



Sign up for important updates from U-High Swim Coach .

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

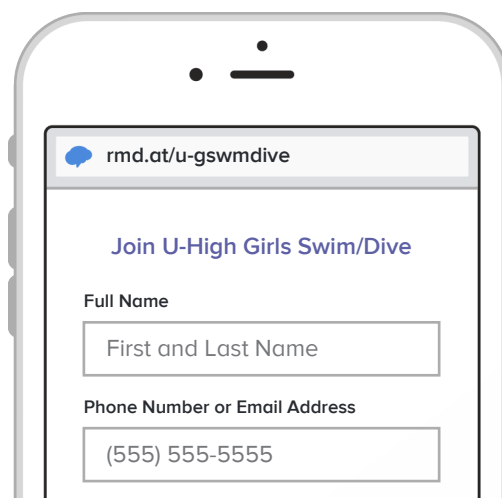
Pick a way to receive messages for **U-High Girls Swim/Dive**:

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/u-gswmdive

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 [@u-gswmdive](https://t.me/u-gswmdive) to the number **81010**.

If you're having trouble with **81010**, try texting [@u-gswmdive](https://t.me/u-gswmdive) to **(309) 733-4396**.

** Standard text message rates apply.*



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