpolarplunge.com](http://www.SOFLpolarplunge.com)  
or scan the QR code

