



Sign up for important updates from Coach S. Baker.

Get information for **Track 19/20 continued** right on your phone—not on handouts.

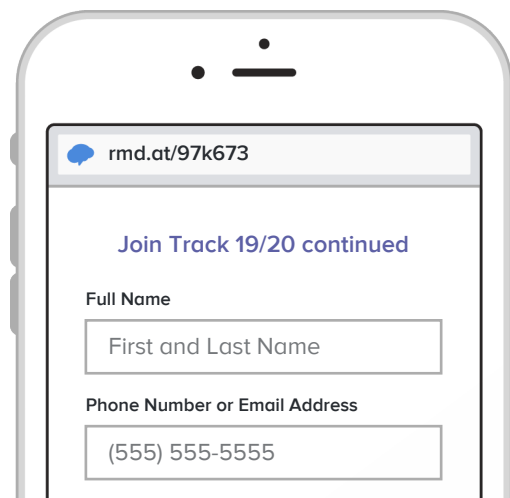
Pick a way to receive messages for **Track 19/20 continued**:

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/97k673

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 [@97k673](https://t.me/@97k673) to the number **81010**.

If you're having trouble with **81010**, try texting [@97k673](https://t.me/@97k673) to **(303) 351-5341**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/97k673 on a desktop computer to sign up for email notifications.