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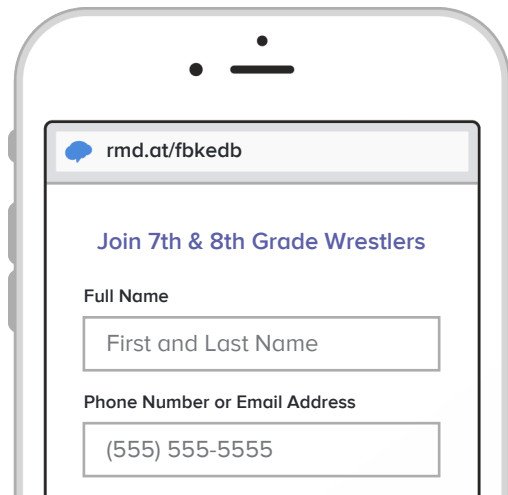
Pick a way to receive messages for **7th & 8th Grade Wrestlers**:

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:

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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 [@fbkedb](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@fbkedb](#) to **(205) 535-1447**.

** Standard text message rates apply.*



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