



Sign up for important updates from S. Johnson.

Get information for **Cheerleading 2019** right on your phone—not on handouts.

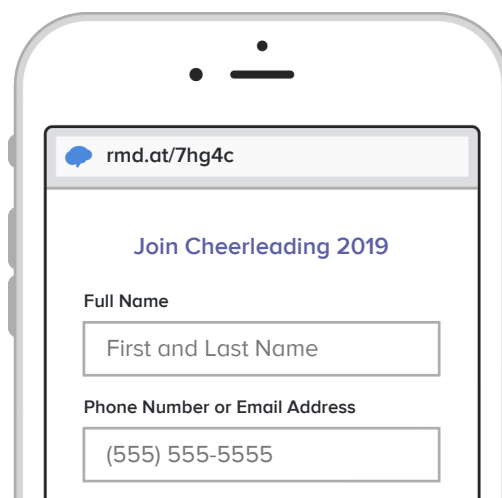
Pick a way to receive messages for **Cheerleading 2019**:

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/7hg4c

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 [@7hg4c](https://t.me/7hg4c) to the number **81010**.

If you're having trouble with **81010**, try texting [@7hg4c](https://t.me/7hg4c) to **(404) 445-1439**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/7hg4c on a desktop computer to sign up for email notifications.