



WE'RE FREEZIN' FOR A REASON!



Learn more about the Fishkill Polar Plunge! Read our FAQs!

WHAT IS A POLAR PLUNGE? It's a wacky and fun tradition that benefits athletes with disabilities. The Fishkill Polar Plunge is one of Special Olympics New York's primary annual fundraisers in the Hudson Valley region. In exchange for tax-deductible donations (done online and with pledge sheets) to Special Olympics New York, participants brave the chilly waters at Sharpe Reservation (Camp Mariah) in Fishkill. CSEA has had a team at the Fishkill Polar Plunge every year since 2008.

WHEN IS THE PLUNGE? This year's Fishkill Polar Plunge is scheduled for Saturday, Feb. 24, 2018. The event has grown so much over the years that organizers now have two plunge times. We make the jump during the 10:30 a.m. plunge. Registration begins at 9 a.m. Participants sign in, hand in pledge sheets and donations, change into their chosen plunge attire and join the pre-plunge festivities!

HOW DO I JOIN THE CSEA TEAM? You can sign up for our CSEA Polar Plunge team and make tax-deductible donations by visiting our team page at <https://tinyurl.com/CSEAPlunge2018>. Whether you're jumping as an individual or recruiting a group of fellow CSEA members to join you, we ask that you enroll on our CSEA Southern Region team to help us maximize our impact!

HOW MUCH DO I HAVE TO RAISE? Special Olympics asks that participants taking the plunge raise a minimum of \$100. Those reaching that minimum earn a Fishkill Polar Plunge hooded sweatshirt (a perfect way to warm up after taking the plunge!). Team members become eligible for additional prizes when they hit other fundraising milestones.

HOW DO I COLLECT DONATIONS? Participants have the option of using a paper pledge form and/or your online fundraising site on our team page to collect donations. Many team members use both. Cash and check donations should be tracked on the pledge sheet. Checks should be made payable to Special Olympics New York, with "CSEA Southern Region" in the memo line. Printable copies of the pledge form are posted on our website at <https://cseany.org/r3>.

HOW DO I ASK FOR DONATIONS? There are many ways to raise money. Social media is a great tool – post your individual link from our team page and explain that donations help the athletes of Special Olympics. E-mail is another way to give friends and family the chance to donate. Some people even send handwritten letters! Also available on our website at <https://cseany.org/r3> are printable mini-flyers that are perfect to hand out to co-workers. Some groups have made additional efforts such as a fundraising dress down day at work to benefit Special Olympics.

WHAT ELSE DO I NEED TO KNOW ABOUT THE DAY OF THE PLUNGE? Participants and spectators should park at SplashDown, 16 Old Route 9W, Fishkill. Shuttle buses will transport everyone up to Camp Mariah, as no parking is allowed there. After you register, come join us at the cabin with the CSEA banner outside. The cabin is heated and has changing rooms available. Be sure you bring a towel and a warm change of clothes. Those with long hair might consider bringing along a hairdryer.

Still have questions? Call Jessica at the CSEA Southern Region Office at (845) 831-1000.