



# Sign up for important updates from Coach Gall.

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

Pick a way to receive messages for **Marcus FC**:

**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/marcusfc](https://rmd.at/marcusfc)

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

The image shows a smartphone screen displaying the Remind sign-up page for Marcus FC. The page has a blue header with the Remind logo and the URL 'rmd.at/marcusfc'. Below the header, the text 'Join Marcus FC' is displayed. There are two input fields: 'Full Name' with a placeholder 'First and Last Name', and 'Phone Number or Email Address' with a placeholder '(555) 555-5555'.

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

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

*\* Standard text message rates apply.*

The image shows a smartphone screen displaying a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@marcusfc'.

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