



## Sample Social Media 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 1200+ athletes who participate in Special Olympics Saskatchewan. Please donate to my Polar Plunge team! #SKPolarPlunge18 <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. #SKPolarPlunge18 <insert link to team page>

Its winter in SK, so why don't we jump into freezing water together? LET'S DO IT. Support Special Olympics SK & join my Plunge team! #SKPolarPlunge18 <insert link to team page>

YOU can make a difference! Help me reach my fundraising goal as I Polar Plunge for Special Olympics SK. BRRing it on! #SKPolarPlunge18 <insert link to team page>

I'll be freezin' for a reason at the 2018 Polar Plunge! Help me support Special Olympics SK by making a donation to my Plunge team #SKPolarPlunge18 <insert link to team page>

I'm going to feel the Thrill of the Chill and Polar Plunge for Special Olympics Saskatchewan! Every dollar you donate helps the over 1200 athletes with intellectual disabilities in Saskatchewan, providing them with the athletic opportunities that instill the confidence needed to succeed in life. Will you please donate to my fundraising efforts? Thank you! <insert link to team page>

I am freezin' for a reason: @SpecialOSask. Support me & the 1200 athletes by donating here <insert link to team page>

Feel the Thrill of the Chill & Polar Plunge on [date] in [location!] for @SpecialOSask! Together we will help 1200 athletes go for the gold. <insert link to team page>

Did you know @SpecialOSask serves 1200 athletes? Don't leave athletes waiting on the sidelines. Donate now <insert link to team page>

I'm Plunging for the 1200 Special Olympics athletes of @SpecialOSask! Donate to my cause today! <insert link to team page>



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### Helpful tips

- Get creative! Feel free to edit and personalize these posts however you want.
- Add a photo! Have an awesome picture of you Plunging last year? Cool. Use it in your social posts!
- Please feel free to download any of our photos on [Flickr.com/SpecialOSask](https://www.flickr.com/photos/specialosask/) and use the photos in your social media posts to connect your friends with the athletes and spur them to donate
- Share it! Twitter? Check. Facebook? Check. Instagram? Check. Spread the word about your Polar Plunge on ALL of your social media sites!
- Be sure to include a link to your Plunge page at the end of each post!
- Consider using [TinyURL.com](https://www.tinyurl.com/) to shorten your fundraising link to fit in your tweets
- Social media is a great and super easy place to ask your friends for donations! You never know who will donate with a couple of status updates!