

Opening Remarks

[Upbeat music fades out]

EMCEE:

"Good morning, Plungers, Chickens, Families, Fans and Spectators! Welcome to the 2025 Daybreak **Polar Plunge - and the first plunge in the Special Olympics Utah 2025 Polar Plunge Series!**

My name is Richie Steadman and I'm excited to be your emcee for today's plunge! We're so excited to see all of you here to take the plunge – or cheer on the brave plungers – in support of the amazing athletes of Special Olympics Utah! Let's give a huge round of applause for everyone who came out today!"

[Pause for cheers]

EMCEE:

"Before we get started, let's take a moment to thank the incredible people and organizations who make this event possible. First up, a huge shoutout to **LiveDaybreak, the Daybreak Teen Council, and the Daybreak Community** for hosting us once again this year. You've created such an incredible space for us to come together for this unforgettable event."

[Pause for applause]

Thanking Partners

EMCEE:

"We'd also like to recognize our **annual partners**, whose year-round support is vital to Special Olympics Utah:

- Harmons **Neighborhood Grocer**
- **The Daniels Fund**
- Merit Medical
- Hometown Foundation
- Real Salt Lake
- Show Up for Unified Sports
- Knights of Columbus
- Utah PGA
- Les Olson Company
- And Swire Coca-Cola

Let's give them a big round of applause for all they do!"

[Pause for cheers]

EMCEE:

"And a special thank-you to today's **event sponsors**:

- **LiveDaybreak**
- **Carl's Jr.**
- And the **Dirty Dough Food Truck**

We appreciate your partnership in making today such a success!"

Hot Cocoa & Cookies Announcement

EMCEE:

"And speaking of **Dirty Dough**, don't forget to stop by their food truck for some warm goodies! **All registered plungers and 'chickens' get free hot cocoa and warm cookies** – just make sure you have your ticket handy. For everyone else, grab some delicious treats for purchase and keep yourself cozy!"

Acknowledging the Law Enforcement Torch Run

EMCEE:

"We also want to give a huge shoutout to our incredible partners in the **Law Enforcement Torch Run**. Your commitment to Special Olympics Utah inspires us all.

Be sure to support the Torch Run when it kicks off across Utah in May! Athletes, don't forget to join your local law enforcement during your community Torch Run as the **Flame of Hope** makes its way across Utah to our **2025 Summer Games** at Southern Utah University in Cedar City. Let's hear it for the Law Enforcement Torch Run!"

[Pause for cheers]

Special Announcement with Real Salt Lake

EMCEE:

"Alright, folks, we have a very special announcement to share! Please give a warm welcome to our friends from **Real Salt Lake** and everyone's favorite mascot, **Leo the Lion**! Come on up, guys!"

[Pause for applause as RSL and Leo take the stage]

EMCEE:

"We are thrilled to announce the **FIRST-EVER RSL Polar Plunge!** Mark your calendars for **March 1st at America First Field** in Sandy, Utah. This is your chance to plunge like a pro alongside RSL players, Leo the Lion, and the incredible fans of Special Olympics Utah!" (need to add details about registration - I'll have that on Classy and ready to go on Saturday)

Royals Game Ticket Announcement

EMCEE:

"And as an added bonus, ALL registered plungers and 'chickens' at today's event will receive a **voucher for a FREE TICKET to a Royals game!** That's right – you'll get to cheer on our amazing Utah Royals in 2025 as a thank-you for your participation. Let's hear it for Real Salt Lake and the Royals!"

[Pause for cheers]

Introducing Brady Johnson

EMCEE:

"Now, to officially kick off today's event, we have someone very special here to give you a warm welcome. Please join me in giving it up for **Special Olympics Utah athlete, Brady Johnson!**"

[Pass the mic to Brady]

[Brady speaks]

Words from LiveDaybreak

EMCEE:

"Thank you, Brady! And now, we have a few words from our fantastic hosts at LiveDaybreak. Please welcome **[Dan/David/Austin]!**"

[Pass the mic to the LiveDaybreak representative]

Transition to the Plunge

EMCEE:

"Thank you so much! The countdown to the plunge is officially on. Before we get started, we have a few quick **logistics announcements** to keep things safe, fun, and smooth for everyone:

1. **Only four plungers on the dock at a time** – let's keep our friends at the **South Jordan Fire Department** happy and, hopefully, dry!
2. Please don't crowd the staging area – we want everyone to have plenty of room to enjoy the event.
3. After your plunge, please keep your time in the **hot tubs to five minutes** so everyone has a chance to warm up.
4. Changing rooms are located at **each end of the hot tubs** for your convenience.

And last but not least – let's have a **CHILL** of a good time!"

Costume Contest

EMCEE:

"But wait – before anyone takes the plunge, it's time for our **Costume Contest!** Judging the contest will be _____, _____, _____, and Brady Johnson! Please give it up for your judges

We've seen some fantastic outfits out here today, and now it's your moment to shine. Plungers, if you've got an epic costume, head over to the staging area now! Our judges will be looking for creativity, effort, and that extra touch of fun.

Let's see those costumes and find out who will be crowned our **Polar Plunge Costume Champion!** The winner will be announced right before we kick off the plunge!"

[Pause for cheers and costume contest announcements]

<SOUT athletes present medals to costume contest winners>

EMCEE:

"Alright, let's get those costumes on display, and then we'll gear up for the main event. Get ready to take the plunge and make waves for a great cause!"

[Music fades back in]

EMCEE:

<Start calling plungers to the staging area>

<Insert plunger order list>

<Provide emcee with general announcements from LiveDaybreak and SOUT as fillers while plungers are getting ready, i.e. top individual fundraiser & team to date, largest team, etc.>