



# Massapoag Plunge

Saturday - February 28, 2026

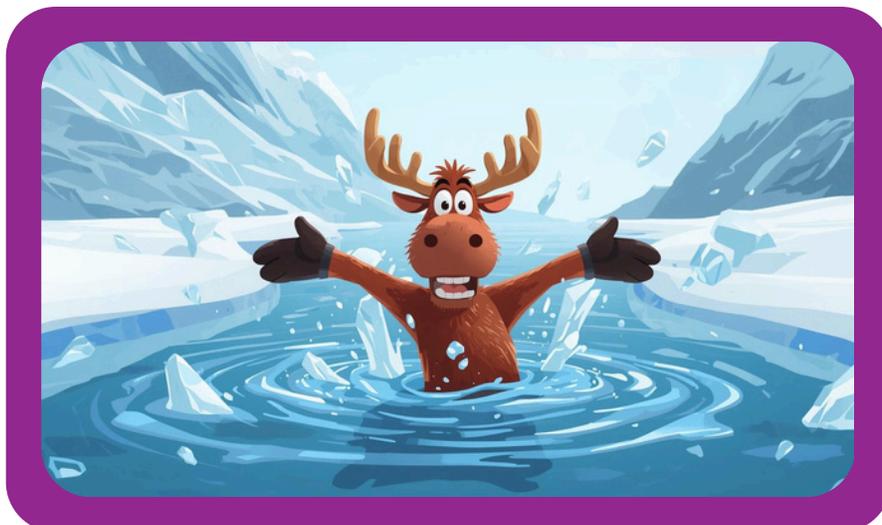
TIME: 1pm - All plungers should arrive at 12:00 for check-in  
LOCATION: YMCA Camp Massapoag, 234 Hall St. Dunstable, MA  
\*\*\*Plunge will be in Massapoag Pond\*\*\*

Join us for our 1<sup>st</sup> Annual Massapoag Plunge on Saturday, February 28, 2026. To join the plunge please go to our fundraising page here. **PLUNGE!** If you have any questions feel free to contact Randle at [rcassady@lowellYMCA.org](mailto:rcassady@lowellYMCA.org).

All proceeds from this event go towards Camper Scholarships to allow any child the opportunity to experience the magic of Camp Massapoag!

To Participate in the Plunge, you need to meet the following criteria:

- **Minimum Age: 16 with parent consent or 18 and older to participate as of 2/28/26.**
- **Obtain donations for yourself totaling a minimum of \$50 per participant.**
- **Sign the waiver online or print and sign the form in this packet and turn it in at check-in.**
- **All participants must pre-register on the fundraising page: PLUNGE!**
- **Turn in PLEDGE FORM and WAIVER.**





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**PLEASE READ CAREFULLY BEFORE SIGNING**  
**THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS**

In consideration of my being permitted to participate in the Massapoag Plunge, I agree to the following waiver and release. I, \_\_\_\_\_, have voluntarily elected to participate in the Massapoag Plunge. I fully understand the risks, which can include injury and/or death, of jumping into the waters of Massapoag Pond on February 28, 2026. I understand the risks of exposing myself to cold water and/or cold weather (snow, sleet, rain, wind, etc.) while participating in the Massapoag Plunge. I agree to hold harmless the Greater Lowell Family YMCA for any injuries or accidents acquired from my participating in the Massapoag Plunge. I hereby confirm that I can swim, am in good physical condition and do not suffer from any disabilities or physical conditions that place me at risk or otherwise prohibit my participation in the Massapoag Plunge. Furthermore, in consideration of my participation in this program, I myself, my heirs and assigns, release the Greater Lowell Family YMCA (employees, officers, volunteers, or sponsors), from any claims, demands, and/or causes of action arising in this event. I agree to let the YMCA use any and all pictures, slideshows, newspaper, magazine, or online articles, brochures, TV and video coverage from the Massapoag Plunge. Participants must be at least 16 years of age with a waiver signed by a parent/legal guardian if under 18 years of age.

**I HEREBY AFFIRM THAT I FULLY UNDERSTAND THE PRECEDING PARAGRAPHS AND VOLUNTEER TO PARTICIPATE IN THE MASSAPOAG PLUNGE AT MY OWN RISK**

Participant (print clearly): \_\_\_\_\_ Date: \_\_\_\_\_  
Participant (signature): \_\_\_\_\_  
Parent Signature (if under 18 yrs. old): \_\_\_\_\_  
Participant Address: \_\_\_\_\_  
City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Participant Phone: \_\_\_\_\_ Participant Email: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_  
Emergency Contact Phone: \_\_\_\_\_  
  
YMCA Staff Witness (signature): \_\_\_\_\_ Date: \_\_\_\_\_



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## FREQUENTLY ASKED QUESTIONS

### **1. What Should I wear?**

All plungers **MUST** wear shoes to protect their feet from the elements! You should also coordinate with the others in your group if you are jumping with a team. You can wear a specific color, uniform, or costume theme. We recommend some dry clothing for after the plunge.

### **2. Will there be a place for me to change after the plunge?**

Yes, we have cabins on sight so you can change into dry, warm clothing.

### **3. What time should I get to Camp Massapoag on the day of the plunge?**

Check-in begins at 12pm. All plungers should be registered by 12:30pm on Plunge Day! We need to have all plungers on the beach by 12:45pm for ground rules and opening ceremonies.

