



## **2012 LAKE ELMORE POLAR SPLASH** **FACT SHEET/INFORMATION**

The **Rotary Club of Morrisville** is sponsoring the 4<sup>th</sup> annual **LAKE ELMORE POLAR SPLASH (February 18, 2012 at 11:00 a.m.)** to be located at the Elmore State Park on the frozen shores of beautiful Lake Elmore, Vermont. A portion of the proceeds will be directed to the **Lamoille Family Center** to help with their capital campaign for a new facility.

There will be a registration/donations party prior to the Splash on **Friday, February 17, 2012 (from 5:30 p.m. to 7:30 p.m.)** at the River Arts building located on Pleasant Street in beautiful downtown Morrisville. Jumpers can pick up their free towel and special gift at that time.

On the day of the Splash, jumpers are encouraged to arrive an hour or so before the swim. Parking is available at the **Lake Elmore State Park** or **Elmore Methodist Church**. Do not park along Route 15 (your car may be towed). Participants can change and prepare for the splash in the Beach House at the State Park. Once cued, jumpers will be led out of the Beach House and onto the ice. The time on the ice will be brief. Then the jump! Upon scurrying back to the Beach House to dry-off and warm up, expect congratulations for having done something completely nuts. All jumpers will receive a free gift for their efforts! Once senses have returned, jumpers are encouraged to stay a while for free warm beverages and snacks. There will also be hotdogs and chili available for a small donation to the Lamoille Family Center this year.

Applications may be submitted on the day of the event. If alone, the applicant should raise \$150.00 dollars to participate. All participants that raise \$150 or more this year will receive a new Polar Splash Tee Shirt. If part of a team (teams consist of four (4)) then the team is strongly encouraged to raise \$500.00 (or \$125 per team member). **Costumes are encouraged and special prizes will be given.** If part of a team, try to come up with a costume theme. An award shall be given to best costume, best team costume and biggest fundraiser. Make sure all donations are made out to the **Morrisville Rotary Club**. Participants can either deliver or mail your registration/donations prior to February 18, 2012 to Morrisville Rotary c/o Cindy Locke and LRCC, 34 Pleasant Street, Morrisville, VT 05661. \*If you use the mail system make sure your registration/donations are sent at least four days before the event\*. Or, jumpers can also bring their registration/donations to the **River Arts** building at the pre-party on February 17, 2012 (5:30 p.m. to 7:30 p.m.). Your efforts will be greatly appreciated!!!

**Protocol:**

- 1 No diving.
- 2 No wet or dry suits permitted.
- 3 Shoes or heavy duty socks should be worn (you will be on ice).
- 4 Costumes are encouraged.
- 5 You must be 13 or older in age (13-17 you must have a parent sign your waiver).
- 6 Most importantly, have fun!!!

Please reference our webpage for updates leading up to the event at [www.morrisvillerotaryclub.org](http://www.morrisvillerotaryclub.org).

**2012 Lake Elmore Polar Splash Donation Helper Packet**

On behalf of the Morrisville Rotary Club, THANK YOU for participating! Your fundraising efforts will make a tremendous difference in helping the Morrisville Rotary Club and Lamoille Family Center. Asking for donations is never easy, so the Morrisville Rotary Club has provided you with a Donation Helper Packet. The Packet is to aid you in asking for donations. Successful fundraising requires preparation, solid groundwork and most importantly the right attitude when convincing people/businesses to donate!

The Lake Elmore Polar Splash Donation Helper Packet includes the following:

1. Sample Donation Request Letter: Feel free to use this letter as a template when asking others for donations. Alter it if you like.
2. Lamoille Family Center Information: Your donors may know you but do they know who will benefit from their contribution? Your donors may want to know that half the money raised will be given to Lamoille Family Center.
3. Who Do You Know?: This is to help you brainstorm the different people or organizations you can ask when seeking donations. It will also help you stay organized.
4. Donor Sponsor Sheet Ledger: This form helps you keep track of your fundraising efforts and can serve as a reminder to say THANK YOU.

If you need further details or have questions feel free to access our webpage at [www.morrisvillerotaryclub.org](http://www.morrisvillerotaryclub.org). You can also call Cindy at 888-7607 or Tricia at 888-6669 ext 231.

# About the Lamoille Family Center

For more than thirty five years the Lamoille Family Center has encouraged, educated and celebrated families. Raising children is an important and challenging job for all parents and the outcomes of that endeavor have a profound impact on our communities and society. The Family Center is firmly committed to developing a system of care for children and families that weaves together the best practices of professionals, the wisdom and experience of families, and the strengths and hopes of the community.

