



# Sign up for important updates from Coach Cannon.

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

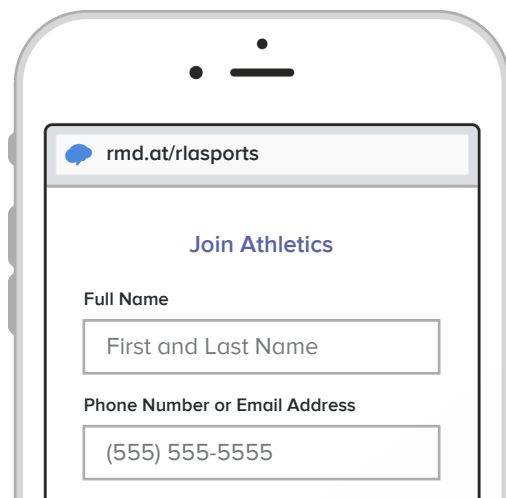
Pick a way to receive messages for **Athletics**:

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

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

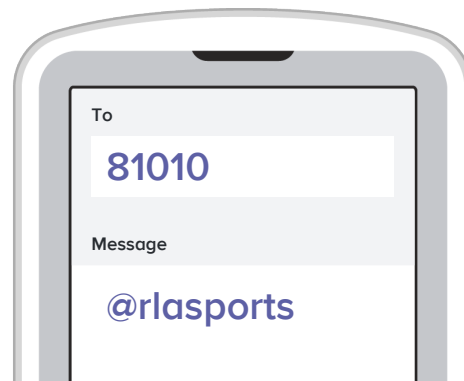


**B** If you don't have a smartphone, get text notifications.

Text the message [@rlasports](https://twitter.com/rlasports) to the number **81010**.

If you're having trouble with **81010**, try texting [@rlasports](https://twitter.com/rlasports) to **(706) 621-5218**.

*\* Standard text message rates apply.*



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