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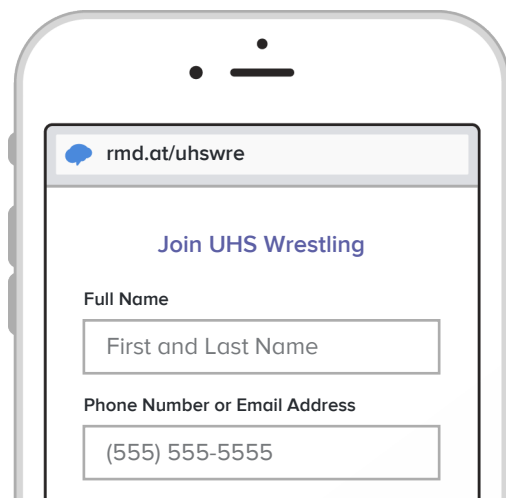
Pick a way to receive messages for **UHS Wrestling**:

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/uhs wre

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 **@uhs wre** to the number **81010**.

If you're having trouble with **81010**, try texting **@uhs wre** to **(312) 800-1301**.

** Standard text message rates apply.*



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