

# Polar Bear Plunge

## Information & Instructions

7th Annual Roaming Shores  
Polar Bear Plunge

3/10/2012

Roaming Shores  
Club House/Main Beach

### Eligibility

Anyone whom raises a minimum of \$50 is eligible to plunge.

A waiver will need to be signed on the day of the plunge, prior to the plunge. \*Minors will require parental consent.

### Charities that benefit from the plunge:

*Jeffrey B. Meddock Memorial Scholarship Fund*

*Jefferson High School Academic Boosters*

*Rock Creek Area Community Center*

*Conversation Station*

*Roaming Shores Breakfast with Santa*

### Event Info

Registration begins at 1pm  
and will end at 2:45pm

Hot Dogs, Chili, Chips and  
Soda will be available for sale

### Contact Info

[Ioeythepolarbear@yahoo.com](mailto:Ioeythepolarbear@yahoo.com)

Shawn Morris 440-725-2770

### Helpful Hints

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- Wear Shoes or aqua socks
- Have warm dry clothes
- Have a large beach towel
- Bring a robe to keep warm

### A gift to you

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One free plunge t-shirt will be provided to each plunge participant that pre-registers. We may be unable to provide t-shirts to participants that do not pre-register.

Please notify us by March 1<sup>st</sup> to pre-register your t-shirt size.

- If you want to upgrade to a sweatshirt, the cost is \$15.
- If you want both a t-shirt and sweatshirt, the cost to you is \$25.



Event Benefits:

- Jeffrey B. Meddock Memorial Scholarship
- Jefferson High School Academic Boosters
- Rock Creek Area Community Center
- Orwell Conversation Station
- Roaming Shores Breakfast with Santa

**Roaming Shores Polar Bear Club**

**2012 Polar Bear Plunge**

**Sponsor Sheet**

Jumper Name:

Your Sponsor's Name	Amount They Donated
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	