

Remind

T/F-G Remind

## Sign up for important updates from Coach Von Haden.

Get information for Tomah Girls Track right on your phone—not on handouts.

Pick a way to receive messages for Tomah Girls Track:

**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/tomahtrac](http://rmd.at/tomahtrac)

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 @tomahtrac to the number 81010.

If you're having trouble with 81010, try texting @tomahtrac to (469) 437-4632.

\* Standard text message rates apply.



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