As one of fifteen Parent Child Centers across the state, the Family Center serves approximately 1,600 children, youth, parents and caregivers annually throughout the Lamoille Valley.

For more information about any of our services, call (802) 888-5229 or go to [www.lamoillefamilycenter.org](http://www.lamoillefamilycenter.org).

## Lamoille Family Center Services

### Children's Integrated Services

**Early Childhood & Family Mental Health** -Assists children, families, child care and other service providers to promote and support children's healthy social, emotional, and behavioral development.

**Early Intervention** -Provides services to families with children up to age three who have a medical diagnosis, a delay, or the high probability of a delay in their development or growth. Children receive services such as speech therapy and physical therapy, while parents receive training, counseling and service coordination.

**Nursing and Family Support** -Provides home visits to income eligible parents and their young children to help ensure a healthy start in the early years of a child's life.

**Specialized Child Care** - Provides child care coordination services for families who are experiencing significant stress, have a child with special health needs, or have exceptional circumstances.

### Child Care Support Services

**Child and Adult Care Food Program** -This federally sponsored program provides cash reimbursement to providers for nutritious meals served to children in their registered child care settings.

**Child Care Center** -Provides high quality care for up to eight children under the age of three on site at the Family Center. The program promotes the physical, social, emotional and cognitive development of young children while responding to the needs of the families.

**Child Care Financial Assistance (formerly Subsidy)** - Specialists assist income eligible families with applying for subsidized child care. Eligibility requires families to have an established service need (employment, training, etc.).

**Child Care Referral** - The Referral Specialist offers information on quality child care and maintains a database of all registered and licensed child care programs in the Lamoille Valley.

**Child Care Resource** - The Resource Development Specialist helps to increase quality child care by providing support, professional development opportunities, and resources to child care providers.

### **Youth and Young Adult Services**

**Lamoille Interagency Network for Kids (LINK)** - Provides strength-based services for youth who are at risk of running away or becoming homeless including crisis intervention, conflict resolution, case management, temporary shelter, and a community Teen Center.

**Learning Together & Families Learning Together** -Learning Together offers educational and support services to pregnant, parenting and at-risk youth, under age 22, who wish to earn their high school diploma or GED. Parents under age 24 can participate in Families Learning Together to earn a diploma or GED while getting support for parenting, learning new job skills, accessing resources, and planning for the future.

**Reach Up** -Provides young parents receiving financial assistance from Economic Services with support and information on self-sufficiency, career planning, returning to school, finding a job, being a single parent, balancing work and family demands, etc.

### **Family Support Services**

**Assessing for Success** -A strength-based assessment program designed to help Reach Up participants improve their educational, career, and personal opportunities. This program also includes job coaching and career placement.

**Emergency Needs Family Outreach** -Provides families in need with limited funding and goods such as diapers, clothing and children's items.

**Holiday Project** -On a Saturday in December, parents (or guardians ) who have registered with the Family Center, choose new toys for their children as well as donated books, hats and mittens.

**Parenting Education** -Offers parenting support services including playgroups, training sessions, written resources, and referrals.

**Supervised Child Access Program** -Provides a supervised and structured setting for children to visit with their non-residential parents and extended family members.

I thought that I was stupid because I was not good at subjects like math, but here I get tutored and the information is explained to me in a way that I can learn. I don't feel like a dummy here. We can talk about what is bothering us and are given space when we need it. Without Learning Together I would have stopped going to school."

I appreciate all that the Family Center has done for me over the past 14 years when I started taking my 4 month old (now 13) to weekly playgroup. We've taken helpful classes and always have found people at the Family Center so kind and willing to listen and guide my parenting. Thank you for the help as well as for being there all these years as I've learned to be a parent."

"Home was a hard place to be at, but I knew I could always turn to one place for any kind of help I needed - the Family Center."

"I am a single mom of four and have raised them by myself. If not for LFC helping, a bump in the road would have turned into a mountain for us."

- SAMPLE LETTER

{Insert address}

**Re: Polar Splash**

Dear {Insert name}:

I am attempting to do something absurd. I am going to jump into the icy cold waters of Lake Elmore on February 18, 2012. Why, you may be asking? Well, there are two reasons really, for one I happen to think it might be a once in a lifetime experience, but more importantly, my swim will raise money to benefit the Rotary Club of Morrisville which will in turn donate half the proceeds to the Lamoille Family Center.

