

About CSEA and the Fishkill Polar Plunge

CSEA has supported Special Olympics by participating in the Fishkill Polar Plunge for the past decade! Not only is the Fishkill Polar Plunge a great union-building activity, bringing CSEA members together from various locals and units, it is also a way to help people with developmental disabilities feel joy and a sense of achievement by competing in various Special Olympics athletic opportunities! **It is also a great way to show our communities that CSEA members enthusiastically support local non-profit organizations.**

Some background info if you plan to take the plunge or attend as a spectator:

- **Parking is at Splashdown Beach, 16 Old Route 9, Fishkill. Shuttle buses will transport you up to Camp Mariah.**
- **The plunge is on Saturday, Feb. 16, 2019. Our plunge time is 10 a.m. Registration starts at 8:30 a.m. We recommend arriving on the earlier side.**
- **Cash/Check donations may be turned in on the day of the event.**
- **Those taking the plunge will be issued a wristband. Hooded sweatshirts will be awarded to those raising \$100 or more.**
- **The holiday season is a great time to kick-start your fundraising. If you have a union or office holiday party, announce that you're participating in the Fishkill Plunge and ask for support! We've heard of participants hosting office bake sales, asking management to approve a fundraising dress down day, and more. Don't hesitate to ask for support!**
- **Once you're signed up on the team website, share your personal link via social media. Facebook, Twitter and Instagram accounts are great places to garner fundraising support!**

Some additional tips via the Fishkill Polar Plunge website:

Tips for Rookies

- ◆ Register as a team member online at <https://tinyurl.com/TeamCSEA2019>
- ◆ Recruit additional team members! The more Plungers, the more FUN!
- ◆ Be unique and wear a costume! Encourage your teammates to do the same!
- ◆ Remember to pack a towel and water shoes
- ◆ Wear your swimsuit under your clothes so you'll be ready for the Plunge fun
- ◆ Bring along easy to slip-into warm clothes and shoes for after the Plunge
- ◆ For your safety, never dive into the water
- ◆ Bring a plastic bag for wet clothes, and a waterproof backpack or bag to store your dry clothes
- ◆ A disposable, waterproof camera is a great way to capture a Plunger's view of the excitement
- ◆ Invite a pal to witness, photograph and have a towel at the ready for when you leave the water
- ◆ Don't forget to thank your donors and send them photos after the event!