

# POLAR PLUNGE

Special  
Olympics  
Northern California



## 4 EASY STEPS TO GET YOUR COMPANY INVOLVED

### 1 REGISTER NOW AT PLUNGECA.ORG

Once registered, share your link with your co-workers. Your company can form one big team, or several smaller teams to fuel the competitive spirit! Be sure to designate a Team Captain to oversee each group. And we encourage you to challenge your corporate neighbors!

### 3 RALLY YOUR CO-WORKERS!

Come up with and encourage fun group costume themes (YES, costumes are celebrated). And don't forget about the cool fundraising incentives.

### 2 GET TO FUNDRAISING!

Each participant must raise a minimum of \$125 to participate.

### 4 JUMP IN!

Share in a memorable moment with your team members as you leap into the chilly waters to show your support of Special Olympics athletes. Make sure to document the day with photos, videos, and hashtags to share back to your company.

For more information, please contact:  
[celiag@sonc.org](mailto:celiag@sonc.org)



*Scan Me*

For more details and  
to register



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