



Sign up for important updates from Coach Lerberg.

Get information for **Holmen Middle School** right on your phone—not on handouts.

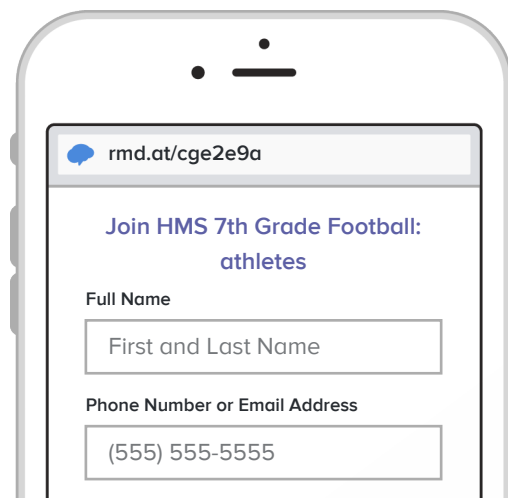
Pick a way to receive messages for **HMS 7th Grade Football: athletes**:

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/cge2e9a

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 [@cge2e9a](https://rmd.at/cge2e9a) to the number **81010**.

If you're having trouble with **81010**, try texting [@cge2e9a](https://rmd.at/cge2e9a) to **(715) 203-8423**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/cge2e9a on a desktop computer to sign up for email notifications.