



# Sparta Elks Charity Polar Plunge Sunday, March 8, 2026

Sparta Elks Lodge  
6 West Shore Trail, Sparta NJ

Check in/Registration- 11 am at the **Sparta Elks**  
**in the Boardwalk Room**

All polar plungers must be registered by 11:45

Charity Plunge at 12 Noon @ **Lake Mohawk**

Free Hot Cocoa, Chili and Hot Dogs After the Plunge

Charity Plunger  
Sponsorship \$50  
(minimum pledge)  
Receive 1 Free T-Shirt  
with \$75 pledge by  
2/15

Business Sponsorship  
\$100  
(minimum donation)  
Receive 1 Free T-Shirt &  
Name/Logo on back of shirt

SpartaElksLodge2356@gmail.com  
973-726-0169



All proceeds benefit Special Children's  
Committee and Charities



## Sparta Elks Corporate & Business Donation Sheet

*All monies raised support Special Children, Veterans, and local charities in our community.*

Business / Organization Name: \_\_\_\_\_

Primary Contact Name: \_\_\_\_\_

Title: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Business Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Donation Amount: \$ \_\_\_\_\_

Payment Method:  Check (Payable to Sparta Elks) Venmo: @SpartaElks

**Please include your full name, "Fundraiser", and business name in the Venmo note.**

Authorized Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*Please send image/logo to: [misscontestwood@gmail.com](mailto:misscontestwood@gmail.com)**



Sparta Elks Lodge #2356  
6 West Shore Trail, Sparta NJ 07871

March 8, 2026

## **DON'T MISS THE ANNUAL CHARITY PLUNGE INTO LAKE MOHAWK**

Our community has many charitable annual traditions to support many great causes. The Sparta Elks are planning their Annual Charity Plunge into Lake Mohawk on Sunday, March 8, 2026. Proceeds will benefit our Special Children's Committee, Elks Camp Moore along with Veterans and local charities. Elks Camp Moore is a camp for special children. It offers a fun-filled week vacation, away from home. The primary goal of the camp is to develop the recreational and social skills of each child, in a relaxed and accepting atmosphere. Each camper experiences new adventures, lasting friendships and opportunities that promote independence and greater self confidence. All children are sponsored by the local Elks lodge in their community with NO cost to their families.

We are asking for your support in this major fundraiser. Some of the ways you can support this event are listed below:

- **Business sponsor: minimum donation of \$100.00 (name or logo on back of shirt).**
- **Individual plunger sponsor: minimum of \$50.00 worth of pledges to plunge. Free T-shirt with \$75 pledge by 2/15/26. (See attached pledge form).**
- **Sponsor a plunger by making a monetary pledge. If you do not know of a plunger to sponsor, please contact us for an updated list.**



Too  to take the plunge? You can still support and raise pledges for Elks Charities then dip a toe or finger in the lake for your "NON-PLUNGE" support.

We are encouraging plungers to form teams with co-workers, family and friends. Feel free to dress in costume or with your corporate colors.

For complete details and information, see the attached package which includes the required plunger waiver.

We would like to thank you in advance for your continued support.

Sincerely,

SPARTA ELKS TEAM

[Spartaelkslodge2356@gmail.com](mailto:Spartaelkslodge2356@gmail.com)  
973-726-0169



Do...

- Wear your plunge “attire” under your clothes- then you don’t have to change into them at the plunge.
- Remember that you will be exiting the water quickly, so do not wear anything that may be heavy when wet. Be creative with your plunge attire!
- Bring a robe, blanket, towel or jacket to wear while waiting to plunge and/or when you get out of the water. A towel to dry off with, as well as an extra towel to stand on is also a good idea.
- Wear tennis or water shoes. Not only is the ground freezing, but your feet will be numb in the water and it’s a good precaution.
- Bring loose fitting easy-on clothing and shoes to change into after the plunge. Your fingers and toes won’t be working so well!
- Bring your signed waiver and all money collected with you to the registration table.
- Bring a plastic bag for wet clothes.
- Have a dry partner to take care of your belongings and to take pictures while you’re in the water.

Dont...

- Don’t plunge if you have any heart or serious medical conditions.
- No diving or somersaults. The water is shallow!
- Don’t show up at the plunge right before the start time. You will need time to check-in and prepare for the plunge.
- Don’t drink alcohol prior to the plunge. Despite what you think, alcohol does not warm you up, it accelerates hypothermia.
- Don’t forget to smile and have fun!

### Charity Plunge Checklist

- Two Towels
- Blanket, Robe or Jacket
- Tennis or Water Shoes
- Change of Clothes & Shoes
- Plastic Bag
- Signed Waiver
- Collected Money





## Sparta Elks Charity Polar Plunge

### Waiver Signature Required

Sparta Elks Charity Plunge release and waiver of liability, assumption of risk, and indemnity agreement: In consideration of participating in this event, (1) I represent that I understand the nature of polar plunging events and that I am qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if I believe the conditions are unsafe, I will immediately discontinue participation in such activity. (2) I fully understand polar plunging events involve risks of serious bodily injury, including permanent paralysis and death which may be caused by my own actions, or inactions, those of others participating in the activity, the conditions in which the activity takes place, or 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.

(3) I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the activity. (4) I hereby release, discharge and covenant not to sue, the Sparta Elks, their respective officers, volunteers and other participants, sponsors and if applicable, owners and lessors of premises on which the activity takes place. (Each one considered one of the "Releases" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or part by the negligence of the releases or otherwise, including negligent rescue operations. (5) I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I or anyone on my behalf, makes a claim against any of the releases from any loss, liability, damages, or cost which any may incur as a result of such claim. (6) I have read this release and waiver of liability, assumption of risk, and indemnity agreement. I understand that I have given up substantial rights by signing it and have signed it freely and without 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 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.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please print the following:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_