

APPLETON EAST HIGH SCHOOL POLAR PLUNGE TEAM... YOU GOT WHAT IT TAKES???



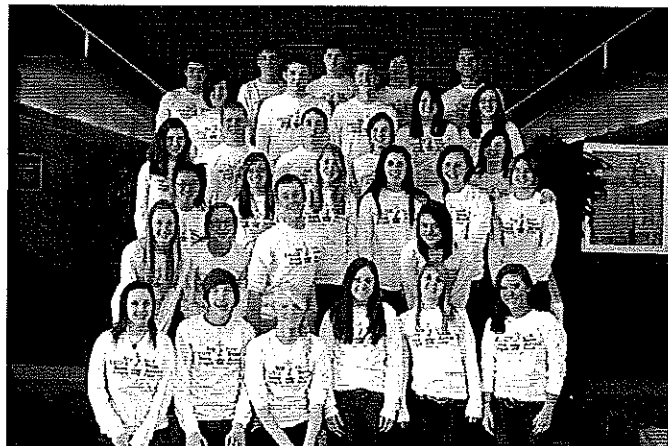
Freezin' For A Reason

Saturday, February 18th

Bus departs East @ 11:00 AM for Oshkosh

Open to all East students!

Get forms from Mr. O'Brien, in main office, or on school website –
permission slip and waiver due Thursday, February 2nd – FIRST 60 TO
SUBMIT PAPERWORK GET TO GO!!!



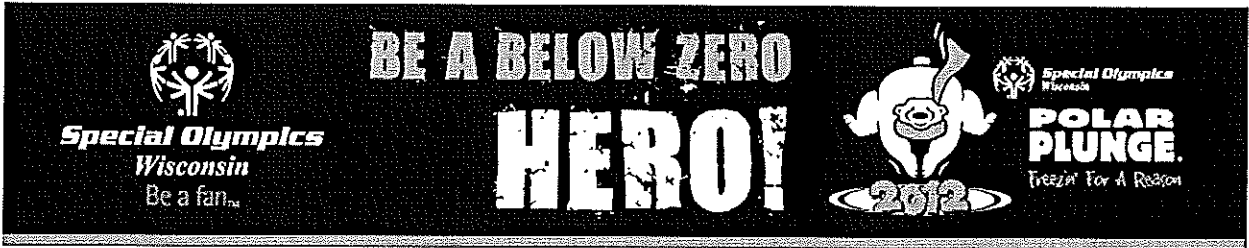


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Thank you for your interest in taking the Polar Plunge for Special Olympics with the Appleton East High School plunge group.

Plunge Date: Saturday, February 18th

Plunge Time: Bus leaves at 11 AM from East and returns between 1:30 PM – 2:00 PM

Plunge Location: Menominee Park in Oshkosh (Bus transportation provided)

Permission Slip/
Waiver: These are due to Mr. O'Brien by **Thursday, February 2nd** (*our goal is 60 plungers from EHS this year...so the sooner you get your permission slip In the better as there will be limited room on the bus!*)

Some important things to remember:

- School Permission Slip & Waiver (if under 18) are due to Mr. O'Brien by **February 2nd**
- **You must raise a minimum of \$75 to take the plunge with us**
- You can easily set up your own plunge donation web page under our team page:
<http://myurl.in/Appleton-East>
 - You can then send out your link to all friends and family through e-mail or on Facebook. They can then make online donations using their credit or debit cards. I can't stress how easy and effective this method is. Your family and adults often don't carry cash and find this a very easy method to help support you.
 - Ask anyone and everyone to make a pledge for you!
- Special Olympics is running a couple of contests this year for high school groups only:
 - Top On-Line Fundraising Team wins a free bus to the plunge, a \$50 gift card for snacks and such on bus, free lunch at plunge, and plunging time of Noon (no waiting!) All donations **online** will be tallied on February 9th.
 - If our team raises over \$1,500 we receive our choice of a Buffalo Wild Wings Party or Cousins Subs Party! We took second last year as a school and we want to take first place this year!
- If you are plunging, we want to do an East or superhero theme, so get creative!!!
- The week before the event I will have more information for you regarding the plunge.

Thanks again for considering plunging with us! If you have any questions feel free to contact me at obrienkeegan@asds.k12.wi.us or after school in my room in 3100 on Monday's, Wednesday's or Thursday's.

Mr. O'Brien
Appleton East High School

FIELD TRIP INFORMATION FORM

Your child is planning to participate in a school field trip. Please carefully read and complete the following information.

