



# Sign up for important updates from Coach Vest.

Get information for **Sharyland North J High School** right on your phone—not on handouts.

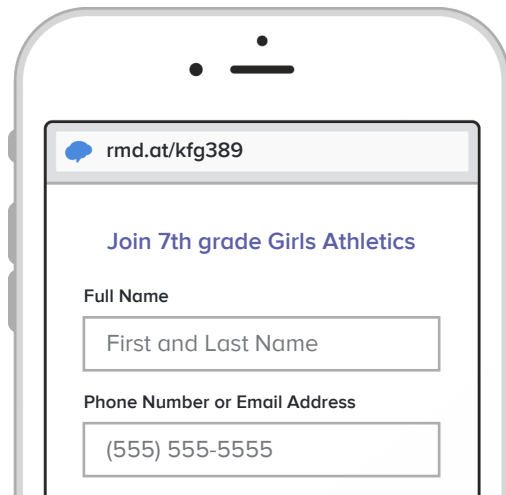
Pick a way to receive messages for **7th grade Girls Athletics**:

**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/kfg389](https://rmd.at/kfg389)

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 [@kfg389](https://t.me/kfg389) to the number **81010**.

If you're having trouble with **81010**, try texting [@kfg389](https://t.me/kfg389) to **(325) 200-0639**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/kfg389](https://rmd.at/kfg389) on a desktop computer to sign up for email notifications.