



Sign up for important updates from C. Culpepper.

Get information for **Heritage Middle School** right on your phone—not on handouts.

Pick a way to receive messages for **HMS Track & 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/hmstrckfld

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

A graphic of a smartphone displaying a web browser. The address bar shows "rmd.at/hmstrckfld". The page title is "Join HMS Track & Field". There are two input fields: "Full Name" with the placeholder text "First and Last Name", and "Phone Number or Email Address" with the placeholder text "(555) 555-5555".

Full Name

First and Last Name

Phone Number or Email Address

(555) 555-5555

B If you don't have a smartphone, get text notifications.

Text the message [@hmstrckfld](https://t.me/hmstrckfld) to the number **81010**.

If you're having trouble with **81010**, try texting [@hmstrckfld](https://t.me/hmstrckfld) to **(762) 444-6659**.

** Standard text message rates apply.*

A graphic of a smartphone displaying a text messaging app. The "To" field contains the number "81010". The "Message" field contains the text "@hmstrckfld".

To

81010

Message

@hmstrckfld

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