



2026 Cool School Mobile Polar Plunge

Premier Sponsors, ORCON Industries and Brighton Securities



Here's the scoop on what you need to know before taking the
COOL SCHOOL MOBILE PLUNGE on Friday, March 13 at
Nazareth University, Golisano Training Center.

EVENT DETAILS:

- The Cool School Mobile Polar Plunge Registration is from 2PM to 3:30PM inside the Golisano Training Center.
- The Cool School Mobile Polar Plunge starts at 4PM.
- **NOTE: PLEASE BRING A TOWEL.**
- There are bathrooms/changing rooms available to all plungers inside the Golisano Training Center.
- For additional information, visit our website at polarplunge.net.
 - Be sure to **SHARE YOUR PICTURES** using our hashtags.
 - **#ROCthePlunge**
 - **#SOpolarplungeNY**
 - **#SpecialOlympicsNY**
 - Our social media pages
 - **Facebook:** [@SpecialOlympicsNewYork](https://www.facebook.com/SpecialOlympicsNewYork)
 - **Twitter:** [@SpecOlympicsNY](https://twitter.com/SpecOlympicsNY)
 - **Instagram:** [@specialolympicsny](https://www.instagram.com/specialolympicsny)

WHAT IS THE FUNDRAISING MINIMUM TO POLAR PLUNGE?

- To take part in the Cool School Mobile Polar Plunge a \$25 fundraising minimum is required. To receive the 2026 Rochester Polar Plunge sweatshirt, the most coveted sweatshirt in all of Rochester, each **PLUNGER MUST RAISE A MINIMUM OF \$100.**
- Haven't started fundraising? It's not too late! Ask 10 friends to sponsor you for \$10 to reach the minimum and receive the 2026 sweatshirt!



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FUNDRAISING CHALLENGES & INCENTIVES:

- **Rochester Polar Plunge Fundraising Incentives**
Set your fundraising goal at \$250 to earn great prizes and reach for the stars. The more you raise, the bigger and better prizes you can earn!

(Following the event, plungers will receive an email to claim their incentive prizes. Follow the emailed instructions and prizes will arrive in 6 to 8 weeks.) Check out these great fundraising incentives for 2026!



YOUR QUESTIONS ANSWERED FROM A to Z:

WHAT SHOULD I WEAR?

- Have fun! Wear a costume. Show your School Spirit! Be Creative and Get into the Polar Plunge Spirit!
- Dress warm and in layers.
- Wear shoes (water shoes are best). Shoes are a MUST!
- NO flip flops.

WHAT SHOULD I BRING?

- An extra change of clothes, socks, and shoes for after you plunge.
- **A towel.**
- A garbage bag to put your wet clothes in after you plunge.



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YOUR QUESTIONS ANSWERED FROM A to Z, continued:

**WHEN YOU ARRIVE ON FRIDAY, MARCH 13...
CHECK IN AT COOL SCHOOL MOBILE POLAR PLUNGE REGISTRATION
presented by GAGE BUSH, PREMIUM MORTGAGE**



- **All plungers MUST check in** at the Cool School Mobile Polar Plunge Registration presented by Gage Bush, Premium Mortgage inside the Golisano Training Center at Nazareth University.
- Registration is from 2:00PM to 3:30PM
- At check in, each plunger will turn in their completed Participant Waiver *, receive a wristband to Plunge and a Polar Plunge sweatshirt. **REMINDER:** Each plunger **MUST** raise \$100 to receive the sweatshirt.
- For plungers under 18 years of age, their Participant Waiver **MUST** be signed by a Parent or Legal Guardian – **NO EXCEPTIONS and LEGIBLE.**
- If you forget your waiver, copies will be available.
- If you are bringing donations to the Cool School Mobile Polar Plunge presented by premier sponsors, ORCON Industries and Brighton Securities, in the form of cash and/or checks, your donations can be brought directly to the Cool School Mobile Plunge Registration presented by Gage Bush, Premium Mortgage.
- Checks are to be made payable to "Special Olympics New York".
- Credit Cards, VENMO, Apple Pay and PayPal are accepted.
- Polar Plunge sweatshirts are handed out to each plunger on the team that has raised \$100. Team donations can be spread among team members before the Polar Plunge to ensure all team members receive a sweatshirt.
- If you raised your money online...don't worry! We will have totals for each participant at registration.
- If you are part of a team, you **DO NOT** need to check in with your team. Each plunger can check in at any of the registration lines and meet with their team afterward.



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WHERE IS THE COSTUME JUDGING CONTEST & TEAM PHOTOS?

- Show your Cool School Polar Plunge Spirit by wearing a costume to the Polar Plunge! We'll have official judge voting on the best costume at the Cool School Mobile Polar Plunge. The Best Costume will be announced at the Cool School Mobile Polar Plunge opening ceremonies.
- Photos will also be taken in front of the Cool School Mobile Polar Plunge area.
- The costume judging contest is from 2PM to 3:30PM.

FOOD, HOT CHOCOLATE!

- There will be plenty of delicious treats, hot chocolate, and water at Registration inside the Golisano Training Center.

WHEN SHOULD I ARRIVE AND WHERE DO I PARK?

- You can arrive anytime between 2PM - 3:30PM. We will start the mobile plunge at 4PM.
- The Cool School Mobile Polar Plunge is taking place at Nazareth University's Golisano Training Center Parking Lot.
- Plenty of car and bus parking is available.

On behalf of all our Special Olympics New York athletes, THANK YOU!

See You on Friday, March 13 as We #ROCthePlunge Cool School Mobile Style!

