



Sign up for important updates from Coach Newby.

Get information for 6th/3&4 right on your phone—not on handouts.

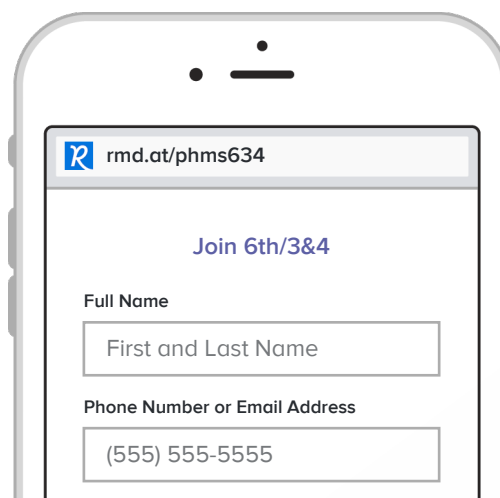
Pick a way to receive messages for 6th/3&4:

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/phms634

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 [@phms634](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@phms634](#) to **(919) 745-8407**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/phms634 on a desktop computer to sign up for email notifications.