



Polar Plunge Tool Kit



NDPA POLAR PLUNGE Jan. 21st

Plunger Tool Kit



Welcome Plungers!

Thank you for your interest in the Polar Plunge and willingness to take the plunge with our students at North Davis Preparatory Academy. Below you will find all of the necessary information to help you raise money and prepare for your jump whether you are a first timer or a seasoned "plunger". Our hope is that you will return year after year and jump for education, the dual language experience, and for your own health. If there is anything that we can do to make this plunge your best, don't hesitate to contact me at lilys_mom@yahoo.com or ccarver@northdavisprep.org

Happy Plunging, Kim
Valeika and Cami Carver
NDPA Polar Plunge Committee

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“Total Immersion”

What is a Polar Plunge?

A Polar Plunge is an event held during the winter where participants enter a body of water despite the icy temperatures. This plunge is a unique opportunity for individuals, organizations, and businesses to support North Davis Preparatory Academy, an International Spanish Academy and Dual Language Immersion school, and its students in the Spain Study Abroad program by collecting pledges and then plunging into the icy and frigid waters of Fort Buenaventura in January-Brrrrrrrr!



We're Total Immersion

There really is reason behind the madness. For the 7th year in a row, our 9th grade students will be venturing to Spain and completing an 11 day course in culture and academics. Students will demonstrate their proficiency in reading, writing, and the spoken word at the Universidad Pontificia de Salamanca. Upon completion students will receive a diploma and class credits. The trip costs each student and their family approx. \$3,300+. Students work for money during the summer doing odd jobs and commit donors to sponsor them in this daring adventure.

The average money raised by a Plunger is \$1000. Average business donates \$100. Average personal donation is \$20. Last year the students raised over \$30,000.

Many community members also take the plunge and donate their proceeds to NDPA Spain Study Abroad Scholarship Fund.



What It Takes to Be a Plunger

Anyone with a little courage, a warm heart, and a desire to support a worthy cause is welcome.

Each individual must pay the entry fee of:

- \$25 Adult
- \$15 Student

and sign a liability waiver to participate.

Each registered participant will receive a Polar Plunge long sleeve t-shirt and bragging rights.

Collect pledges from family, friends, and local businesses. Your “donation” amount will be announced as you take the “plunge”.

Money can be donated to a specific “plunger” or to the Spain Study Abroad scholarship fund. You choose.



Too Chicken to Take the Plunge?

No problem...You can still participate in the festivities! Simply register as a “Chicken” and raise pledges just like regular plungers.

Chickens who donate at least \$50 will receive a Polar Plunge t-shirt. Chickens will cheer on the brave Polar Plungers. Now you don't have any excuses not to participate!

Youngsters Encouraged to Plunge!

Children 10 and under are encouraged to plunge.

Young plungers must have a signed liability form. We recommend that they be accompanied by a family member or close friend of 16 years or older.

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Liability Waiver

North Davis Preparatory Academy “Total Immersion” Polar Plunge Release and Waiver Liability, Assumption of Risk, Indemnity, and Parental Consent Agreement

In consideration of participating in the North Davis Preparatory Academy Polar Plunge, I represent that I understand the nature of the polar plunge events and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in the North Davis Preparatory Academy, “Total Immersion” Polar Plunge. I acknowledge that if and/or my minor child believe even conditions are unsafe, I and/or my minor child will immediately discontinue participation in the plunge.

I fully understand that Polar Plunge events involve risks of serious bodily injury, including permanent disability, paralysis, and death, which may be caused by my own actions, or inactions, those of others participation in the event, the condition in which event takes place, or the negligence of the “releases” named below, and that there may be other risks either not know to me or not readily foreseeable at this time; and 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 North Davis Preparatory Academy, “Total Immersion” Polar Plunge.

