

2024-2025 COOL SCHOOLS POLAR PLUNGE TOOLKIT



Polar Plunge Montana

The Polar Plunge® is a Law Enforcement Torch Run® signature event. It is a unique opportunity for individuals, clubs, organizations and schools to support local Special Olympics Montana athletes by jumping, running or slowly crawling into the frigid and icy waters of Montana. The first Polar Plunge was held in Whitefish, Montana in 1999. Since then the events have grown to 15 different plunges held all over the state with over 5,000 participants raising more than \$300,000 annually for Special Olympics Montana.

What is a Cool School?

A cool school is a group of students, faculty and staff brave enough to take the dip into freezing cold waters to support Special Olympics Montana programs in their schools and communities. Gather your friends, teammates, teachers and principals and create a Polar Plunge team together. Together create memories and raise funds to support Special Olympics athletes in your school and community. Or plan an Freezin' for a Reason event at your school.

Why Fundraise?

Every dollar you raise supports the athletes of Special Olympics Montana and our goal of making the world more inclusive! When you participate in the Cool Schools Polar Plunge, you are helping students with and without intellectual disabilities change the world.

THIS ISN'T JUST A PLUNGE, IT'S A BOLD, BRAVE STATEMENT TO SHOW THE WORLD YOU CARE ABOUT INCLUSION!

LAW ENFORCEMENT TORCH RUN



POLAR PLUNGE

FOR SPECIAL OLYMPICS MONTANA 

2024

- Eastern MT Plunge | Sidney | 12/5/24
- Great Falls Plunge | Great Falls | 12/6/24
- Miles City Plunge | Miles City | 12/6/2024
- Middle of Nowhere Plunge | Glasgow | 12/7/24
- Subzero Superhero Plunge | Havre | 12/7/24
- Billings Polar Plunge | Billings | 12/13/24



2025

- Southwestern Plunge | Butte | 2/1/25
- Penguin Plunge | Whitefish | 2/8/25
- Sweetheart Passion Plunge | Helena | 2/15/25
- President's Plunge | Bozeman | 2/15/25
- Griz Dip | Missoula | 2/22/25
- Lucky Charm Plunge | Lewistown | 3/1/25
- Pintlers Plunge | Anaconda | 3/1/25

FUNDRAISING MINIMUM:
ADULT: \$125 PER PLUNGER
YOUTH/STUDENT: \$50 PER PLUNGER



Register to be a COOL SCHOOL!

Cool School Plungers fundraising minimum \$50
includes students, admin and plungers under 17

- 1 Decide if your school wants to participate in the community plunge or host your own school event
- 2 If you're are participating in the community plunge, follow the steps below.
- 3 Visit somt.org/torch-run/polar-plunge/ and find your local plunge date
- 4 Register and create your team
- 5 Start **FUNDRAISING!**
 1. Invite others to join your team
 2. Email the link to your friends, family, and colleagues - anyone you think will help you reach your goal

Want to have a plunge event at your school?

- 1 Complete SOMT's Fundraising approval form.
- 2 Build school excitement about the Freezin' for a Reason event
- 3 Contact Amy Bliss at abliss@somt.org with questions
- 4 Start **FUNDRAISING!**

Celebrate the role you're playing in
the INCLUSION REVOLUTION!

Fundraising Approval Form

Special Olympics
Montana



Contact Information

Area _____ Local Program _____
Project Coord's Name _____ Day Phone _____
Mailing Address _____ City _____ Zip _____
Email Address _____ Phone _____

Proposed Fundraising Event

Project Name _____ LETR Event* YES NO
Date(s) of _____
Event _____ UCS Event YES NO

Description
of Project:

Sponsors

Will you be seeking sponsors for this fundraising project? YES NO
If so, please list the sponsors to be solicited and the amount requested of each.

Revenue

Expected Revenue _____ Expected Expenses _____ Net Revenue _____

Revenue directed to:

(Check all that apply & fill in the name of the area and team above.)

SOMT (State) Area (Circle) FVAR GLAR YVAR NEAR CRAR TCAR BSAR SWAR

Area team: _____ Unified Champion School Club

Event Branding & Promotion

Will promotional materials be used? YES NO

Will this event be advertised on social media outlets or websites? YES NO

SOMT follows branding guidelines set forth by SONA. If you answered yes to either question above, please attach a copy of your proposed promotional materials for review.

Fundraising Coord Signature _____ Date _____

** LETR Events are any event that is predominantly lead, planned & implemented by Law Enforcement. Additionally, LETR events include any fundraiser related or similar to Tip-A-Cops and/or Polar Plunges. LETR events typically involve a revenue share between the local area and/or Team and the SOMT State Office.*

**All money from fundraiser must be turned into Finance Coordinator within 2 business days.*

2024-2025 Pledge Tracker Form

Participant NAME:

TEAM NAME:

Make checks payable to **Special Olympics Montana**. Receipts will be sent for offline payments made over \$250. Online donations will automatically receive a receipt.



PLEDGE TRACKER

Please bring this completed form and pledges to the Registration. A waiver must be signed and participants under 18 must have a parent or guardian present. Waivers available online or at registration site.

NAME	ADDRESS/E-MAIL	PLEDGE AMOUNT	PAID
			<input type="checkbox"/> Cash <input type="checkbox"/> Online <input type="checkbox"/> Check <input type="checkbox"/> Matching
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Polar Plunge events are presented by the Law Enforcement Torch Run.



Check Amount: \$ _____
 Online Donation Amount: \$ _____
 Employer Matching Amount: \$ _____
 Total Amount Raised: \$ _____
 (office use only): \$ _____

Be Freezin' for a Reason!

Getting your school involved is a great way to celebrate the power of INCLUSION!

Get Creative. Take the Plunge. Join the Inclusion Revolution all while raising funds for Special Olympics Montana Athletes.



Questions?
Contact: Amy Bliss
abliss@somt.org
406-315-4212

**More
Information**

