



# Sign up for important updates from M. W (Slhs) Rathke.

Get information for **Seven Lakes HS** right on your phone—not on handouts.

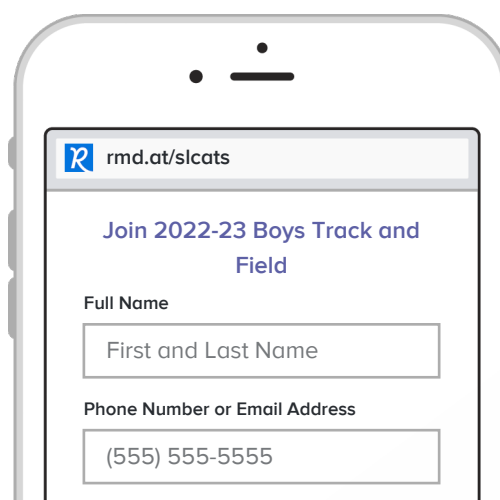
Pick a way to receive messages for **2022-23 Boys Track and Field**:

**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/slcats](https://rmd.at/slcats)

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

If you're having trouble with **81010**, try texting [@slcats](#) to **(571) 364-6571**.

\* Standard text message rates apply.



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