



Sign up for important updates from Coach Whitt.

Get information for Pearland J H South right on your phone—not on handouts.

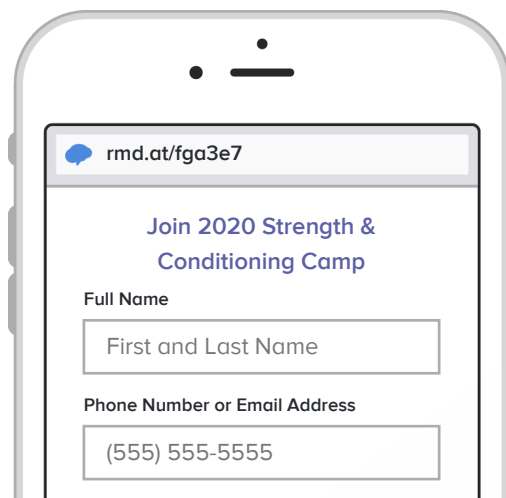
Pick a way to receive messages for **2020 Strength & Conditioning Camp**:

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/fga3e7

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 [@fga3e7](https://t.me/fga3e7) to the number **81010**.

If you're having trouble with **81010**, try texting [@fga3e7](https://t.me/fga3e7) to **(281) 306-0270**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/fga3e7 on a desktop computer to sign up for email notifications.