Now, I have set a personal fundraising goal **{Insert dollar amount}** and need your help. Even if this amount seems like too much, any support you can give will be greatly appreciated.

It is so easy to help. All you have to do is write a check to the Morrisville Rotary Club and either mail it back to me or drop it off, whatever is most convenient.

If you want to see us jump into the arctic waters of Lake Elmore feel free to attend on the day of the event. Anyone can view us and expect the first wave of jumpers to enter the water at 11:00 a.m.

Thank you in advance for your support.

Sincerely,

{Your name}

**WHO DO YOU KNOW?**

The key to building a successful team and fundraising depends on asking people you know. Think about everyone whose lives you touch and ask him or her to sponsor you or join your team.

Your list can be daunting at times which is why it is helpful to use a chart to organize where all the funding is coming from. It's always best to start with family and friends. Next, ask acquaintances and service providers.

You will be amazed by how much people and/or businesses are willing to help!

<b>High School/College Alum</b> _____ _____ _____	<b>Friends</b> _____ _____ _____	<b>Children's Sports Teams</b> _____ _____ _____
<b>Community/Social Clubs</b> _____ _____ _____	← ↑ →	<b>Family</b> _____ _____ _____
<b>Colleagues/Competitors</b> _____ _____ _____	_____ <b>Your Name Here</b>	<b>Vendors/Suppliers</b> _____ _____ _____
<b>Religious</b> _____ _____ _____	← ↓ →	<b>Child's School</b> _____ _____ _____
<b>Fraternity/Sorority</b> _____ _____ _____	<b>Your Company</b> _____ _____ _____	<b>Neighbors</b> _____ _____ _____



**REGISTRANT INFORMATION**  
(To be filled out by each participant)

Name \_\_\_\_\_  
Team Name (if applicable) \_\_\_\_\_  
Company Name (if applicable) \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Email Address \_\_\_\_\_  
Donations Enclosed (suggested minimum of \$150 for individuals/\$500 for teams  
(\$125 per team member) \_\_\_\_\_

**WAIVER**

- PLEASE READ BEFORE SIGNING

In exchange for permission for me and/or my minor child to participate in the Morrisville Rotary Club's 2012 LAKE ELMORE POLAR SPLASH being held at Lake Elmore, VT, I represent that:

I UNDERSTAND THE NATURE OF THE ACTIVITY, and that the Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of other Activity participants, the conditions in which the Activity takes place, or in the negligence of the "RELEASEES" named below; and that there may be other risks either not known to me or not readily foreseeable at this time. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

\*I CONSENT TO THE PARTICPATION OF MY MINOR CHILD. (This applies only if my minor child's name is shown below as a participant.)

\*I CERTIFY THAT I AND/OR MY MINOR CHILD am qualified, in good health, and in proper physical condition to participate in this activity.

\*I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY for losses, costs, and damages I and/or my child incur as a result of my and/or my minor child's participation in the Activity.

\*I HEREBY RELEASE, DISCHARGE AND PROMISE NOT TO SUE the Rotary Club of Morrisville, the Lamoille Family Center, the Town of Elmore, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and landlords of premises on which the Activity takes place (each considered one of the "RELEASEES" herein), from all liability, claims, demands, losses, or damages that I and/or my minor child suffer which are caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations.

\*I WILL INDEMNIFY, SAVE AND HOLD HARMELSS each RELEASEE from any loss, liability, damage, or cost which any may incur, if, despite this release and waiver of liability, and assumption of risk, I or anyone on my and/or my child's behalf, makes a claim against any RELEASEE.

\*I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, CERTIFICATION, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND PRENTAL CONSENT (collectively "Agreement"), UNDERSTAND THESE TERMS AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, and have signed it freely and without any inducement or assurance of any nature. No Release or person on behalf of any RELEASEE has told me anything that is inconsistent with or contrary to the terms of this Agreement. I understand that, in reliance upon my signature on this form, voluntarily given, I may be permitted to participate in the Activity noted above. I intend it be a complete and unconditional release of all liability to the greatest extent allowed by law. If any portion of this Agreement is held to be invalid, the balance shall continue in full force and effect.

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Print name of Participant here

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Date

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Signature of Participant (if age 18 or over)

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Signature of Custodial Parent/Legal Guardian For self and any other parent/guardian (if participant under age 18, and at least 13 years old)

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Witness to Above Signature