



## MIDDLE SCHOOLS, HIGH SCHOOLS, COLLEGES & UNIVERSITIES

When the holidays are over by January your students and faculty are feeling a little sluggish. The cold weather has them down, not much to do but watch football and complain about school work! (well, that's about to end)

### Have them saying "IT'S NICE in THE ICE" for Special Olympics!

1. You can use the Plunge as a "Team Builder," i.e. Sport Team Challenge or Faculty Challenge or both!
2. See which team, club or department can raise the most funds for Special Olympics. This can be accomplished several ways:
  - \*\* Choose one member to represent his or her team, club or department. Have all the members collecting pledges to support that one person. Or... have each team member take the plunge and collect pledges.
  - \*\* Take a digital picture of each student or faculty member to attach to a can for pledges; set the cans in the cafeteria and/or faculty room or wherever there is a lot of traffic, and the student or faculty member with the most pledges will choose who will take the plunge.
  - \*\* Have each team come up with a theme and design costumes and/or t-shirt to be worn to the plunge and select a very special "Team" name.
  - \*\* Make a sign for your school with a graph to show how much the students and/or teachers have collected to keep the other Teams on their toes trying to match funds.

*These are just a few ideas ...be creative...go for it....  
there are unlimited ways to make this work for your school.*
3. Your school team can pitch a tent and hang a banner showing your School Spirit in Iglooville the day of the plunge. Details are enclosed for you to review.
4. Form a Tug-a-War team and strive to take home the TEAM TROPHY and a picture.
5. New in 2011 you can even have members of your team register as "Chicken Plungers". Details enclosed.
6. This will be a win-win project. Special Olympics will be receiving funds raised to help us to continue to support our program. We offer 17 sports and competitions to our athletes with intellectual disabilities. Your school will benefit from the team-building atmosphere. Your students and/or faculty will be gaining team-building skills as they work together to meet their goals for the plunge and they will be putting their creativity to work.

### IGLOOVILLE – What is it?



**Iglooville** is the Polar Plunge's answer to "Tailgating." It's a very large area set aside for teams and even individual groups of plungers to set up a tent, hang a banner or sign, or do something else to let everyone know who they are.

It gives you a meeting place for all your team members, a place to leave your many layers of clothing, etc. It is a great place to call home at the plunge.

The atmosphere at Iglooville is invigorating! Remember your teams are going to be saying

**"IT'S NICE in THE ICE".**

**Iglooville** gives the plungers the opportunity to meet and get together and go to the **PHOTO BOOTH** for their TEAM picture. Following the plunge, a free picture will be sent to the person who registered at the **PHOTO BOOTH**.

## **CHILLVILLE** – What is it? **Always weather permitting!**

**Chillville** is the Polar Plunge's pre-plunge play area. It's an area set set-aside for anyone attending to participate in games and various activities prior to the plunge.

In **Chillville** you will find a Moon-Walk and Bungee Race (weather permitting). In addition you will find our semi-famous Super Bowl Football Team Trivia Game as well. DJ Tommy will be playing music and you will also find "Rascal" from our Harrisburg Senators, McGruff the "Crime Dog" and some of our local High School Mascot's just hanging out, waiting to have their pictures taken with some of our participants.

We will once again offer our Tug-a-war Team competition.

### **YOUTH DIVISIONS**

**Division 1 – 8-16 years of age (mixed teams)**

### **ADULT DIVISIONS**

**Division 2 – Over 18 Male**

**Division 3 – Over 18 Female**

**Division 4- Over 18 Mixed**

We are requesting that teams or groups that wish to participate pre-register by calling the Area M office at 732-6756 or emailing [sopaaream@aol.com](mailto:sopaaream@aol.com), or download the form from our web site and mail it to us.

The atmosphere at **Chillville** is pure-enjoyment! There is something for every one of all ages to participate in. Prizes and awards for their efforts make a visit to **Chillville** even more fun!



**SO YOU ARE TOO CHICKEN TO PLUNGE...**Do you want to join the cause and help the Athletes of Special Olympics? We have the answer for you! You will earn the same incentive prizes (with the exception of the tee-shirt-you will earn the Chicken Plunger Tee-shirt) based on your pledges handed in. We have a very special event planned just for Chicken Plungers and it has nothing to do with cold water.

**You won't want to miss this fun event.**

**All you need to do is go online to [www.sopam.org](http://www.sopam.org)**

**or [www.plungepa.org](http://www.plungepa.org) to register**

**or call our office at 717-732-6756**