

As a community service project, Valerie Zeffiro, a TVSC Swimmer, has organized a Suffolk County team, "Suffolk Swimmers" to take part in the 2010, Special Olympics Polar Bear Plunge. The plunge will take place on Saturday, March 13, 2010, at North Hempstead Beach Park, Long Island, New York.

Hopefully, you will join the team and be a part of a fun, exciting, and rewarding event. There is no cost to participate; however, the goal is to raise money for the Special Olympics. If you raise \$100 or more, you are eligible for an incentive gift. This information and other important information is included in this packet.

I hope you will become part of Suffolk Swimmers. Please visit, www.specialolympicsny.org and follow these instructions.

1. Scroll down to Freezin for a Reason
2. Click on March 13, Long Island Polar Plunge
3. Click register here
4. Click join a team
5. Select team Suffolk Swimmers
6. Register your information. You will have a personal page where you can edit your information and invite your friends to join you!

Please e-mail or contact her to let her know that you have registered. As the date comes closer, a specific time and place to meet the morning of the plunge will be determined. If you have any questions, please feel free to contact Valerie at vzeffiro@yahoo.com or 631-696-2651.

Login to visit my personal web page and help me in my efforts to support Special Olympics New York Incorporated