



# Sign up for important updates from J. Meyer.

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

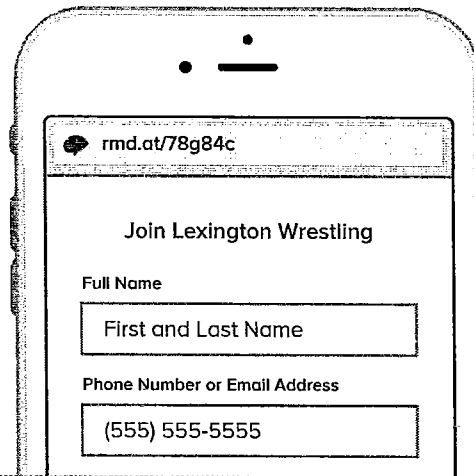
Pick a way to receive messages for Lexington Wrestling:

**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/78g84c](http://rmd.at/78g84c)

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 @78g84c to the number 81010.

If you're having trouble with 81010, try texting @78g84c to (567) 455-2411.

*\*Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/78g84c](http://rmd.at/78g84c) on a desktop computer to sign up for email notifications.