



## SACKET HARBOR

### 3rd Annual Sackets Harbor Polar Plunge

Saturday, April 7, 2018 // Registration 11:00AM to 12:30PM—Plunge at 1:00PM

#### What is a Polar Plunge?

Last year 200 participants braved the icy waters while hundreds of spectators looked on with excitement. These brave souls are your neighbors, friends and of course Special Olympics New York athletes. Help raise money for these athletes by asking your friends, family, coworkers, etc. to support you in taking the PLUNGE! Then, take a dip or slow crawl into the chilly waters of Lake Ontario.

Every plunger that raises \$100 receives an official Plunge sweatshirt. Raise more money and receive more great prizes!

#### How to Get Started?

Log on to [www.polarplungeny.org/SacketsHarbor](http://www.polarplungeny.org/SacketsHarbor) and click the Register Here button. You can start a team, join a team or join as an individual. Set up your personal Plunge page and you are on your way to be Freezin' for a Reason! Check out the site for more great information about team building and fundraising tips!

Also, check out our Facebook page

[www.facebook.com/SacketsHarborPolarPlunge](https://www.facebook.com/SacketsHarborPolarPlunge)



#### Did You Know?

Special Olympics New York has 71,889 athletes and Unified Partners competing year round in 22-Olympic-style sports.

Our athletes and their families or caregivers are NEVER CHARGED to participate!

It costs approximately \$400 to support one athlete for one sports season.

Set your Plunge goal at \$400 and you have sponsored an athlete for an entire season!

For more information please contact:

Cassandra Rucker

Director of Development - Special Olympics NY  
6315 Fly Road - East Syracuse , NY 13057  
[crucker@nyso.org](mailto:crucker@nyso.org)

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Fundraise \$100+  
to receive a  
FREE official 2017-2018  
Polar Plunge sweatshirt.

# Registration Form

3rd Annual Sackets Harbor Polar Plunge  
301 West Main Street, Sackets Harbor  
Saturday, April 7, 2018 // Registration 11:00AM to 12:30PM—Plunge at 1:00PM

Please include your personal information here:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) (        )

Phone (evening) (      )

E-mail \_\_\_\_\_

Check box:  I am plunging with a team

□ I am plunging as an individual

Team Name:

Cash & Checks: \_\_\_\_\_

Online: \_\_\_\_\_

Total: \_\_\_\_\_

Bring this with you on the day of the plunge or mail it to:

Special Olympics New York  
Att: Sackets Harbor Polar Plunge  
6315 Fly Road  
East Syracuse, NY 13057



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2017-2018  
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# SPECIAL OLYMPICS 50 YEARS 1968 - 2018

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