I hereby release, discharge, and covenant not to sue North Davis Preparatory Academy, its respective administrators, directors, agents, officers, employees, or volunteers, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Polar Plunge takes place (each considered on of the “releases” herein) from all liability, claims, demands, losses, or damages on my account caused or alleges to be caused in whole or in part by the negligence of the “releases” or otherwise, including negligent rescue operations; and I further agree that if despite the release, waiver of liability, and assumption of risk, I or anyone on my/or minor child’s behalf, makes a claim against any of the releases, I will indemnify save and hold harmless each of the releases from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this North Davis Preparatory “Total Immersion” Polar Plunge Release and Waiver Liability, Assumption of Risk, Indemnity, and Parental Consent Agreement. I understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I ALSO UNDERSTAND THAT ALL REGISTRATION FEES ARE NON-REFUNDABLE. I HEREBY GRANT PERMISSION TO NORTH DAVIS PREPARATORY ACADEMY TO USE MY/MY CHILD'S PHOTOGRAPH FOR PUBLICITY IN ANY AND ALL PUBLICATIONS AND MEDIA WITHOUT LIMIT OR RESERVATION. ANY PHOTOS POSTED ON AN NDPA SPONSORED MEDIA SITE WILL NOT INCLUDE IDENTIFICATION OF ANY INDIVIDUALS WITHOUT PERMISSION.

Adult Participants

Printed Name of Participant

Today’s Date: mm/dd/yyyy

Signature of Participant

Minor Participants

Printed Name of Participant

Today’s Date: mm/dd/yyyy

Signature of Parent/Legal Guardian

NDPA POLAR PLUNGE Jan. 21st

Details and Rules

Saturday, January 21st, 2017

9:30 AM - 12:00 Noon

Fort Buenaventura, Ogden, Utah

9:30 a.m. Check In and Late Registration
 10:15 a.m. Parade of Plungers
 10:30 a.m. NDPA Cheer, Dancers, & Fun
 11:00 a.m. Plunge Time (time approximate)

- The NDPA “Total Immersion” Polar Plunge is a family and alcohol free event.
- The event committee reserves the right to remove any participant and/or spectator from the grounds for behavior that does not adhere to the existing policies, and/or is deemed offensive to others. This includes possession of open containers or other illegal substances, public intoxication, lewd or inappropriate costumes, or otherwise disorderly conduct, among other things.
- All participants must complete a registration and liability waiver.
- Public restrooms available.
- Public parking on site.
- Entertainment and music will also be provided for your family fun.
- Please come prepared to purchase raffle tickets for fun prizes. Small bills are appreciated.
- We will jump regardless of weather. Rain, sleet, snow, or sunshine we love to “plunge”. Please dress appropriately and bring umbrellas to keep yourself dry.
- An enclosed dressing room will be provided for your comfort.
- **Do Not** enter this event if you have high blood pressure and/or heart conditions.
- **Do Not** drink alcohol prior to this event. Alcohol does not warm you up and it accelerates hypothermia.
- **Do Not** stay in the water longer than 15 minutes. Body heat is lost 25 times faster in water than in air.
- **Do Not** remove your clothing until swim time.
- **No pets** allowed.



Plunge Area Rules

- All jumping/plunging must take place inside the designated “Plunge Zone”.
- No diving.
- No running.

NDPA POLAR PLUNGE Jan. 21st

Attire, Costume, and Directions

PLUNGE ATTIRE

- Participants must be in a swimsuit or costume, no “skinny-dipping”.
- Wet-Suits are strictly prohibited.
- Plungers must have their feet covered. We recommend water shoes or lace-up tennis shoes.

COSTUMES

- Dress up as your favorite character or use last year’s Halloween costume.
- Use your imagination!
- Costumes must be in good taste.



Directions to Fort Buenaventura



DRIVING FROM THE SOUTH:

Take US-89 North into Ogden. Turn left at 24th Street. Turn left at A Avenue. Take the 1st left onto W. Capitol Street. Follow road into Park.

OR

Take I-15 North. Take exit 342 for UT-53 towards 24th Street. Turn right at UT-53 E/ Pennsylvania Avenue. Take right at A Avenue. Take 1st left onto W. Capitol Street. Follow road into Park.

DRIVING FROM THE NORTH:

Take I-15 South. Take exit 343 towards UT-104E/W 2100 S/W 21 Street South/Wilson Lane. Continue to follow UT-104 E. Take the 1st right onto S 1100 W. Take the 1st left onto W 2100 S/W2150 S/Wilson Lane. Continue onto Exchange Rd. Turn right at B Avenue. Take the 2nd left onto W. Capitol Street. Follow road into Park.

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Polar Plunge 101

First Timers-Listen Up!

Wear your plunging suit or costume under the clothes that you wear to the event. Wear boots to stay warm before and after the event (don't forget water shoes for the jump).

