



Dutchess Polar Plunge at Marist University

Here's the scoop on what you need to know before taking the PLUNGE

Friday, February 27

Mobile Plunge Unit will be set up in front of the McCann Area

Address: 3399 North Road Poughkeepsie, NY 12601

EVENT SCHEDULE

10:00 – 11:30 AM

- Registration is open and will be in the McCann Recreation Gymnasium
The Registration Table proudly recognizes longtime supporter John Vita of Vita Financial Group.
- Cornhole and interactive games in the Recreation Gym will be hosted by the *Marist Red Foxes Track & Field Team*
- Hot cocoa will be provided by *Marist University Events*
- S'mores stations generously provided by *Stop & Shop and Marist University*
- Complementary water provided by *Wegmans*
- The *Marist College Pep Band* will perform to get teams pumped and ready to plunge
- *iHeartMedia Q92* will be onsite assisting with music, emceeing and providing real time event updates

11:15 – 11:45AM Pep Band and EnHarmonics in Gymnasium

11:45 AM

- Polar Plunge procession from the McCann Recreation Gymnasium will begin to move towards the mobile plunge unit outside in the McCann parking lot. Procession will be led by the Marist Pep Band, the Special Olympics Flame of Hope, & Special Olympics Flag/American Flag held by our Plunge Chairs.

11:50 AM

- New York Dive Team enters the water and with all volunteers getting in place

11:55 AM – Speaking Program

- Brief presentations by Stacey Hengsterman, President and CEO of Special Olympics New York, Marist Administration, County Executive Sue Serino, Chris Hamel- Chair of the Polar Plunge, Sgt. Alonzo Montanya from DCSSO and Officer Sarah Raco from Town of Poughkeepsie Police Department
- Athlete Oath – Athlete, Richard Fishwick
- National anthem to be performed by *Marist University's Enharmonics Choral Group*
- Group photo near the mobile plunge unit

12:05 PM Plunge Begins

CHECK-IN DETAILS

Registration

- 10:00 – 11:30 AM in McCann Recreation Gymnasium
- All plungers **MUST** register upon arrival
- A **signed participant waiver is required at check-in** No one may participate without a **Completed Waiver**
- Participants under 18 **MUST** have their **waiver signed by a parent or legal guardian — no exceptions**
- Plungers will receive a plunge wristband and event sweatshirt (based on fundraising minimums achieved)

Donation Payments Accepted

- Cash
- Checks (Payable to “Special Olympics New York”)
- Credit Cards
- Venmo
- Apple Pay
- PayPal

If you fundraised online... no worries! Totals will be available at registration.

FUNDRAISING MINIMUM

- Each plunger must raise **\$25 minimum** per person to participate.
- **Raise \$125** or more per person and receive the coveted 2026 Polar Plunge sweatshirt!
- **Raise \$500**, plunge all three days to become part of the TriFecta Challenge and earn a trifecta finisher medal
- Haven't started? Ask 10 friends for \$13 each — you'll hit over \$125 fast!

Fundraising Incentives

- The more you raise, the bigger the rewards!

- Incentive redemption emails will be sent after the event (prizes arrive in 6–8 weeks).

SWEATSHIRT PICK-UP

- **You must raise \$125** per person to receive event sweatshirt.
- Pick up at the Registration Tables

TEAM INFORMATION

- Team donations may be redistributed among team members. Please submit any changes by Tuesday, February 24.
- Each participant must check in individually, unless you are part of a secondary or lower secondary educational program

COSTUMES & PHOTOS

- Teams are encouraged to dress in costume, take photos and share them using our social media handles

RAFFLES & MERCH

Raffle Tickets:

- \$5 per ticket
- \$25 for an arm's length

Payments Accepted

- Cash
- Checks (Payable to “Special Olympics New York”)
- Credit Cards
- Venmo
- Apple Pay
- PayPal

In partnership with [3 Up 3 Down Organization](#), we're excited to introduce seven themed raffle packages one representing each county we serve in the Hudson Valley called our **“Day Trippin’ Experiences.”**

Each package features \$500 or more in local products and experiential gift certificates, with all proceeds benefiting Special Olympics New York and 3 Up 3 Down Organization.

Winners will be drawn at the [3 Up 3 Down 9th Annual Hold'em Tournament](#) on **Saturday, March 28 in Patterson, NY.**

Don't miss your chance to win an unforgettable Hudson Valley experience while supporting two incredible organizations!

WHAT TO WEAR

- Costumes encouraged!
- Dress warm in layers
- Wear water shoes (shoes REQUIRED)
- Absolutely NO flip flops

- Bring a towel (Towels will not be provided)
-

WHAT TO BRING

- Change of clothes
 - Extra socks & shoes
 - Towel
 - Garbage bag for wet clothes
 - Zip lock bag for your phone
 - Extra cash for Swag Store w/ Special Olympics memorabilia along with Marist Apparel on sale in the McCann Arena Foyer and don't forget the Raffle table.
-

THE PLUNGE

- Takes place in our new Mobile Shipping Unit that is 4 ft deep and holds over 3,000 gallons of water.
- Teams will form a line beginning in the Recreation Gym beginning at 11:45AM and we will process out of the Gymnasium behind the Marist Pep Band, the Special Olympics Torch, and Flags held by Chris Hamel - Chair, Sarah Raco and Sgt. Alonzo Montanya
- Procession will move to the mobile shipping unit staging area

Yes... the water will be cold as it will be filled that morning!

Absolutely under any circumstances NO DIVING! No more than 2-3 plungers at a time.

Listen to the plunge unit volunteers for safety directions.

- Take off any jewelry you don't want to lose

AFTER YOU PLUNGE

- Locker Rooms and restrooms are located in the McCann building
-

SHARE YOUR PLUNGE!

Hashtags:

- #SOpolarplungeNY
- #SpecialOlympicsNY

Follow:

- Facebook: @SpecialOlympicsNewYork & @SpecialOlympicsNewYork - PolarPlunge
 - Twitter: @SpecOlympicsNY
 - Instagram: @specialolympicsny
-

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

See you on Friday, February 27 at Marist University! 🦊