



# Sign up for important updates from Coach Burmeister.

Get information for **EASC Swimming** right on your phone—not on handouts.

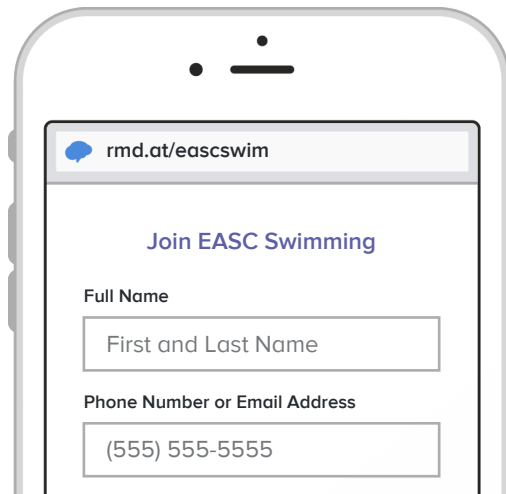
Pick a way to receive messages for **EASC Swimming**:

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

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 [@eascswim](https://www.instagram.com/eascswim) to the number **81010**.

If you're having trouble with **81010**, try texting [@eascswim](https://www.instagram.com/eascswim) to **(708) 390-0575**.



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