Choose your post-plunge outfit with this in mind. You will be cold and possibly numb, so loose fitting, easy on clothes without a lot of snaps, buttons, or zippers work well.

Do not dive or run into the water. You do not have to submerge your head. Most people only submerge themselves up to the neck.

Stay within the "Plunge Zone" and wait for your turn to jump.

The water will take your breath away.

Items to Bring with

You

- Plastic bag for wet suit, costume, or clothing
- A backpack to hold your pre and post "warm" clothing.
- Bring two large and one small towel. One to dry off with, one to stand on, and one to use for privacy while changing if needed. (The bathrooms get crowded and you'll want to change fast).
- Water Shoes-Fort Buenaventura is gunky on the bottom and you'll be standing in it.
- Warm blanket
- Dry Undergarments
- Camera/Video Camera
- A dry partner who will hold your gear, take your picture, and cheer you on

Benefits of Polar Plunging

Shocks the circulatory system producing "after glow"

Reduces wrinkles

Improves self-esteem

Improves depression

Stimulates mental processes and well being

Increase in Hormones

Improves Arthritis

Improves Asthma

Finland

Fad

10% of the Finnish population have tried



winter swimming. There are more than 80,000 regular winter swimmers who tout the therapeutic benefits of the experience. The typical swimmer is a middle-aged woman with a clerical job.

Scientifically Speaking

Sudden immersion in ice cold water can result in an involuntary gasp followed by 1 - 3 minutes of involuntary hyperventilation. Specific data are: 2.0 liter gasp in 82o water and 3.0 liter gasp in 50o water (i.e. nearly your entire lung volume), and in 50o water a 600 - 1,000 percent increase in ventilation (air in and out) in the first minute. This hyperventilation results in a profound lowering of blood carbon dioxide levels and a raising of blood pH levels.

Dangers of Cold Water Shock

Rapid cooling of the skin triggers various heart and breathing responses. The heart rate can increase by 50% and blood pressure can increase to 175/93. Although a substantial strain on the heart, these changes are not likely to be a problem for a healthy, fit person but may be dangerous for those with underlying heart disease or hypertension.

NDPA POLAR PLUNGE Jan. 21st

How to Get Started

Step by Step Instructions

STEP 1

Pre-register for the Plunge

- Online Registration www.northdavisprep.org and look for the Polar Plunge registration link.
- Mail registration forms to:
NDPA Polar Plunge
1591 W. Hill Field Rd
Layton, Utah 84041
- Register the day of the event, but a T-shirt is not guaranteed. Register by January 13th, 4:00 pm to be guaranteed a shirt.

Registration form, fee, and Liability Waiver must be turned to be considered registered and ready to Plunge!

STEP 3

Plan Your Fun!

What will your costume be? Will you form a team or jump with friends? Plan your costume, plan your jump and get ready to have a blast during the January "blahs".



Got c  urage?



STEP 2

Solicit and Collect Pledges

Ask your family, friends, and businesses that you frequent to pledge a minimum of \$10 to support your cause. Pledges can be collected on-line at www.regtx.com

Check out our Fundraising Tips, Fundraising Planner, Forming a Team, Ask Cards, Sample Email/ Letter, Pledge Form, Tax Deduction Letter, and Plunge Receipts to help you raise money.

STEP 4

Check-In Day of Event

Start off by visiting the Fort Buenaventura Lodge, where you will pick up your Plunger Number and T-Shirt. Be sure to check-in early so that you can get prepared, enjoy the music, and feel confident prior to your plunge time. Check-In begins at 9:30 and ends at 10:15.



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How to Get Sponsors

Set a Goal

How much money do you want/need to raise?

Make a Plan

Will you form a team or raise money as an individual?

If you choose form a team see the team pages for more information.

How will you contact sponsors?

Letter and email work fine, but a personal visit is the best.

Find Sponsors

Make a list of all the people you can approach

Use the Circle of Influence worksheet to help you



Approach Sponsors

Present information

Memorize your presentation

Practice in front of the mirror, with your parents, with friends etc.

Your enthusiasm and animation will get more people to sponsor you.

Corporate Sponsors

Corporate Sponsors Over \$500

Require an official NDPA donation letter, email lcherone@northdavisprep.org

with your corporate name, address, donation amount, and address of where to send the letter.

