

Youth Helping Youth 6th Annual Polar Plunge

REGISTRATION FORM:

By participating in this event, you
will...

- Help support Youth Helping Youth's scholarship for graduating members!
- Be a part of a community event filled with laughs, good fun, and lasting memories!
- Have the opportunity to receive a t-shirt and warm snacks!
- Receive that great feeling of freezin' for a truly worthy cause!

Team Competition!

The team with the most participants will
win a mystery prize!!

Polar Tips!

Here are some tips to help ensure you have the
best possible time!

- Bring a robe for before and after jumping in
- Keep your feet covered until the last moment
- Bring a blanket/towel to stand on... Cold Sand!
- Wear layers that are easy to take off after
- Use the buddy system... It's more fun and safe!
- **No diving! No going in head first!**
- Bring dry clothes to change into

You can find additional registration forms and waivers online at www.ehyfs.org

PLEASE PRINT CLEARLY.

Participant Name: _____ Birthdate: _____

E-mail: _____

Street Address _____

City _____ State _____ Zip _____ Phone (____) _____

Team Name (optional): _____

Event T-shirt Size (include \$10 donation) Adult S M L XL XXL

I have enclosed \$ _____ for the Youth Helping Youth Polar Plunge

Check Enclosed (payable to NHRHS)

Emergency Contact: _____ Phone #: _____

Return the completed forms to the NHRHS Main Office folder marked "Polar Plunge" or mail to
East Haddam Youth and Family Services, P.O. Box 572, Moodus, CT, 06469. Make sure all forms and
money are together

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