

IS YOUR SCHOOL COOL enough for the PLUNGE ?



Be a part of the Cool Schools challenge!

Cool Schools is an initiative that allows schools throughout the state to show their school spirit while showing their support for **Special Olympics Delaware athletes** by taking the Plunge.

Now in its 21st year, the Plunge is an annual fundraiser in which participants raise money by gathering pledges. It all starts by forming a Cool School plunge team and then chilling out with thousands of Polar Bears at Rehoboth Beach. Invite your classmates, teachers, families and friends!

When & Where is the Lewes Polar Bear Plunge?

Sunday, February 5, 2012 at 1:00 PM — Rehoboth Beach, DE

All Participants must check-in at the Rehoboth Beach Bandstand

Registration tents open at 10:00 AM

**** Designate a meeting spot with your teammates ****

Arrive early to secure parking, register and enjoy the town with fellow polar bears!

Early check-in is available at the Atlantic Sands Hotel — Feb 3 (5-8pm) or Feb 4 (10-1pm & 5-9pm)

Advertise your Cool School Plunge Team

Included in your kit are posters and plunge cards that you can post around the school. Set up a registration table during lunch and encourage your friends to join you in freezin' your fur! Making waves in your school to support inclusion, acceptance and respect will help make a difference in the lives of people with intellectual disabilities.

Benefits to You and Your School ...

- Earn service learning credits
- *Official* Polar Bear Plunge Sweatshirt & Après Plunge Party
- Added Incentives for individuals raising over \$250
- Help raise awareness for Special Olympics Delaware
- Creating inclusion for all athletes
- Pizza Party awarded to school raising the most \$\$
Alexis I. duPont Dippers — 2011 winners raising over \$5,000!



Questions?

Contact unifySODE@gmail.com or Special Olympics Delaware, Project Unify Liaison Leslie Wagner, 302-353-6275, www.plungeDE.org


COOL SCHOOLS PLUNGE Online Registration Steps

Step 1 — Create a School Team:

1. Pick a team name that includes your SCHOOL NAME first
(ex., Delaware High School — Wave Jumpers)
Schools can create more than one team!
2. Email Special Olympics Delaware Project Unify at unifySODE@gmail.com
We will mail your school Plunge Tool Kit with posters and cards.

Step 2 — Polar Bears Register Online:

by **Thursday, January 26, 2012** to guarantee your *Official* Polar Bear Plunge Sweatshirt the day of the plunge. *Fastest and easiest method to expedite plunge check-in!*

1. Go to www.plungeDE.org.
2. Click on [Online registration](#).
3. Click on 
4. Pre-register with \$10 or pay the full \$50.
5. Create your FirstGiving account. Complete all steps until you finish payment. FirstGiving is your personal fundraising page that tracks your funds raised online and will be available at the registration tent.
6. On plunge day all participants need to:
 - bring their balance due or have a minimum of \$50 raised online
 - bring a SIGNED Waiver Form, under 18 requires a parent signature
7. Want to raise more than the minimum of \$50?
Send your FirstGiving link through twitter,
facebook and email to gather more donations.



facebook

* AN OPTIONAL MAIL-IN REGISTRATION PACKET IS INCLUDED IN YOUR TOOL KIT BUT ONLINE REGISTRATION IS HIGHLY PREFERRED.
IF NEEDED, PLEASE MAKE ADDITIONAL PHOTOCOPIES.

It's Never too late to PLUNGE!

You, friends & family can register the day of the event.

Bring your \$50 and a SIGNED Waiver Form — your sweatshirt will be mailed post-event.



SPREAD THE WORD TO END THE WORD

Visit the Project UNIFY tent on the boardwalk where youth will be collecting pledges from spectators and bears to end the use of the R-word!

www.r-word.org



Rally your school on 03.07.12

Bear Essentials

Tips to making the plunge bearable ... and fun!

1. Bring a robe ... great for putting on while waiting to go in and great to slip into as you dry off.
2. Keep your feet covered until the last possible moment; water shoes make navigating the surf easier.
3. Bring extra towels or a blanket to stand on — remember, the sand is like ice!
4. Wear layered, loose-fitting clothes they are easier to get into when fingers are cold.
5. Plunge with a friend ... use the bear buddy system so someone knows you are there.
6. The YMCA offers free showers and a changing area to all Bears!
[Rehoboth Beach YMCA](#)
105 Church St, Rehoboth Beach
Don't forget to bring a plastic bag for your wet clothes.
7. NO DIVING!
Or entering the water head first!



Gather your fellow bears & *SHOW YOUR SCHOOL SPIRIT!*



Polar Bear Plunge teams are welcome to plunge in style!

- ★ Dress in costumes
- ★ Show your school colors
- ★ Pick a theme for your team
- ★ Bring your school banner, mascot or band

Recruit your fellow students, faculty & friends to join in the fun freezin' your fur!

