



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

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

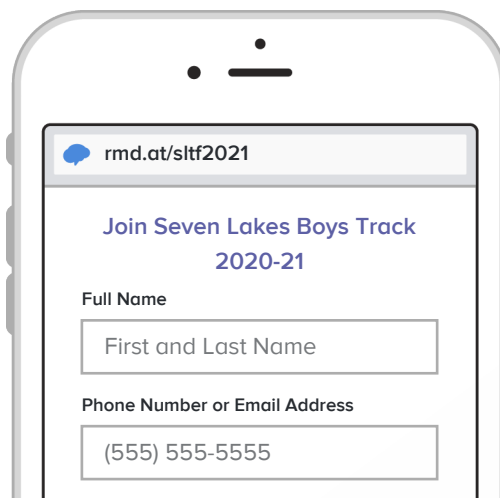
Pick a way to receive messages for **Seven Lakes Boys Track 2020-21**:

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/slhf2021

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 [@slhf2021](https://t.me/slhf2021) to the number **81010**.

If you're having trouble with **81010**, try texting [@slhf2021](https://t.me/slhf2021) to **(404) 445-1426**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/slhf2021 on a desktop computer to sign up for email notifications.