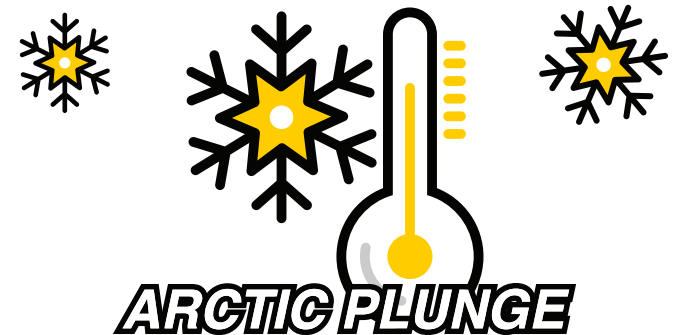




HAWKEYE WRESTLING CLUB

HWC 73



SATURDAY, JANUARY 20, 2024

BROWN DEER GOLF COURSE

1900 Country Club Dr.

Coralville, IA 52241

ABOUT HAWKEYE WRESTLING CLUB



Since its inception in 1973, the focus of Hawkeye Wrestling Club has been to provide the training, coaching and resources necessary to help our athletes pursue their dreams of becoming World and Olympic Champions. The money raised through the HWC goes directly to benefit the athletes helping with living expenses, training and traveling needs. Maybe the most important aspect of the HWC is its pursuit in trying to get the best post-collegiate athletes to train with the HWC together in Iowa City to attain the ultimate prize in wrestling... World and Olympic gold medals.





**“We don't
deserve
anything;
we must work
for everything.”**

Tom Brands

1996 Olympic Gold Medalist
University of Iowa Head Wrestling Coach

ABOUT OUR EVENT

Our 2024 HWC Arctic Plunge will include an icy jump and a costume contest to raise money for the Hawkeye Wrestling Club's athletes, coaches, & staff!

This event is so much fun and it's an opportunity for friends, family, and co-workers to come together for one awesome cause! Help us raise money for our athletes as they embark on representing America at the 2024 Olympic Summer Games in Paris, France!

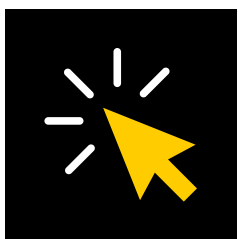
Fundraisers/Jumpers set out to raise as much money as possible for their frigid jump. Jumpers have fun by dressing in costumes and having unique walk out songs and themes to their plunge! If you haven't done it before, this is your chance to make a big splash!!



REGISTRATION



All participants can sign up on our website at hawkeyewrestlingclub.com
Get registered, and start helping us reach our goals today!



1. REGISTER

Sign up to JUMP at our Arctic Plunge on Saturday, January 20! Set your fundraising goal, then recruit your friends, family, and co-workers to join your team to make this unique event even more fun!



2. FUNDRAISE

Raise the minimum \$100 to support our cause. Go above and beyond to make a huge impact, unlocking awesome prizes and incentives along the way! Jumpers & Teams that raise the most can become Plunge All-Americans.



3. JUMP!

Take the PLUNGE into frigid waters and celebrate your collective generosity with other Hawkeye Wrestling fanatics and Arctic Plunge Jumpers! Enjoy SingleSpeed beer, food and one heck of an after party!

GETTING STARTED



▶ **GET ONLINE.** Copy and paste this url into your web browser to get started!

<https://boom.hawkeyewrestlingclub.com/campaign/2024-hwc-arctic-plunge/c507314>

▶ **BECOME A JUMPER.** Check on the *Become a Jumper* button and then select which action you want to take...

▶ **As an individual...** Jump and fundraise on your own!

▶ **Join a team...** Your friend, family member, or co-worker already created a team and you want to be part of something great! Jump together, and fundraise as one!

▶ **Create a team...** Be the leader that you are and start something fun! Partner with a group of people, jump together, and fundraise as much as possible.

Start fundraising



As an individual



Join a team



Create a team

SETTING UP YOUR PAGE



Fundraising Goal

Set your goal high but not so high that it's unattainable. Jumpers typically have between 15-40 donors that raise \$1,000-\$7,000. Hopefully you can do the same or better!

Call to Action Message

Write one or two sentences to spark interest in your campaign... This can be about your team, jumping costume/theme or just a general statement about your passion for the Hawks.

