

THE 20TH ANNUAL SUPER PLUNGE
SATURDAY FEBRUARY 10, 2024 @ 1:00PM
(PRE-REGISTRATION REQUIRED BEFORE PLUNGING)



ALL PROCEEDS TO BENEFIT
ST FRANCIS COMMUNITY CENTER &
SOUTHERN REGIONAL HIGH SCHOOL SWIM TEAMS
MEET US ON THE BEACH AT 48TH STREET IN BRANT BEACH!

Register..... at St. Francis Community Center Front Desk \$20 for students, \$30 for adults
****Bring in registration by 1/28/23 to receive a commemorative long sleeve shirt****

Collect..... donations from family, friends, co-workers, to sponsor your plunge

Bring..... your courage & donation form, along with the checks or cash from donations

Registrant Name and Phone Number _____

Donor Name	Phone	Amount

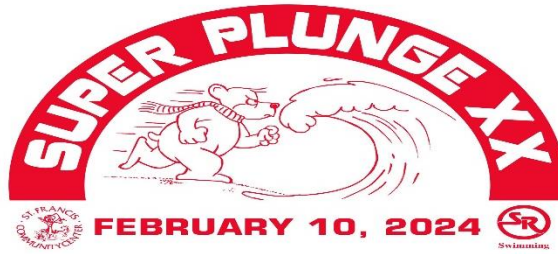
Saturday, February 10th 9:00am to 12:30pm

Drop off pledge donations between 9:00am and 10:30am on Saturday
Registration and wrist band pick-up at St. Francis Community Center
Senior Lunchroom off of the main lobby

Important Information

- ***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 plunger's staging area***

**WHY NOT GET A GROUP TOGETHER?
SHOW PRIDE IN YOUR ORGANIZATION!**



NAME		
PHONE		
ADDRESS		
CITY	STATE	ZIP
AGE	DOB	
SHIRT SIZE		

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 “Releases” 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 “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 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 Releases, I, or in the event of my death, my estate, will indemnify, save and hold harmless each of the Releases 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 or 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)
