




# FUNDRAISING RESOURCES

# SOCIAL MEDIA TIPS

Utilize Facebook, Twitter, Instagram, and even LinkedIn to reach out to your friends, family, and coworkers when asking for support. Make sure that you include your Polar Plunge Fundraising Page link to your posts (except on Facebook) to make it even easier for people to donate right to you!

Another important reminder: You can share your Fundraising Page directly on Facebook as a Facebook Fundraiser. Learn how with our [Facebook Fundraiser How-To video!](#)


## TIPS


-  Have you plunged before? Include pictures or videos of you plunging with your posts.
-  Have a personal story? Share it! Tell your followers why the Plunge is important to you and why they should support the cause.
-  Tag Polar Plunge and Special Olympics Virginia in your posts!

 [@PLUNGEVIRGINIA](#) | [@SpecialOlympicsVirginia](#)

 [@Polarplungeva](#) | [@SpecialOlympicsVA](#)

## COPY & PASTE THE BELOW POSTS

 I'm ready to go for the cold but I need your help! The Polar Plunge supports free year-round access to sports, fitness, training, and health opportunities for individuals with intellectual disabilities. Will, you consider joining me to support these athletes? [\(insert fundraising page link\)](#)

 Looking to make a difference? Help me support Special Olympics Virginia through the Polar Plunge. Make a donation to my page or go for the cold with me and join my team. [\(insert fundraising page link\)](#)

 This year I am participating in the Polar Plunge for Special Olympics Virginia. Will you support me by donating to my fundraising page? [\(insert fundraising page link\)](#)