

2022 Polar Plunge & Polar Pop Promotion

Sample Social Media Posts

Website:

www.plungepa.org

[Use bit.ly to shorten links to individual or team Classy pages]

Hashtag: #FreezinForAReason | #InclusionRevolution

Social Media Handles:

[Facebook](#): @SpecialOlympicsPA

[Twitter](#): @SpecialOlympiPA

[Instagram](#): @specialolympicspennsylvania

[YouTube](#): @SpecialOlympicsPA

Facebook:

General Post 1: This year, I'm "Freezin' for a Reason" and I want you to join me!

Sign up for a Polar Plunge near you (or do the virtual Polar Pop) by visiting www.plungepa.org and ensure that Special Olympics Pennsylvania continues to cultivate an atmosphere of inclusion and respect!

General Post 2: If I'm brave enough to take the Polar Plunge this winter, so are you!

Help me support Special Olympics Pennsylvania athletes in our community by visiting www.plungepa.org to register for the Plunge nearest you (or take the virtual Polar Pop!)

#FreezinForAReason

General Post 3: I'm taking the Polar Plunge this winter and so can you!

Just visit www.plungepa.org to register for the Plunge nearest you (or the virtual Polar Pop!) to help Special Olympics Pennsylvania athletes in our community!

#FreezinForAReason

Twitter:

Post 1: Join me in support of @SpecialOlympiPA by jumping into freezing-cold waters this Polar Plunge season! Just visit www.plungepa.org to register for the Polar Plunge (or virtual Polar Pop) nearest you!

#FreezinForAReason

Post 2: This year, I'm "Freezin' for a Reason" and I want you to join me! Visit www.plungepa.org to register for the Plunge nearest you, or the Polar Pop, and support @SpecialOlympiPA athletes in your community!

#FreezinForAReason

Instagram: [Be sure to add www.plungepa.org link to your bio!]

Post 1: This year, I'm "Freezin' for a Reason" and I want you to join me!

Sign up for a Polar Plunge near you (or the Polar Pop) by visiting the link in my bio and ensure that @specialolympicspennsylvania continues to cultivate an atmosphere of inclusion and respect!

#FreezinForAReason | #InclusionRevolution

Post 2: If I'm brave enough to take the Polar Plunge this winter, so are you!

Help me support @specialolympicspennsylvania athletes in our community by visiting the link in my bio to register for the Plunge nearest you (or for the virtual Polar Pop!)

#FreezinForAReason | #InclusionRevolution