



# Sign up for important updates from Coach S. Davis.

Get information for **FMWRESTLE4TH** right on your phone—not on handouts.

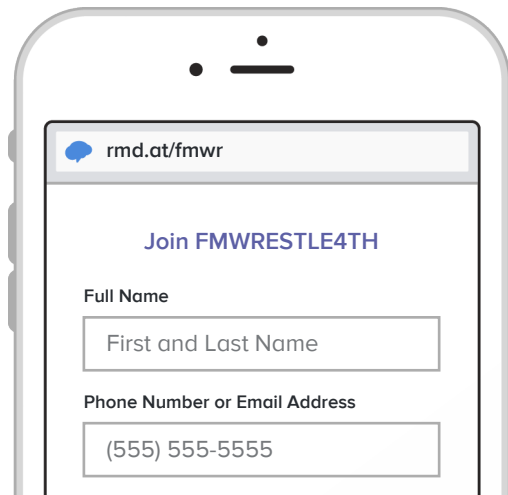
Pick a way to receive messages for **FMWRESTLE4TH**:

**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/fmwr](https://rmd.at/fmwr)

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 [@fmwr](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@fmwr](#) to **(972) 916-9461**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/fmwr](https://rmd.at/fmwr) on a desktop computer to sign up for email notifications.