



Sign up for important updates from East Cocalico Swim Team.

Get information for ECST right on your phone—not on handouts.

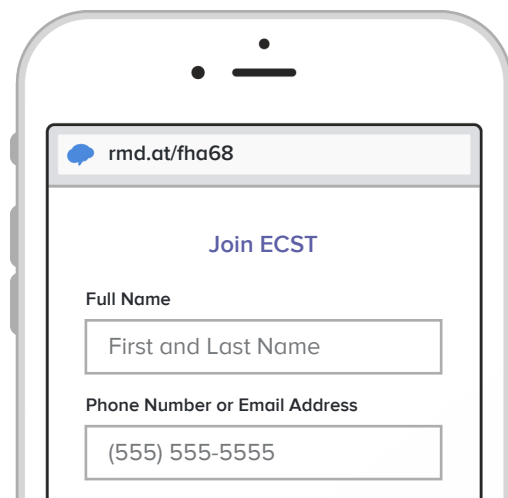
Pick a way to receive messages for ECST:

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/fha68

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 [@fha68](https://www.whatsapp.com/channel/0029va81010) to the number **81010**.

If you're having trouble with **81010**, try texting [@fha68](https://www.whatsapp.com/channel/0029va81010) to **(208) 881-9922**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/fha68 on a desktop computer to sign up for email notifications.