



FUNDRAISING SOCIAL SHARING

Utilize Facebook, X, Instagram, TikTok and LinkedIn to reach out to your friends and family when asking for donations. Make sure that you link your Plunge Account to your posts so it's super easy for people to donate right to you!

SAMPLE POSTS

Help me support the 2,500+ athletes who participate in Special Olympics DC. Please donate to my Plunge fundraising page! #DCPlunge

You can make a difference! Help me reach my fundraising goal as I Plunge for Special Olympics DC. #DCPlunge

Tis' the season to plunge and I am ramping up my fundraising efforts for @Specialolympicsdc. You can help me reach my goal by donating to my Plunge page. Each donation goes to support SODC athletes that compete in sports year-round, free of charge. #DCPlunge

I am joining SODC at this year's Polar Bear Plunge and you can too! Just join my Plunge team today at [insert your Plunge Page link here]. All proceeds go to support the amazing SODC athletes. #DCPlunge

Tag SODC in your posts!

 **Special Olympics DC**

 **@specialolympicsdc**

 **Special Olympics
District of Columbia**

 **@specialolydc**

DCPOLARPLUNGE.ORG

