

19th Annual

SUPER PLUNGE Saturday - February 11, 2023 - 1:00pm

Event Schedule

Friday, February 10th

11:00am to 5:00pm

Pre-registration T-shirt/wristband pick-up at the Aquatic Center Desk.

Saturday, February 11th

9:00am to 12:30pm

Late registration/wrist band pick-up at St. Francis in the Senior Lunchroom off of the main lobby.

The Plunge will take place at 1:00pm. Don't forget your bathing suit and/or costume, robe, towels, blankets and whatever else you'll need to warm yourself after!

How To Participate

Register...

...at St. Francis Community Center Front Desk. (\$20 for students, \$30 for adults)

Collect...

...sponsor donations from family, friends, co-workers, etc. (all proceeds go to the SRHS swim teams and the St. Francis Community Center)

Bring...

...your courage & donation form, along with the checks or cash to the St. Francis Community Center on the day of the Plunge. (Please drop off between 9:00am and 10:30am on Saturday, February 12th)

Important Information

- T-shirts and wristbands must be picked-up at the designated times on either Friday 2/10 or Saturday 2/11 (see above).
- The Plunge will take place on the 48th Street beach in Brant Beach.
- Wristbands must be worn at time of plunge.
- Plungers should enter the chute system to have wristband checked.
- Only those with wristbands will be permitted to enter staging area.
- Spectators will not be permitted in plungers staging area.

No refunds

The 19th Annual

Super Plunge

Saturday

February 11, 2023 @ 1:00pm

(Pre-Registration Required Before Plunge!)



All proceeds to benefit:
St. Francis Community Center
&
Southern Regional High School
Swim Teams

Sponsored by St. Francis Community Center



Are you going to be on LBI on the weekend of the big game?
 Are you part Polar Bear?
 Meet us on the beach at 48th Street in Brant Beach for the....
19th ANNUAL SUPER PLUNGE

NAME		
PHONE		
ADDRESS		
CITY	STATE	ZIP
AGE	DOB	

Donor Name	Phone	Amount

\$20 per student; \$30 per adult

****Register by 1/28/23 to receive a commemorative long sleeve shirt!****

**All proceeds benefit:
 Southern Regional Swim Teams & St. Francis Community Center**

S M L XL XXL (adult sizes)

Please circle shirt size: If size is not specified,
 XL will be given... SORRY, no exchanges!

**Why not get a group together?
 Show pride in your organization!**

Group Name of 10 or more



Application may be duplicated.

Participants are encouraged to seek sponsorship, in addition to registration fee. Ask family and friends for their support.
NO REFUNDS

Waiver: Super Plunge Sunday Release and Waiver of Liability, Assumption of Risk and Indemnity ("Agreement"): In consideration of participating in the Super Plunge Sunday (Activity), (1) I represent that I understand the nature of the Super Plunge event and I am qualified, in good health, and in proper physical condition to participate in this Activity. I acknowledge that if I believe Activity conditions are unsafe, I will immediately discontinue participation in the Activity; (2) I fully understand 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 others participating 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 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 St. Francis Community Center (LBICC, Inc.), St. Francis of Assisi Parish, Southern Regional School District, the Township of Long Beach, Long Beach Township Beach Patrol and Police Department, and their respective administrators, directors, agents, officers, volunteers and employees, other participants and sponsors and advertisers (each considered one of the "Releasees" 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 Releasees or otherwise, including negligent rescue operations; (5) I further agree that if, despite the Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement I, or anyone on my behalf, makes a claim against any of the Releasees, I, or in the event of my death, my estate, will indemnify, save and hold harmless each of the Releasees from any loss, liability, damage or cost which may occur as a result of such claim; and (6) I have read this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, 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 permitted by law and agree that if any portion of the agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect. By my participation in this Activity, I am granting permission to use my name, likeness, voice and words in television, radio, films, newspapers, magazines, and other media, and in any form not heretofore described, for the purpose of and communicating the purposes of Super Plunge Sunday in appealing for funds in support of the Activity.

 Signature of Participant
 (or Parent/Guardian if Participant is under the age of 18)

