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

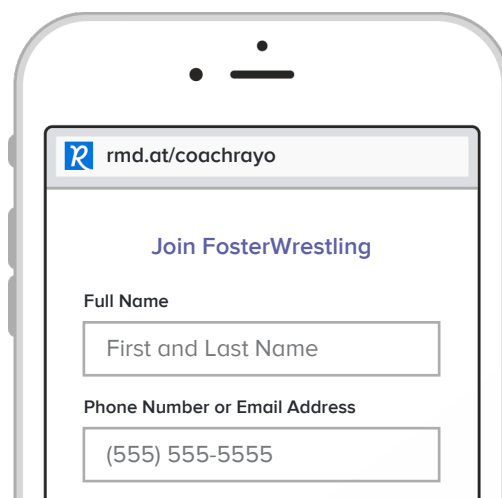
Pick a way to receive messages for **FosterWrestling**:

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/coachrayo

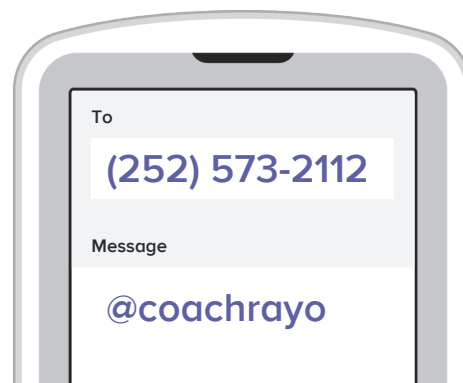
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



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

Text the message [@coachrayo](#) to the number **(252) 573-2112**.

** Standard text message rates apply.*



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