



Sign up for important updates from Coach S. Davis.

Get information for **FMWRESTLE1ST** right on your phone—not on handouts.

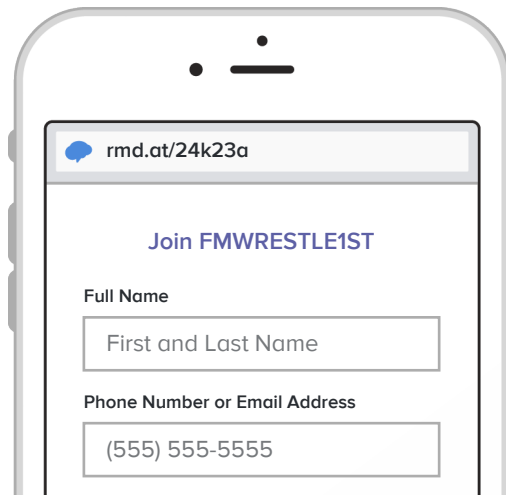
Pick a way to receive messages for **FMWRESTLE1ST**:

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/24k23a

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 [@24k23a](https://t.me/@24k23a) to the number **81010**.

If you're having trouble with **81010**, try texting [@24k23a](https://t.me/@24k23a) to **(972) 916-9461**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/24k23a on a desktop computer to sign up for email notifications.