



# Sign up for important updates from T. Wallace.

Get information for Lone Peak High School right on your phone—not on handouts.

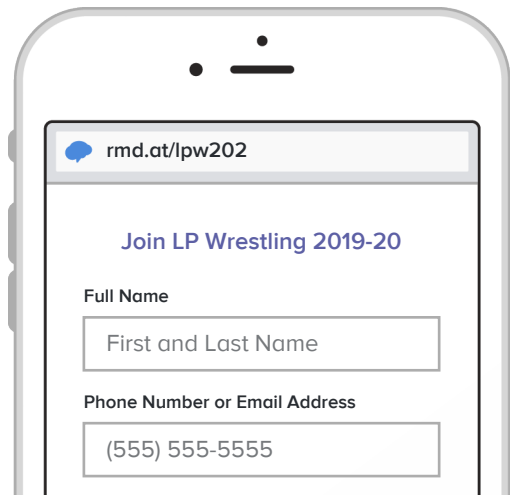
Pick a way to receive messages for LP Wrestling 2019-20:

**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/lpw202](http://rmd.at/lpw202)

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 @lpw202 to the number 81010.

If you're having trouble with 81010, try texting @lpw202 to (843) 751-4705.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/lpw202](http://rmd.at/lpw202) on a desktop computer to sign up for email notifications.