

SOCIAL MEDIA SAMPLE POSTS

Brain freeze got your mind blanking on how to share about your Polar Plunge on social media? No worries! We've got you covered with some sample social media posts that you can easily copy, paste and post to your favorite social media site(s).

Help me support the 9,000 athletes who participate in Special Olympics Wisconsin. Please donate to my Polar Plunge team! #PlungeWI *<insert link to team page>*

THE POLAR PLUNGE IS HERE! Please help me reach my fundraising goal by donating to my Plunge team. It'd be pretty COOL if you did. #PlungeWI *<insert link to team page>*

It's winter in Wisconsin, so why don't we jump into an icy lake together? LET'S DO IT. Support Special Olympics Wisconsin & join my Plunge team! #PlungeWI *<insert link to team page>*

YOU can make a difference! Help me reach my fundraising goal as I Polar Plunge for Special Olympics WI. BRRing it on! #PlungeWI *<insert link to team page>*

I'll be freezin' for a reason at the 2020 Polar Plunge! Help me support Special Olympics WI by making a donation to my Plunge team #PlungeWI *<insert link to team page>*

Be sure to include a link to your Plunge page at the end of each post!

HELPFUL TIPS

- Get creative! Feel free to edit and personalize these posts however you want.
- Add a photo or video! Have an awesome picture/video of you Plunging last year? Cool. Use it in your social posts!
- Share it! Twitter? Check. Facebook? Check. Instagram? Check. Spread the word about your Polar Plunge on ALL of your social media sites!