

# Youth Helping Youth 6th Annual Polar Plunge

**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!
- Have the opportunity to receive a t-shirt and warm snacks!
- Receive that great feeling of freezin' for a truly worthy cause!

## Team Competition!

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

## REGISTRATION FORM:

## 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

You can find additional registration forms and waivers online at [www.ehyfs.org](http://www.ehyfs.org)

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PLEASE PRINT CLEARLY.

Participant Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

E-mail: \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Team Name (optional): \_\_\_\_\_

Event T-shirt Size (include \$25 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.