Profile Information & Story

Be yourself and have fun! Update your profile to reflect what makes you unique and tell people why the Hawkeye Wrestling Club is important to you and why you're willing to FREEZE for their cause.



FUNDRAISING



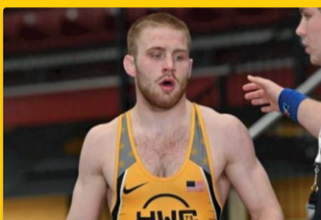
Asking people for money can be a daunting task but just remember it's for a great cause! Be respectful by asking for appropriate amounts of money and don't be afraid to tell them why you care so much about the HWC.

Donations can be made in three ways; online with credit card, and in person with cash or check.

Donors giving via check can make checks payable to...

HWC or Hawkeye Wrestling Club


START FUNDRAISING!



\$25 Donation \$25

Thank you so much for your support of our program! We really appreciate it. Click here to make your \$25 donation.


[FUNDRAISE](#)



\$50 Donation \$50

Thank you so much for your support of our program! We really appreciate it. Click here to make your \$50 donation.


[FUNDRAISE](#)



\$100 Donation \$100

Thank you so much for your support of our program! We really appreciate it. Click here to make your \$100 donation.

[FUNDRAISE](#)



\$500 Donation \$500

Thank you so much for your support of our program! We really appreciate it. Click here to make your \$500 donation.

[FUNDRAISE](#)

TAKING THE PLUNGE



Upon Your Arrival

When you get to Brown Deer Golf Course's clubhouse, head downstairs to the jumper registration table. This is where you will check-in and receive your incentive prizes. All non jumpers will stay upstairs to enjoy food and drink until the plunge begins!

Get Ready

Make your way to the locker rooms to change into your jump outfit/costume. We highly recommend wearing shoes during your jump to protect your feet from the elements.

Safety First

We will have a safety meeting to brief everyone about the jump, the precautions we're taking, and the best practices when in the water.

Costume Contest

Our Jumpers Parade & Costume Contest will be held right before your frigid jump! Jumper costumes will be voted on and judged by fans in the audience!

JUMP!

The jump order will be released and then all our participants will line-up for their opportunity to JUMP!

After You Plunge

Head up the hill to the sauna trailer to warm up! After you can feel your fingers again, take yourself back into the locker room to put on some dry clothes. Join other jumpers and onlookers in celebrating your accomplishment, eat some good food and enjoy a beer from the bar!

PRIZE LEVELS



The following prizes are cumulative. Once jumpers reach a new benchmark, they unlock another prize! The top eight (8) fundraisers will be honored as *Plunge All-Americans!* An award for the best costume will also be presented to the best dressed Jumper(s).

\$250	HWC Sports Block, NIKE Legend Dri-Fit Tee
\$500	GRIZZLY Grip Camp Cup
\$750	HWC Russian Sauna Hat
\$1,250	Freestyle Challenge Cubes
\$2,000	GOSCHKE Family Training Center HARDHAT
\$3,000	University Gold, NIKE Sweatpants
\$5,000	Tom & Terry Brands 50yr Anniversary Poster
ALL-AMERICANS	2'x3' HWC Olympic Rings Outdoor Flag
CHAMPION	Signed Medal Wrestling Herky
COSTUME CONTEST	Baby Souvenir Throwing Dummy



PRIZE LEVELS



COSTUME WINNER

All our JUMPERS have a chance to win our costume contest regardless of how much they raise for their jumps. This years winner(s) will earn this awesome prize...

Baby Souvenir Throwing Dummy

The Suples Baby Souvenir Dummy is designed for a variety of fun novelty uses. Built with genuine brown leather, this will be a wrestling fan's favorite souvenir for a lifetime!



PRIZE LEVELS



LEVEL ONE

\$250

JUMPERS that raise \$250 or more unlock the following gift!!

HWC Sports Block, NIKE Legend Dri-Fit Tee

Built for a variety of training conditions, this legendary tee features Dri-Fit technology to wick away sweat and help keep you dry.



PRIZE LEVELS



LEVEL TWO

\$500

JUMPERS that raise \$500 or more unlock the following gifts!!

- ▶ HWC Sports Block, NIKE Legend Dri-Fit Tee
- ▶ GRIZZLY Grip Camp Cup

Whether you're brewing your coffee over an open fire as the sun rises or at the office before a big day, the Grizzly Grip Camp Cup makes drinking it that much more pleasurable.



