

2024 The Big Freeze 10 at PNA

The Big Freeze hits it's 10th year in it's fight to find a cure for Motor Neurone Disease (MND). To help support the cause PNA will run a Big Freeze round between the 6th – 8th of June. The purpose this round is to raise awareness for MND and participation is completely optional.



WHAT IS A BIG FREEZE ROUND?

The Big Freeze was started as a fundraising event in the AFL to raise awareness and funds for Fight MND. The organisation's co-founder, AFL legend Neale Daniher, was diagnosed with the disease in 2013. The event involves various AFL and TV personalities being dunked into a giant ice bath along with other pregame entertainment before the Queen's Birthday match. It has since evolved to include the sale of socks and beanies.



Sophie Garbin, Melbourne Vixens and Australian Diamonds player, supporting the Big Freeze 10.

WHAT CAN YOU DO?

Clubs, teams or individuals can support the cause a number of ways. Whilst at PNA we don't do any direct fundraising ourselves, we have supported the cause with beanies for all our staff.

Purchase official merchandise.

[SHOP HERE >](#)

Socks, in two different lengths, and beanies can be purchased from the Fight MND website.

Please note: Teams can not play in beanies but socks of both lengths are acceptable.

Hold a Big Freeze DIY event.

[MORE INFORMATION >](#)

There are plenty of ideas on the Fight MND website if your club or team is interested in hosting a DIY event. Please note that direct fundraising with the public **can not** take place at Matthews. However, we are happy to support your cause with all fundraising done internally through your club.

FIND OUT MORE AT www.fightmnd.org.au