



Sign up for important updates from District 8 L.L..

Get information for **Fall Coach** right on your phone—not on handouts.

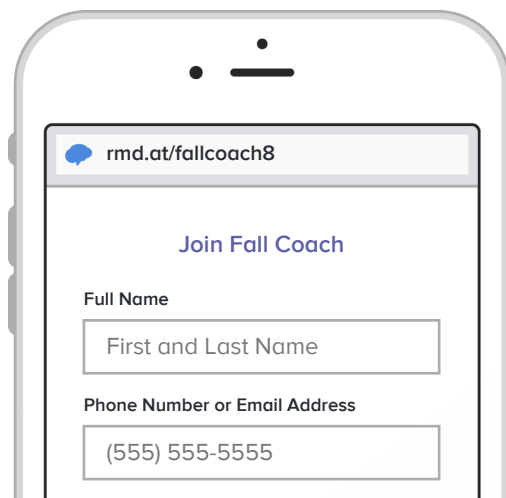
Pick a way to receive messages for **Fall Coach**:

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/fallcoach8

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 **@fallcoach8** to the number **81010**.

If you're having trouble with **81010**, try texting **@fallcoach8** to **(315) 401-7523**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/fallcoach8 on a desktop computer to sign up for email notifications.