



# 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](https://rmd.at/cge2e9a)

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

**Join HMS 7th Grade Football: athletes**

Full Name

First and Last Name

Phone Number or Email Address

(555) 555-5555

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

Text the message **@cge2e9a** to the number **81010**.

If you're having trouble with **81010**, try texting **@cge2e9a** to **(715) 203-8423**.

*\* Standard text message rates apply.*

To

81010

Message

@cge2e9a

Don't have a mobile phone? Go to [rmd.at/cge2e9a](https://rmd.at/cge2e9a) on a desktop computer to sign up for email notifications.