PRIZE LEVELS



LEVEL THREE \$750

JUMPERS that raise \$750 or more unlock the following gifts!!

▶ HWC Sports Block, NIKE Legend Dri-Fit Tee

▶ GRIZZLY Grip Camp Cup

▶ HWC Russian Sauna Hat

Designed to protect your head and hair against overheating. Allows frequent and safe use of the sauna. Our sauna hat is made from one piece of 100% sheep's wool and without seams for the most durable and comfortable fit possible.



PRIZE LEVELS



LEVEL FOUR \$1,250

JUMPERS that raise \$1,250 or more unlock the following gifts!!

▶ HWC Sports Block, NIKE Legend Dri-Fit Tee

▶ GRIZZLY Grip Camp Cup

▶ HWC Russian Sauna Hat

▶ Freestyle Challenge Cubes

Now you can challenge everything! Perfect for work or home, these custom HWC freestyle foam challenge cubs are a fun way to show your Hawkeye Wrestling fandom!



PRIZE LEVELS



LEVEL FIVE

\$2,000

JUMPERS that raise \$2,000 or more unlock the following gifts!!

- ▶ HWC Sports Block, NIKE Legend Dri-Fit Tee
- ▶ GRIZZLY Grip Camp Cup
- ▶ HWC Russian Sauna Hat
- ▶ Freestyle Challenge Cubes
- ▶ **GOSCHKE Family Training Center HARDHAT**

Official hardhat of the University of Iowa wrestling team! Have a piece of wrestling history and forever celebrate the opening of the Goschke Family Wrestling Training Center.



PRIZE LEVELS



LEVEL SIX

\$3,000

JUMPERS that raise \$3,000 or more unlock the following gifts!!

▶ HWC Sports Block, NIKE Legend Dri-Fit Tee

▶ GRIZZLY Grip Camp Cup

▶ HWC Russian Sauna Hat

▶ Freestyle Challenge Cubes

▶ GOSCHKE Family Training Center HARDHAT

▶ University Gold, NIKE Sweatpants

The Nike Sportswear Club Fleece Pants combine classic style with the soft comfort of fleece.



PRIZE LEVELS



LEVEL SEVEN \$5,000

JUMPERS that raise \$5,000 or more unlock the following gifts!!

▶ HWC Sports Block, NIKE Legend Dri-Fit Tee

▶ GRIZZLY Grip Camp Cup

▶ HWC Russian Sauna Hat

▶ Freestyle Challenge Cubes

▶ GOSCHKE Family Training Center HARDHAT

▶ University Gold, NIKE Sweatpants

▶ Tom & Terry Brands 50yr Anniversary Poster

11"x7" TNT 50th Anniversary Signed Poster. The HWC just turned 50 and what better way to celebrate that with a one of a kind HWC 50th year anniversary signed poster of Tom & Terry Brands?!



PRIZE LEVELS

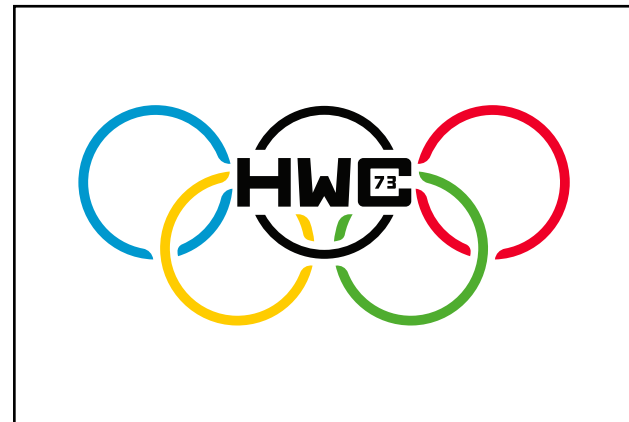


ALL-AMERICANS

JUMPERS that raise the most will be honored by becoming *Plunge All-Americans!* The top eight fundraisers will get prizes from all seven levels and this All-American award...

2'x3' HWC Olympic Rings Outdoor Flag

Our HWC flags are made from 200 Denier Nylon with high quality inks to fabricate the best looking custom flags in the industry. Let the world know where your loyalties lie by flying our Olympic Rings flag loud and proud - at work, home, or at your next tailgate!