Report Business Donation of Any Amount at the February Spain Study Abroad Meeting

Collect Money Now or Later

It's your choice-are you more motivated to collect the money before or after you jump.

Ask your donors if they would like a receipt and provide that.

Money and Receipts

As you receive donations, bring your money to Ms. Cherone, in the front office. She will write receipts (for your records) and deposit your donations into our school account and credit your amount owed. Please note that a receipt is NEEDED for income tax credits. Give ALL donors one of the prepared receipts from your donation packet.

Send Thank You Letters

Please thank those who are willing to support you and our school.

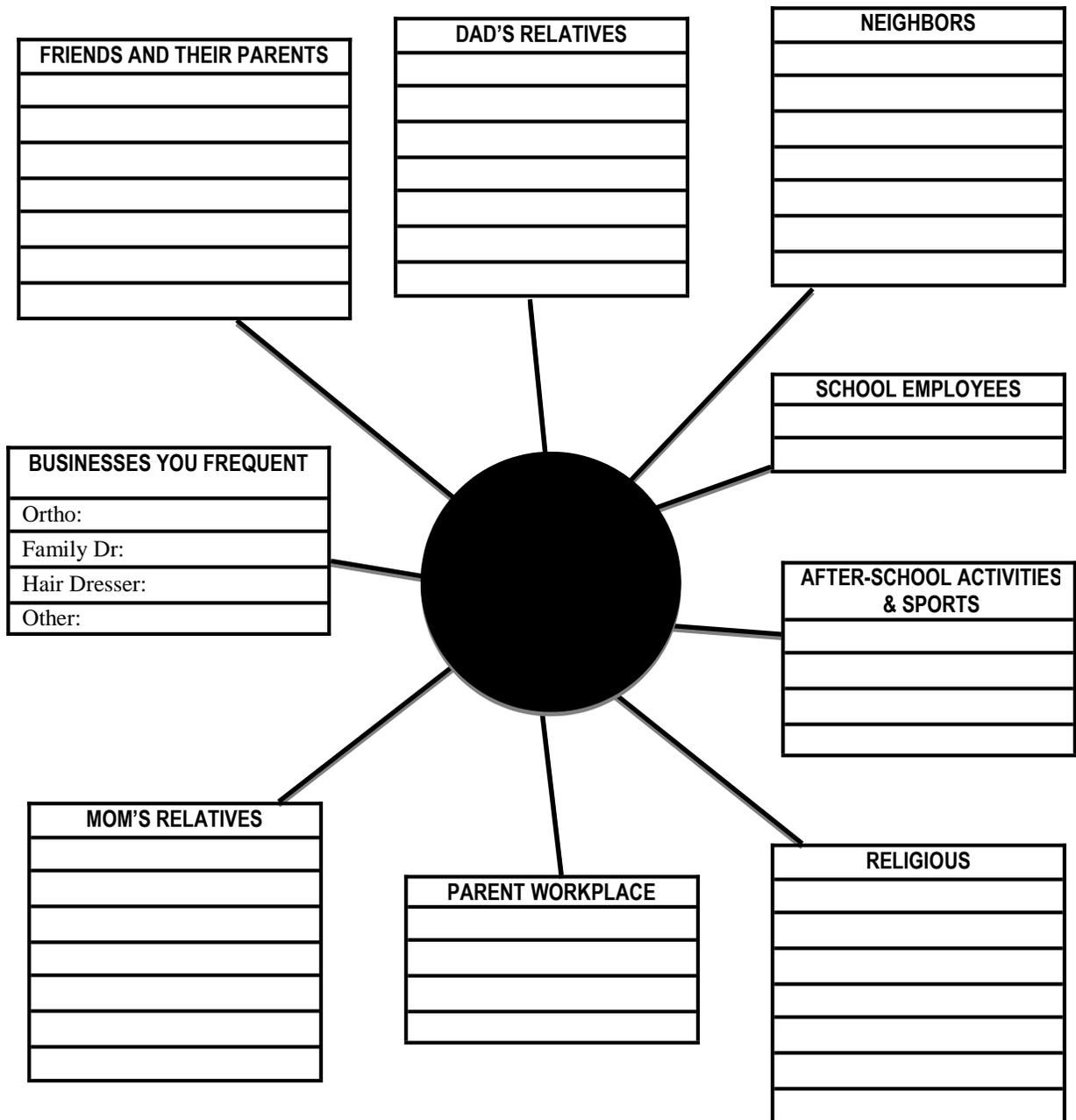
Include a picture if you can of you jumping-sponsors love to post these items in their businesses and your family and friends will enjoy your memory.