Destination: Polar Plunge (Oshkosh, WI)

Date(s): Saturday, February 18th

Departure Time: 11:00 AM

Return Time: 1:30-2:00 PM

Expense: FREE – Must raise \$75

Appleton East takes a group of students annually to participate in the Special Olympics Polar Plunge. Students attending must raise a MINIMUM of \$75 in pledges to jump with our group. The first 60 to get permission slips and waivers turned in are guaranteed a spot on this trip.

DUE BY THURSDAY, FEBRUARY 2ND!!!!!!!

PARENT/GUARDIAN INFORMATION

My child _____ (DOB) _____ has permission to participate in this trip.

Parent Name _____ Home Phone _____ Work Phone _____

In case of an emergency (only if parents cannot be reached) call:

Name _____ Relationship _____ Phone _____

CHILD'S HEALTH INFORMATION

For the safety of your son or daughter, please indicate any health conditions, restrictions or special precautions that should be taken.

Is it necessary for your child to take any medication (prescribed or over-the-counter)? YES NO

Name of Medication _____ Dosage _____ Time to be taken _____

If it is necessary for your child to take any medicines, please send the medicine in the original container, clearly labeled with your child's name. If school staff will need to assist with medication administration, all medicine must be accompanied with written directions and consent from the parent (this is a state law). The required medication forms can be obtained from the school office (HS-015, HS-017, HS-018).

Physician's Name _____ Clinic Phone _____

If I am unable to be contacted in the event of a medical emergency, I hereby authorize the treatment, administration of anesthesia and/or surgical treatment(s).

Parent Signature _____

Date _____

PLEASE NOTE:

1. It is understood that your child is subject to the guidance and instructions of the teachers and chaperones assigned to supervise this trip.
2. Parents who do not wish their child to participate in the planned activity should write a letter to the principal requesting an excuse. The child is expected to be in school even if he/she is not going on the planned trip.
3. If there is any financial concern related to this trip, please call the school at (920-832-6212).

The Appleton Area School District does not discriminate against pupils on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability or handicap in its education programs or activities. Federal law prohibits discrimination in employment on the basis of age, race, color, national origin, sex, religion or handicap.

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK,
INDEMNITY AGREEMENT, AND PARENTAL CONSENT**

(Do not sign without reading)

In exchange for permission for me and/or my minor child to participate in the Special Olympics Wisconsin Polar Plunge 2012 (Activity) in Oshkosh, WI, I represent that:

*I UNDERSTAND THE NATURE OF THE ACTIVITY, and that the Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of other Activity participants, the conditions in which the Activity takes place, or the negligence of the "RELEASEES" named below; and that there may be other risks either not known to me or not readily foreseeable at this time. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

*I CONSENT TO THE PARTICIPATION OF MY MINOR CHILD. (This applies only if my minor child's name is shown below as a participant.)

*I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY for losses, costs, and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Activity.

*I HEREBY RELEASE, DISCHARGE AND PROMISE NOT TO SUE Special Olympics Wisconsin, Special Olympics, Inc., its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and landlords of premises on which the Activity takes place (each considered one of the "RELEASEES" herein), from all liability, claims, demands, losses, or damages that I and/or my minor child suffer which are caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations.

*I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each RELEASEE from any loss, liability, damage, or cost which any may incur, if, despite this release and waiver of liability, and assumption of risk, I or anyone on my and/or my minor child's behalf, makes a claim against any RELEASEE.

*I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND PARENTAL CONSENT (collectively "Agreement"), UNDERSTAND THESE TERMS AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, and have signed it freely and without any inducement or assurance of any nature. No Releasee or person on behalf of any Releasee has told me anything that is inconsistent with or contrary to the terms of this Agreement. I understand that, in reliance upon my signature on this form, voluntarily given, I may be permitted to participate in the Activity noted above. I intend it be a complete and unconditional release of all liability to the greatest extent allowed by law. If any portion of this Agreement is held to be invalid, the balance shall continue in full force and effect.

*DO NOT SIGN this Release and Waiver form unless you understand and accept the terms stated above. If you want Special Olympics Wisconsin (SOWI) to consider different terms for a Release/Waiver, please note them below or on the reverse side and submit the unsigned form for SOWI's review and consideration. If SOWI accepts or desires to counter the term(s) you propose SOWI may contact you to discuss the matter.