PRIZE LEVELS



PLUNGE CHAMPION

The TOP DOG gets the ultimate prize! The JUMPER that raises the most for our club will be honored with this awesome prize...

Signed Medal Wrestling Herky

Made of steel like our athletes, this one of a kind Wrestling Herky will be signed by the entire team and will look so good in your fan cave!



SHARING ON SOCIAL MEDIA



“ Help me make a BIG SPLASH!
Please support my plunge and the
Hawkeye Wrestling Club by
donating to my icy jump!

Together, we can raise money for
Hawkeyes wrestlers as they embark
on representing America at the
2024 Olympic Games in Paris!

”

HASHTAGS

#arcticplunge
#hawkeyewrestlingclub
#wrestletownusa

PAGES

Instagram hwc_wrestling1973
Facebook Hawkeye Wrestling Club
Twitter X HWC_wrestling

LINKS

HWC EVENTS PAGE

<https://hawkeyewrestlingclub.com/events/>

PLUNGE REGISTRATION

<https://hawkeyewrestlingclub.com/events/plunge>

SAMPLE EMAIL



“

I'm excited to announce that I will be making a BIG SPLASH at the Hawkeye Wrestling Club's Arctic Plunge on January 20, 2024!

Please consider donating to my page as I try to raise as much money as possible for aspiring Hawkeye wrestlers! Donate to my page by scrolling down to *Support Your Favorite Jumper* and select my name!

Together, we can raise money to support Hawkeye wrestlers as they embark on representing America at the highest level - at the 2024 Olympic Games in Paris, France!

Arctic Plunge Event Page:

<https://boom.hawkeyewrestlingclub.com/campaign/2024-hwc-arctic-plunge/c507314>

I really appreciate you helping me and the HWC achieve our goals!

”



Is this donation tax deductible?

Hawkeye Wrestling Club is a 501(c)3 tax-exempt organization and your donation is tax-deductible within the guidelines of U.S. law. To claim a donation as a deduction on your U.S. taxes, please keep your email donation receipt as your official record. We'll send it to you upon successful completion of your donation.

Is the event open to the general public and to non jumpers?

YES! All are welcome! Even if you're not jumping in, guests can still enjoy being part of the raffles and other events throughout the night. We recommend guest getting to the event at 4:30pm, just in time for the costume contest! If guest would like to have dinner and enjoy the keg beer we ask for a \$5 donation for dinner and another \$5 for an all you can drink HWC cup!

What type of food and drink will be at the event?

We serve a buffet style dinner with a cash bar & keg beer for our guest over 21 years old. We change up the menu yearly but typically have something like pizza, walking tacos, chili and/or burgers. Jumpers will also have access to hot drinks like tea, coffee, and hot cocoa to help them warm up after their frigid jump!

What time do I need to be at the venue if I'm jumping?

We recommend getting there early so you can get checked in, receive your participation gifts and so you have plenty of time to change into your Jump Costume! Registration starts at 3:00pm and our Costume Contest & Parade starts at 4:30pm.

FAQ's



When do we Jump?

We will have a Jumpers safety meeting at 5:00pm and will lineup to jump at approximately 5:15pm!

What happens after we jump?

Jumpers will lineup inside the pro shop and then walk down to the pond to complete their jump. Once you leave the water, you will walk back towards the pro shop. We will have a mobile sauna stationed outside where jumpers can warm up and share stories of their jump! Once people get warm, they can continue inside to locker rooms to shower and change for the light dinner that follows!

Do we have to wear a Costume?

YES! That's the best part of the entire event! Who doesn't love seeing Spiderman jump into 45 degree water!? After all, it is a FUNdraiser! Jumpers typically get checked in and then quickly change into their Jump Costumes. The Jumpers will then be brought upstairs around 4:30pm and paraded in-front of the crowd for our Annual Costume Contest! Winners get added to the travel trophy much like the Stanley Cup! Teams tend to have themes and individuals occasionally have props...

How do I submit my walkout song and can I pick anything I want?

Every individual jumper and team of jumpers will submit a walkout song to our event coordinator via email. We will also create a jump order so everything is organized and people know when to walk out when their song starts to play. This is a family friendly event and we want to keep it that way... so use good judgement when picking a song!



THANK YOU FOR JOINING US!

For questions or more information please
contact us at... admin@hawkeyewrestlingclub.com