Send Thank You notes within 2 weeks of the jump.

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Your Circle of Influence

The key to building a successful fundraising campaign depends on asking people and businesses you frequent for support. Think about everyone whose lives you touch and ask them to join your team or pledge \$10-\$50 in your efforts to raise money for your intended goal. These are the same people that you should invite to come and support you and you take the plunge.



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Form a Team

What is a Team?

Teams are groups of your friends, family members, classmates, or neighbors who join together to raise money for your Polar Plunge.

Team Rules

Teams may consist of 4 or more Plungers/Chickens.

ALL team members must pre-register through www.regtx.com. NO members can be added to the team on the day of the event.

Each team member must raise a minimum of \$100.

Why a Team?

Show your family or company's support of your favorite "Plunger" and together you can raise more money than a single individual.

How Do I Form a Team?

Designate a Team Captain (probably you or a parent), then grab your friends, neighbors, parents, and extended family for a fun day of health and good ol' fun! Make sure that together you agree that all donations will go toward your designated Spain Study Abroad student.

Team Fundraising Tips

Spreading the Word

Be a part of bringing the Plunge to the next level. Help promote it by:

- Posting posters/signs at your parent's work, local businesses (make sure to get permission first).
- Don't be afraid to approach friends of your friends, neighbors, family members etc. Ask your circle of influence for names of their circle of influence who enjoy the outdoors, appreciate health and wellness, support education, etc.
- Ask everyone you can for a donation and FOLLOW UP.
- Stay organized and track both individual and team progress (if applicable).

Role of the Team Captain

- Build a Team of at least 4 members
- Select to raise money for a plunger or for the Spain Scholarship Fund
- Set a fundraiser goal for your team
- Work with team members to set individual goals for each member.
- Provide team members with fundraising tools found in this packet or online at www.northdavisprep.org
- Coach and motivate your team to success.
- Generate enthusiasm for the event through email, text messages, social media, meetings, and/or incentives.
- Organize a team meeting to set goals
- Host Fundraisers (bake sale, car wash, yard work etc.)

How to Be a Successful Team Captain

- Ask people you like and trust to be on your team.
- Have a team kick-off to get things going.
- Select a Co-Captain to help you keep your team motivated.
- Lay out fundraisers on a calendar and discuss team responsibilities.
- Delegate.
- Communicate.
- Have regular meetings.
- Keep your team informed.
- Motivate, excite, and enthuse your team.
- Consider developing a team theme with the same costumes or same shirts etc.
- Challenge another team to a competition to see who can raise the most.
- Have fun together!



NDPA POLAR PLUNGE Jan. 23rd

Fundraising Ideas

Organize and hold fundraisers to increase your donation dollars.

Matching Gifts-check with your parent's place of work to see if they have a matching gift program. This is an effective way to double your fundraising efforts.

Set up a Table at a "Hot Spot"-Get permission from a local health club, coffee shop, or grocery store (public property may require a permit) to set-up a table inside or just outside their establishment, and then ask interested patrons who pass by to support you or your team.

Company Contribution-Solicit a specific donation from a company who you or your team members have contact with.

Bake Sale-Hold a Friday bake sale in your neighborhood.

Car Wash-Get your team together and wash cars for donations.

Fall Yard Clean Up-Get your team together and clean up yards before winter arrives. List services that your team members can complete such as trim and wrap bushes, rotatill the garden, rake leaves, blow out sprinkler pipes, turn off water, wrap hoses, etc. Make sure that your team members are prepared and know how to accomplish their task.

Sell Pizzas, Cookie Dough, Soda, etc. and retain a portion of the sales.

Yard Sale

Post your Plunge activities on all social media websites that you and your team have access to. Keep friends and family updated through invites and posts and ask them to promote the event too.

The only fundraiser that NDPA supports is the Polar Plunge. All other fundraisers must happen off campus.



NDPA POLAR PLUNGE Jan. 23rd

Frequently Asked Questions

What time is everything happening?

9:30 AM registration begins, 10:15 Plunger Parade, 10:30 NDPA Cheerleaders/Dance Company, 11:00 Plunge begins with Heat 1 (time approximate).