Print name of Participant here

Date

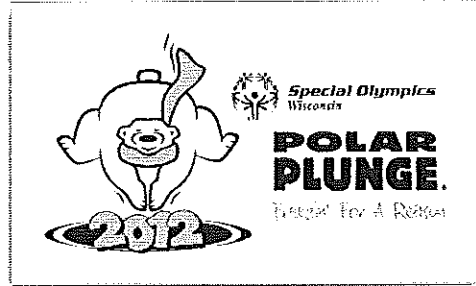
Signature of Participant (if age 18 or over)

Signature of Custodial Parent/Legal Guardian
For self and any other parent/guardian
(If participant under age 18)

Witness to Above Signature



BE A BELOW ZERO HERO! 2012 INCENTIVE PROGRAM



\$75

LONG SLEEVE T-SHIRT

\$175

BEACH TOWEL

\$350

HOODED SWEATSHIRT



Special For A Reason

CUMULATIVE



\$600

FLEECE JACKET

\$1,000

**T-SHIRT, TOWEL,
SWEATSHIRT & FLEECE**

\$1,500

**\$100 KWIK TRIP CARD +
ALL INCENTIVES (CUMULATIVE)**

*\$175, \$350, \$600 levels also include long sleeve T-shirt.

Thank You! Your Polar Plunge® donations support competition and training in 18 sports for nearly 10,000 athletes of Special Olympics Wisconsin!

For more information, visit SpecialOlympicsWisconsin.org

School Challenge

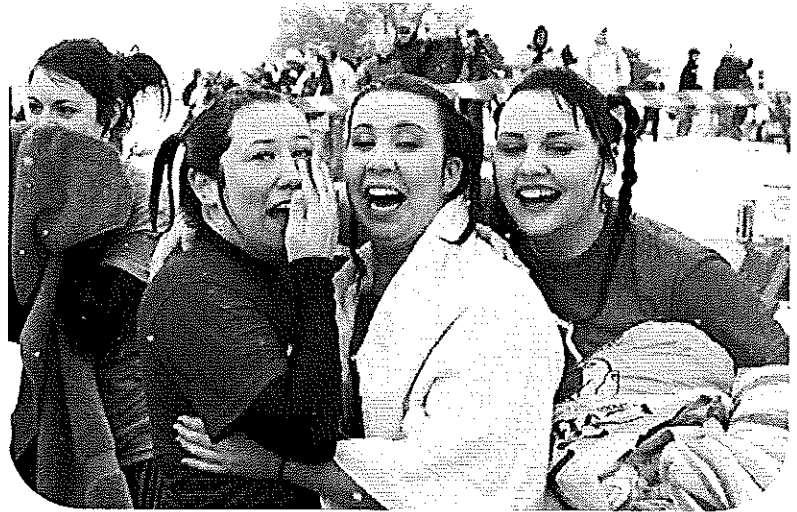


Is Your School FREEZIN' for a REASON?

Attention all High Schools and Middle Schools!!! Do you have what it takes to be Freezin' for a Reason by taking part in winter's craziest event to support Special Olympics? The Polar Plunge has quickly become the most popular winter event for High School & Middle School students – last year over 250 students from throughout the Fox Valley participated in the event!

2011 Top School Fundraisers

Oshkosh West HS	\$5,850
Appleton East HS	\$2,350
Xavier HS	\$1,525
Appleton North HS	\$1,150
Freedom HS	\$1,270
Papermaker Plungers	\$1,070
Oshkosh North HS	\$975
N. Fond du Lac Key Club	\$766
Kimberly HS	\$750
Fond du Lac HS	\$695
Neenah HS Key Club	\$565
Wrightstown HS	\$300



The CHALLENGE is ON!

We are challenging ALL schools to take the Polar Plunge! Raise \$1,500 as a team and win a team party from Buffalo Wild Wings, Cousins Subs or Badger Sports Park. As a bonus, the school that raises the highest amount of pledges online by February 9th will WIN the **School VIP Package!** The VIP Package includes:

- A bus for your team
- Free lunch for your team at the Plunge
- A gift card to stock your bus with snacks for the ride
- A VIP Plunge Time

FREEZIN' made EASY - How we help!

- Download the Polar Plunge Toolkit – complete with fundraising tools and event information.
- Request Polar Plunge posters, brochures and promotional materials to help you promote the Polar Plunge at your school. Contact Nicci at nsprangers@specialolympicswisconsin.org.
- Get your paper Polar Bear Fundraising Kit – includes paper polar bears your team can sell for \$1 at school or at area businesses. All funds raised count toward your team's pledges.
- Personal Plunge Assistant – One of our Polar Plunge staff members will be happy to attend one of your club meetings and talk about the event, bring registration materials, show you around the website and help you with fundraising ideas.
- Community Service – Team members can receive a letter from Special Olympics acknowledging community service – great for resumes, college applications, community service requirement for school, etc. Volunteer opportunities also available!