



# Sign up for important updates from Coach Dearing.

Get information for **Brunswick Jr High School** right on your phone—not on handouts.

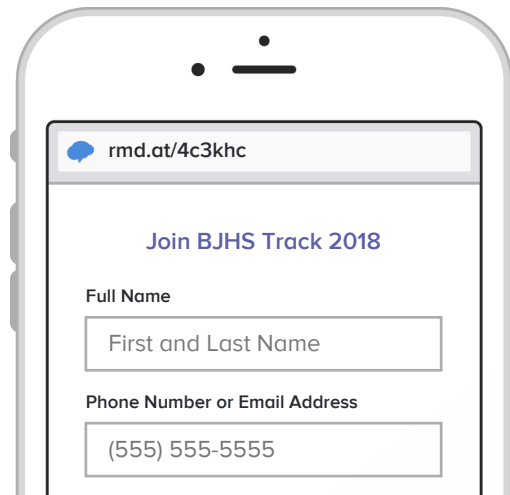
Pick a way to receive messages for **BJHS Track 2018**:

**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/4c3khc](http://rmd.at/4c3khc)

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 [@4c3khc](https://www.remind.com/@4c3khc) to the number **81010**.

If you're having trouble with **81010**, try texting [@4c3khc](https://www.remind.com/@4c3khc) to **(502) 379-4682**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/4c3khc](http://rmd.at/4c3khc) on a desktop computer to sign up for email notifications.