What do I need to bring with me to the plunge?

Registration fee and form and signed liability waiver (if you haven't pre-registered), water shoes to jump in, plastic bag for wet suit, costume, or clothing, plastic container to hold your pre and post clothing, bring two large and one small towels (one to dry off with, one to stand on, and one to use for privacy while changing if needed), warm blanket, dry undergarments, camera/video camera, umbrella, and a dry partner who will hold your gear, take your picture, and cheer you on. Winter coat and boots are highly recommended.

What time should I arrive?

If you are jumping we suggest that you arrive at least 45 min. before jump time to allow enough time to get registered and prepared to jump.

Where can I change before and after the Plunge?

There are heated restrooms on premises for you to use. However, they do get crowded. Many plungers choose to undress and dress inside of a towel or blanket held up by family members.

Where can we park?

At Fort Buenaventura; the parking lot sits adjacent to the lake.

What safety perimeters are in place?

The Polar Plunge is supported by the local fire department/paramedics and sheriff's office. Management teams are set around the ice to help monitor the plungers safety and our safety team assists plungers out, as needed.

Will there be food at the event?

We will have hot chocolate and depending upon donations may have free food items for you to enjoy.

Is there an entrance fee for spectators?

No, but donations are always accepted. All proceeds go directly towards the Spain Study Abroad Scholarships and are awarded to NDPA students.

How far do I have to go into the water?

We do not have any depth requirements for the "plunge". Instead we leave it up to the comfort level of the individual participant.

How old do you have to be to jump?

While we do not have any restrictions, participants under the age of 18 must have written consent from a parent or legal guardian. Over the years, many young children have participated safely and we defer to the parents on what makes the most sense for their family. Remember, plunging can mean dipping a hand or big toe, which is plenty of cold for a little one.

NDPA POLAR PLUNGE Jan. 21st

FAQ Continued

Bad weather, now what?

The Plunge will take place as long as it is safe for the plungers. We have held the event in snow, sleet, rain, and sunshine. If we are forced to cancel, we will send a mass email to registered participants and NDPA families, and post on the NDPA Facebook page.

Where/how do I turn in my donation monies on plunge day?

If you are an NDPA student we ask that you turn in all donations at school either the Friday before or the Monday after the plunge. Otherwise please turn in all donation monies when you check in, prior to jump time.

Who should checks be made out to?

Please make all checks to North Davis Preparatory Academy. If you are sponsoring a specific "plunger" you can place his/her name at the bottom of the check and the word Plunge.

I am trying to make an on-line donation, but it doesn't seem to be going through.

Call us and we will help you with the process. North Davis Preparatory Academy @ 801.336.3601.

I have received additional donations for the Plunge, but the event is over. Where should I send the money?

NDPA Polar Plunge, 1591 N. Hill Field Rd, Layton, Utah, 84041.

Is my registration or donation refundable?

Charitable contributions are non-refundable and the minimum registration fee is considered a charitable contribution and is therefore non-refundable.

I was going to participate but now my schedule will not allow it. Is it possible for me to turn in my donation money early and still receive the Plunge t-shirt?

Absolutely! Contact us at NDPA and we'll be glad to accept your donation and get your T-shirt after Jan. 23rd.



NDPA POLAR PLUNGE Jan. 21st

Sample Email

Email Subject Line: Taking the Plunge - Please Support Me!

A PARTICIPANT SAMPLE FUNDRAISING EMAIL (TO SEND TO YOUR FRIENDS AND FAMILY)

Dear (name of friend - personalizing it makes it more appealing):

On Saturday, January 23rd, I will be jumping into the icy cold water at Fort Buenaventura State Park in Ogden, UT for a really good cause. Yes, you heard me right. I will be plunging right into the frigid, pond waters along with several dozen other crazy people. The event, organized by North Davis Preparatory Academy (NDPA), is just one way in of getting cold in Utah before seeing the sunny country of Spain. As a Spanish International School, I have the good fortune to being a part of an educational trip to Spain in March. NDPA students will be utilizing our Spanish tongue as we complete a Full Immersion Spanish Course at the Universidad Pontifica de Salamanca.

