

POLAR PLUNGE



FREEZIN' FOR A REASON



2010 Polar Plunge Pledge Form

Plunger: _____

Plunge Team Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

T-Shirt Size (circle one):

Youth: S M L Adult: S M L XL XXL XXL

To guarantee your t-shirt size, you must submit your form and a minimum of \$50.00 in donations by the pre-registration deadline for your Plunge

Contributions may be paid in cash or preferably by check payable to:
SOWA or Special Olympics Washington

Donations in any amount are appreciated! You can also make credit card donations online at www.sowa.org

DONOR NAME	ADDRESS	PLEDGE AMOUNT				
		\$50	\$25	\$10	\$5	OTHER
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						
					PLEDGE TOTAL	

Incentives

Collect Pledges to earn great prizes!

\$50 - An official Polar Plunge Long-sleeved T-Shirt and a free lunch

See www.sowa.org for additional incentives for pledges of \$250, \$500, \$1000, \$2500, \$5000!

Special Prizes for...

- Top Fundraising Adult Plunger
- Top Fundraising Youth Plunger
- Top Fundraising Group (5+ Plungers)
- Highest Fundraising Public Safety Group
- Largest Group of Plungers

How to Raise \$250 in ONE WEEK

Day 1: Your personal contribution \$30

Day 2: Ask your partner or a friend \$20

Day 3: Ask four relatives for \$15 each \$60

Day 4: Ask four friends for \$15 each \$60

Day 5: Ask four co-workers for \$10 each \$40

Day 6: Ask neighbors for \$10 each \$40

Day 7: You've done it!..... Total raised... \$250

See the Polar Plunge resource section at

www.sowa.org for more fundraising ideas.