



TEAM CAPTAIN RESOURCES

Here are some resources to help you encourage others to join your team, and help light a fire under your team's fundraising efforts!

Social Post Template

Copy and paste one of our team captain social post examples below, or create your own!

I have registered [insert team name] for this year's Polar Bear Plunge, are you brave enough to get freezin for a reason and fundraise for the athletes of @Specialolympicsdc? Join my team and together we can support the athletes and their sports, health, and leadership opportunities. [insert your Plunge Page link here]
#DCPlunge

Email Template

Dear [insert supporter name here],
I have registered [insert Team Name] for the annual SODC Polar Bear Plunge and I thought that you would be the perfect addition to the team. We are raising money to support the incredible athletes of Special Olympics DC who train and compete year-round, at no cost. Just click "join team" on our team page to register as a member of [insert Team Name]. [insert link to team page]

If you aren't sure about Plunging this year please consider donating to this wonderful cause through my Plunger Page [insert link to individual fundraising page].
Thank you for your support!