remind

# Sign up for important updates from Coach B. Vestal.

Get information for **THS Swim Team 19_20** right on your phone—not on handouts.

Pick a way to receive messages for **THS Swim Team 19_20**:

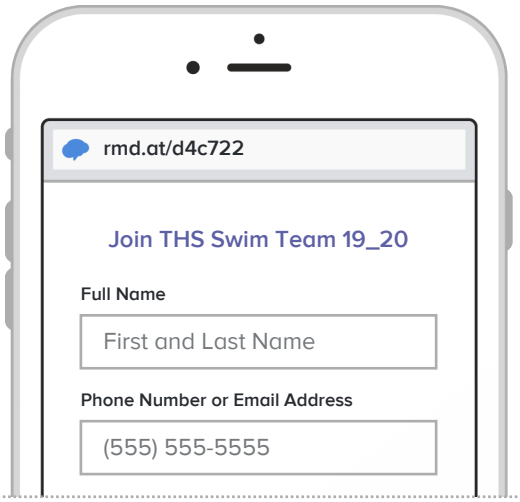
A

### If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/d4c722

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B

### If you don't have a smartphone, get text notifications.

Text the message @d4c722 to the number 81010.

If you're having trouble with 81010, try texting @d4c722 to (205) 409-7450.

** Standard text message rates apply.*

**Don't have a mobile phone?** Go to rmd.at/d4c722 on a desktop computer to sign up for email notifications.