



# Sign up for important updates from J. VanHeel.

Get information for **26 Fresh/Soph Teams** right on your phone—not on handouts.

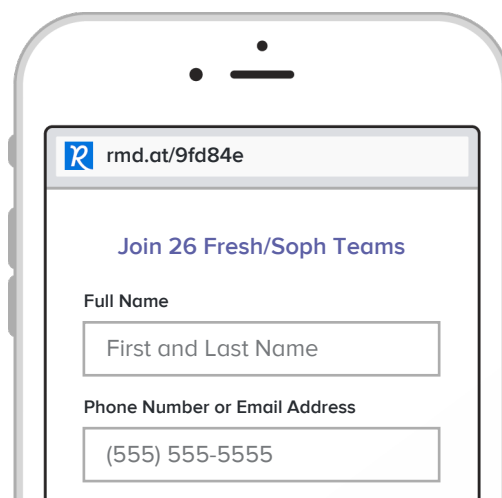
Pick a way to receive messages for **26 Fresh/Soph Teams**:

**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/9fd84e](https://rmd.at/9fd84e)

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 [@9fd84e](https://t.me/@9fd84e) to the number **81010**.

If you're having trouble with **81010**, try texting [@9fd84e](https://t.me/@9fd84e) to **(510) 478-9062**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/9fd84e](https://rmd.at/9fd84e) on a desktop computer to sign up for email notifications.