



# Sign up for important updates from T and F Coaches.

Get information for Cherokee High School right on your phone—not on handouts.

Pick a way to receive messages for 2019 Track and Field:

**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/8473c3](https://rmd.at/8473c3)

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 @8473c3 to the number 81010.

If you're having trouble with 81010, try texting @8473c3 to (617) 459-4954.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/8473c3](https://rmd.at/8473c3) on a desktop computer to sign up for email notifications.