



# Sign up for important updates from Coach Dirks and R. Smith.

Get information for **Metamora Grade School** right on your phone—not on handouts.

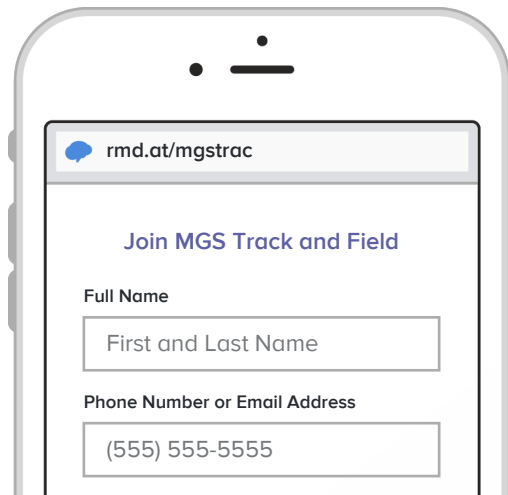
Pick a way to receive messages for **MGS Track and Field**:

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

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

If you're having trouble with **81010**, try texting [@mgstrac](https://www.remind.com/@mgstrac) to **(903) 480-4541**.

*\* Standard text message rates apply.*



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