

Youth Helping Youth 5th Annual

Polar Plunge

REGISTRATION FORM

To provide a scholarship to graduating YHY seniors

By participating in this event, 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!

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

Team Competition!

The team with the most participants will win a mystery prize!!

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

Registration is DUE by Friday, March 11, 2016 with the recommended donation of \$10.

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** (____) _____

Team Name (optional): _____

Event T-shirt Size (\$20 donation) 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. Make sure all forms and money are together.