



Sign up for important updates from Coach Gast.

Get information for **Parkview High School** right on your phone—not on handouts.

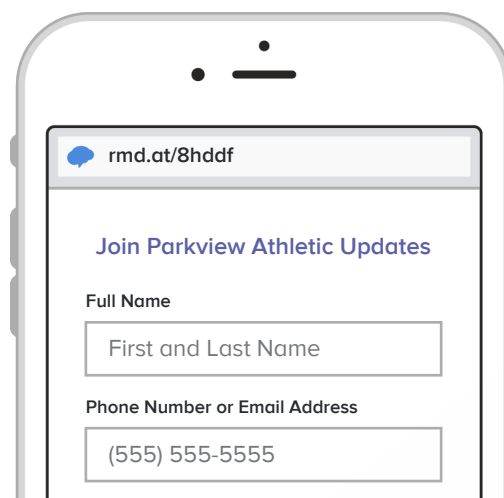
Pick a way to receive messages for **Parkview Athletic Updates**:

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/8hddf

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 [@8hddf](https://t.me/8hddf) to the number **81010**.

If you're having trouble with **81010**, try texting [@8hddf](https://t.me/8hddf) to **(646) 666-8323**.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/8hddf on a desktop computer to sign up for email notifications.