



Sign up for important updates from Coach Freed.

Get information for **Lassiter Track And Field** right on your phone—not on handouts.

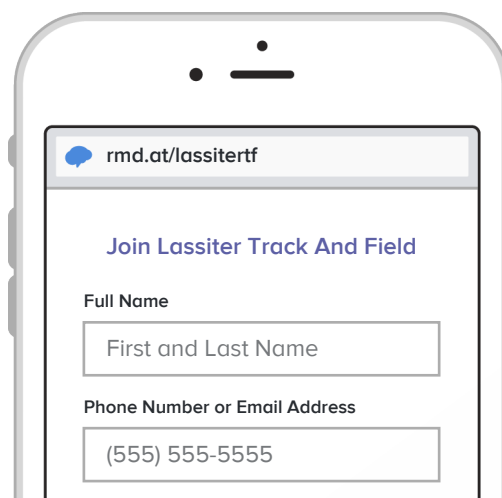
Pick a way to receive messages for **Lassiter Track And Field**:

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/lassitertf

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 [@lassitertf](https://www.remind.com/help/faq/#texting) to the number **81010**.

If you're having trouble with **81010**, try texting [@lassitertf](https://www.remind.com/help/faq/#texting) to **(404) 620-5133**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/lassitertf on a desktop computer to sign up for email notifications.