

# East Hampton Hurricane Swim Team

## 13<sup>th</sup> Annual Polar Bear Plunge

New Year's Day, January 1<sup>st</sup>

1:00 pm

at

Main Beach, East Hampton

Sponsored By:

**YMCA East Hampton RECenter**

Organized by:

**East Hampton Ocean Rescue Squad**

To benefit the

**East Hampton Food Pantries**



### Instructions for Participants (Plungers)

1. Plungers ask their friends and neighbors to sponsor them by giving them money, which is donated to all the above East Hampton Food Pantries.
2. Registration starts at 11:00 am on January 1<sup>st</sup>. Turn in your money and sponsor sheets. Registration will only be at **Main Beach, East Hampton**. You must be registered by 12:30 pm.
3. Each plunger must give or get at least \$30.00. Your registration is free if you have collected at least \$30. If not, you will have to pay a \$30.00 registration fee to plunge.
4. Each person who plans to go in the water MUST sign a waiver on the day of the Plunge. If you are under 18, your waiver must be signed by a parent. If a parent is not attending the Plunge with their child, the waiver can be obtained before Jan. 1<sup>st</sup>. Call 324-2300. Parents must be present for all plungers under the age of 12.
5. To get more information packets, contact the East Hampton Food Pantry – 324-2300 – Street address is 219 Accabonac Road, East Hampton, NY.
6. Recruit friends to join your Polar Bear Plunge Team, or you can go in by yourself. As a team, you can choose one or two Polar Bears to go in the water, or all team members can go in. Give your team a special name or special article of clothing to wear.
7. All donations are 100% tax-deductible. Please make checks payable to the East Hampton Food Pantry, Inc.
8. Use the donation sheet to keep a list of donors' names and the amount they donated.
9. **Prizes will be given for best Costumes.** The best way to dress is in your bathing suit, bathrobe and flip flops, bring a towel. Port-a-potties will be available but we are not providing a changing room.
10. Free refreshments will be served at the Survivor's Celebration after the plunge – coffee, hot chocolate, soup, chili and hot dogs.

**For more information**

**Contact East Hampton Food Pantry at 631-324-2300 or [www.easthamptonfoodpantry.org](http://www.easthamptonfoodpantry.org)**