### **4. Do I need to be on a team to take the plunge?**

You can form a team with friends, teammates, co-workers, or others. If you do not have a team we will add you to Team YMCA which is OPEN TO EVERYONE (you don't have to be a member).

### **5. Can I form my own team?**

Absolutely. If you have at least three others to join you (a team requires 4 people minimum) we can create a team for you. Just reach out to Randle to get started at [rcassady@lowellymca.org](mailto:rcassady@lowellymca.org).

### **6. What do I need to bring on the day of the plunge?**

You should have the following things with you for plunge day:

- A minimum of \$50 in collected pledges per participant. Bring all contributions not raised through the fundraising page, [PLUNGE!](#), to camp when you register at 12pm.
- A signed waiver form - included in this packet.
- A change of clothing and a towel for after the plunge and shoes to protect your feet.

### **7. How do I get people to sponsor or pledge me to take the plunge?**

This is very simple! Tell them about your act of bravery and that you are trying to help send kids to camp this summer. Need more ideas? Check out the next page in this packet for some fundraising tips. We also included a sample caption for a social media post!

### **8. How deep and how cold is the water?**

The water should be about 4-4.5 feet deep. Every participant should be able to stand up once they hit the water. Because it is so shallow, diving, flips, or stunts are not permitted. Water typically freezes at 32 degrees which means the water is around 33-34 degrees.

### **9. Where should I park when I get to Camp Massapoag?**

Parking is extremely limited at Camp Massapoag (234 Hall St. Dunstable, MA). We are asking all participants and spectators to carpool as best as possible to reduce the number of vehicles. Please park in the designated parking area between the two buildings before the Moose Gate.



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### HOW TO RAISE \$500 IN LESS THAN 10 DAYS!

Don't underestimate your value! This event is to raise money to send kids from our area to day camp this summer. It is a fantastic cause.

DAY	WHO TO ASK	TOTAL /DAY	GRAND TOTAL
1	Personal contribution of \$25	\$25	\$25
2	Ask 3 family members to match your personal donation	\$75	\$100
3	Ask your best friend to sponsor you for \$25	\$25	\$125
4	Ask your boss/teacher for a \$25 donation. Even better! ask if they will match the entire amount your raise.	\$25	\$150
5	Ask 10 friends to sponsor you for \$10 each	\$100	\$250
6	Ask 5 businesses in your community that you frequent to sponsor you for \$10	\$50	\$300
7	Ask 5 co-workers/peers to sponsor you for \$10	\$50	\$350
8	Ask 5 neighbors to sponsor you for \$10	\$50	\$400
9	Post a challenge on your social media for 10 people to sponsor you for \$10	\$100	\$500

#### Your Communications Toolkit Consists of:

- Social Media (Facebook, Twitter, Instagram, etc) Visit [givebutter.com/massapoagplunge](https://givebutter.com/massapoagplunge) to set up your own personal fundraising page - it's so easy! If you need any assistance contact Randle at 978-454-7825 ext 831.
- Text, email, snail mail - simply copy, paste and update with your own details from the next page.

**\* HINT - ask several times! People get busy and forget.**

#### It's Really Easy for People to Donate to Support You!

- Checks can be made out to Greater Lowell Family YMCA (mail to Greater Lowell Family YMCA, Attn. Randle Cassady - Massapoag Plunge, 35 YMCA Dr., Lowell, MA 01852)
- Cash (consider leaving a donation bucket at your workplace)
- Online at [givebutter.com/massapoagplunge](https://givebutter.com/massapoagplunge). If you created your own page - simply share the link.



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### SAMPLE LETTER & POSTS

#### Sample email / letter / text

Dear [insert name],

I could use a little help from my friends... On Saturday, Feb 28, 2026, I have committed to "take the plunge" for the kids in the Greater Lowell area and the surrounding communities by jumping into Massapoag Pond.

I know - you're probably getting cold just thinking about it! But the cold that I will feel is temporary...the positive impact this will have on the lives of local children will last a lifetime! [If your own life was impacted by the YMCA or Camp Massapoag - feel free to share it, along with a photo!]

I have set a personal fundraising goal of \$ [insert amount], and I need your help to reach it! I am asking if you will make a donation to the Greater Lowell Family YMCA on my behalf for participating in the 2026 Massapoag Plunge. Any amount is appreciated - it all goes to a wonderful cause, and every little bit gets me that much closer to my goal.

In order to support my plunge, you can donate online. I created my own fundraising page! PLUNGE! - scroll down to make sure my name is highlighted. Simply select my name to donate.

If you want to learn more about this fundraising effort, please visit [givebutter.com/massapoagplunge](http://givebutter.com/massapoagplunge) for all of the chilly details. Think warm thoughts for me as the day approaches. I will do my best to make my supporters proud!

Sincerely,

[insert your name here]

#### Sample social media post

I could use a little help from my friends... on Feb 28, I am "taking the plunge" for kids in the Greater Lowell area and the surrounding communities by jumping into Massapoag Pond. All proceeds go to camper scholarships for YMCA Camp Massapoag.

My goal is to raise \$ [insert amount], and I need your help to reach it! Any amount is appreciated - it all goes to a wonderful cause, and every little bit gets me that much closer to my goal. I created my own fundraising page! PLUNGE! - scroll down to make sure my name is highlighted. Simply select my name to donate. Think warm thoughts for me as the day approaches. I will do my best to make my supporters proud!