



## 2022 Polar Plunge | St. Johns | Mar. 26

**Polar Plunge** is an annual fundraising drive for those brrrr-ave enough to take the challenge! Participants – or “plungers” – raise funds to get wild and plunge into chilly water at three different locations across 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 training and services for nearly 60,000 unified partners and athletes with intellectual and developmental disabilities. Fundraise, create a costume, laugh, cheer, and PLUNGE with a community that shares your passion to help individuals with intellectual disabilities thrive and excel.

### #PolarPlungeFL | #SpecialOlympicsFlorida

Below please find additional information and resources for Polar Plunge. Thank you for your support in helping us educate others!

#### How To Get Started

- Find your Plunge: [Polar Plunge locations](#)
- Invite your followers to support Special Olympics Florida and join the **#PolarPlungeFL**.
- Use any of the items in this [Social Media Kit](#) to post about your involvement online.
- Check out these resources available for your fundraising efforts!
  - [A-Z Guide for Team Captains](#)
  - [Fundraising Incentives](#)
  - [Fundraising Email Sample](#)

#### Promote Our Channels: Tag Us!

- Facebook: [@specialolympicsflorida](#)
- Instagram: [@specialolympicsfl](#)
- LinkedIn: [@special-olympics-florida](#)
- Twitter: [@soflinfo](#)
- TikTok: [@specialolympicsfl](#)
- Polar Plunge website: [soflpolarplunge.com](#)