So here is the deal: I will agree to get wet and cold if you will agree to sponsor me. By making a pledge to support my playful suffering, you will help NDPA fulfill its very serious mission of furthering its students' education, personal growth, and cultural experiences. The suggested minimum pledge is \$20.00 (can change if you want), but if you could give more, I would greatly appreciate it. My goal is to raise \$1000.00, which will be applied directly to my trip fund.

Please let me know if you can make a pledge towards this worthwhile event. Also know that North Davis Preparatory Academy is a non-profit organization, which emphasizes a K-9 grade bilingual education. You can learn more about NDPA at www.northdavisprep.org. Remember, your contribution is tax deductible.

If you can make a pledge, just let me know the amount right now by replying to this email and then I will follow up with you to collect your contribution. Or you can go to the school's website, www.northdavisprep.org, and make a secure contribution towards my plunge right now.

Either way, thank you very much for pledging your support, and for me to freeze my ^\$*#% in the process!

Photograph's to follow.

Sincerely,

(your name)

NDPA POLAR PLUNGE Jan. 21st

Corporate Letter

Corporate Donations over \$500 will likely request a formal letter and receipt. Please email Ms. Cherone lcherone@northdavisprep.org your company information-including address, donation amount, and when the letter should be mailed. She will print the letter for you on NDPA Administration letterhead and mail it to your donor.

February 1, 2015

XX (company name)
company address
city, state XXXXX

Dear Sponsor,

On behalf of North Davis Preparatory Academy, thank you for being a generous sponsor of our 6th Annual "Total Immersion" Polar Plunge on January 21, 2014. With your support, the event raised more than XXXXXX, which helps eligible students study abroad in Spain.

North Davis Preparatory Academy is a public K-9 charter school in Layton, Utah. NDPA is also Utah's first Accredited International Spanish Academy. We help students achieve bi-literate proficiency by blending our core curriculum with Spanish language, arts and culture. In March of 2014, our school will send 40 ninth graders to study in Spain, making it both an academic and cultural experience. All work will be completed at the Universidad Pontificia de Salamanca, where each student will demonstrate their proficiency in reading, writing, and speaking Spanish. Diplomas and credits will be presented to students upon successful completion of the course of study.

The School could not do what it does without the generous support of a caring community. Thank you again for your thoughtful donation to North Davis Preparatory Academy Study Abroad Program. We look forward to your continued support in the future.

Most Sincerely,

Ryan Robinson
North Davis Preparatory Academy
Assistant Principal

Your sponsorship donation of XXXXX is greatly appreciated. We are a 501(c)(3) organization and donations may be used as a tax deduction. Our State Tax Exemption Number is N21961. This letter will serve as your receipt.

| | |
|--|---|
| <p style="text-align: center;">Please Support My Plunge!</p> <p>Make a donation today in two easy ways.</p> <p>Internet Donation</p> <ul style="list-style-type: none"> • Visit my school webpage at www.northdavisprep.org • Choose the Polar Plunge Link • Click on "Support a Plunger" <p style="text-align: center;">OR</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="172 453 446 590"> <p>Mail a check to my school</p> <p>NDPA Polar Plunge 1591 W. Hill Field Rd. Layton, Utah 84041</p> </div> <div data-bbox="516 373 748 548">  <p style="text-align: center;">HOME OF THE LIONS <small>NORTH DAVIS PREPARATORY ACADEMY</small></p> </div> </div> <p>Thank you for helping me raise funds for my Spain Study Abroad educational experience. I will provide you with a tax-deductible receipt.</p> <p>Sincerely, _____</p> | <p style="text-align: center;">Please Support My Plunge!</p> <p>Make a donation today in two easy ways.</p> <p>Internet Donation</p> <ul style="list-style-type: none"> • Visit my school webpage at www.northdavisprep.org • Choose the Polar Plunge Link • Click on "Support a Plunger" <p style="text-align: center;">OR</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="808 453 1083 590"> <p>Mail a check to my school</p> <p>NDPA Polar Plunge 1591 W. Hill Field Rd. Layton, Utah 84041</p> </div> <div data-bbox="1154 373 1386 548">  <p style="text-align: center;">HOME OF THE LIONS <small>NORTH DAVIS PREPARATORY ACADEMY</small></p> </div> </div> <p>Thank you for helping me raise funds for my Spain Study Abroad educational experience. I will provide you with a tax-deductible receipt.</p> <p>Sincerely, _____</p> |
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