



Joey's Plunge 2010 to benefit Camp Sunshine – New Year's Day 2010 5th Anniversary

(NAME)

(PHONE NUMBER)

(E-MAIL ADDRESS)

(ADDRESS)

(CITY)

(STATE)

(ZIP CODE)

Is a certified member of the JOEY'S PLUNGE TEAM 2010. All donations will be used to help Camp Sunshine, a retreat for children with life-threatening illnesses and their families. Please give generously. Donations are a significant part of making camp a reality. Our goal this year is to continue to grow the Joey's Plunge Family Sponsorship Fund to better provide for additional families to attend camp Sunshine.

***Participants: Plunge time to be announced, watch web page www.joeysplunge.org for updates
Please bring your pledge sheets and money on the day of the plunge, in a sealed envelope with your name and dollar amount raised on the envelope.
When possible, checks are preferred. Spectators are welcome!***

Rules and Regulations

- Individuals who raise \$500 or more will receive a Joey's Plunge, 5th Anniversary sweatshirt.
- Individuals who raise \$1,000 or more will receive a Joey's Plunge jacket.
- First 75 participants to sign in at the plunge, with pledges over \$100, will receive a Life is good towel.
- No Pushing! All participants must enter the water of their own volition. Please do not enter the water until asked to do so.
- Participants will plunge their willing bodies into the water.
- No dry suits or wetsuits. Participants may smear their body with a liberal coating of bear fat. *Note: This may negatively impact your social standing.*
- No 'endurance' contests will be permitted. Participants must jump in and get out. Yelling is optional.

JOEY'S PLUNGE WAIVER

Although all precautions are taken to ensure the safety of all participants, participation in this event is at your own risk. Camp Sunshine does not recommend the Joey's Plunge for anyone with heart or medical problems. Camp Sunshine will not be responsible for any loss or damage.

I, _____, agree to participate in the 2010 Joey's Plunge at my own risk, and agree to hold Camp Sunshine, Joey's Plunge, Staff, and Event Sponsors harmless and blameless in the event of injury or death resulting from participation in this event.

Signature of Participant (or guardian if under 18)

Date