

Wright's Chapel Polar Bear Plunge

Thank you for your interest in participating in the Polar Bear Plunge! In this event, we get cold so others can stay warm. The 2011 plunge raised about \$18,000! We hope to top that amount again this year. All proceeds are used for emergency assistance in Caroline County. You should find everything you need in this packet to volunteer as a Mama or Papa Bear.

Mama and Papa Bears volunteer to go in the water at Lake Land'or at the plunge. Each Bear has a fund-raising goal of at least \$500. We hope that Mama and Papa Bears will go in the water regardless of funds raised, but they may hold out until their goal is reached.

Once you have returned the enclosed volunteer form, you can start raising money. There is a sponsor form in this packet for you to use, but please collect money before the plunge. There are also receipts for you to give to your sponsors. They can use this receipt for tax purposes. If you need more receipts, you may make copies yourself or request more from Wright's Chapel. Ask for sponsors at your church, work, and neighborhood. Who might like to see you in the water in February?

Funds will be distributed in two ways. Money raised by community leaders will be donated to the Glory Outreach in Bowling Green and St. Mary's Food Bank for food and clothing assistance. Money raised by those who are plunging as representatives of a church will either be kept by the church for their emergency assistance program or may be given to Glory Outreach and St. Mary's.

There is a list of safety considerations included in this packet. Please make sure to read these! All participants must wear shoes. All plungers will need to designate someone not plunging to be their "buddy." The buddy will keep their eyes on that plunger the entire time they are in the water and sound the alarm if there is any sign of trouble. All plungers must sign and return the enclosed waiver.

We have included a letter and sponsorship form in your packet. If you know of a business that might be interested in sponsoring this event, please ask them! You can count their contribution towards your fund-raising. Any business or individual that gives at least \$100 by January 1st can have their logo or name on the t-shirt.

Children under 16 are not permitted to take the plunge unless they have an adult in the water with them. One adult cannot be responsible for more than one child in this event.

Those who register by January 15th and raise at least \$100 will receive a t-shirt. Those who register later and raise at least \$100 may receive a t-shirt if they are available. **This year, you have the option of getting a hooded sweatshirt. If you would like one, please include \$10 with your registration to cover the extra cost.**

While we will still accept donations after the plunge, it would be best to have money turned in before or at the event. Please make every effort to turn in your donations by Feb. 4th.

If you have any questions about the plunge, call Molly or Charles at Wright's Chapel (804-448-1251).

The plunge is moving to Lake Land'or this year!