

Youth Helping Youth 4th Annual

Polar Plunge

REGISTRATION FORM

To provide a scholarship to graduating YHY seniors

While Freezin' for a Reason, You Will...

- Help support Youth Helping Youth's scholarship for graduating members!
- Be a part of a community event filled with laughs, good fun, and lasting memories!
- Possibly be checking a goal off of your bucket or to-do list!
- Have the opportunity to receive a t-shirt and warm snacks!
- Receive that great feeling of freezin' for a truly worthy cause!

Costume Contest!

Show up at the event dressed up and be entered in the Polar Plunge Costume Contest! There will be a prize for a lucky participant!

Here are some possible ideas:

- | | |
|----------------------|------------|
| Polar Bear | Cartoons |
| Professional Swimmer | Super Hero |
| Sea Animal/Plant | Food |
| Life guard | Mermaid |

Polar Tips!

Here are some tips to help ensure you have the best possible time!

- Bring a robe for before and after jumping in
- Keep your feet covered until the last moment
- Bring a blanket/towel to stand on... Cold Sand!
- Wear layers that are easy to take off after
- Use the buddy system... It's more fun and safe!
- **No diving! No going in head first!**
- Bring dry clothes to change into after you plunge

You can find additional registration forms and waivers online at www.ehyfs.org

Registration closes at 3:30 day of the plunge April 4th

If you donate \$20, please be sure to fill in the necessary information for sizes and include the total \$20.

PLEASE PRINT CLEARLY.

Polar Plunger Name: _____ **Birthdate:** _____

E-mail: _____

Street Address _____

City _____ **State** _____ **Zip** _____ **Phone** (____) _____

Event T-shirt Size (if \$20 raised, please circle) **Adult** S M L XL XXL

I have enclosed \$ _____ for the Youth Helping Youth Polar Plunge

Check Enclosed (payable to NHRHS)

Emergency Contact: _____ **Phone #:** _____

Return the completed forms to the NHRHS Main Office folder marked "Polar Plunge" or mail to East Haddam Youth and Family Services, P.O. Box 572, Moodus, CT, 06469. Forms will be accepted day of the plunge.

Make sure all forms and money are together.