



Sign up for important updates from Coach Seymour.

Get information for **Varsity Baseball** right on your phone—not on handouts.

Pick a way to receive messages for **Varsity Baseball**:

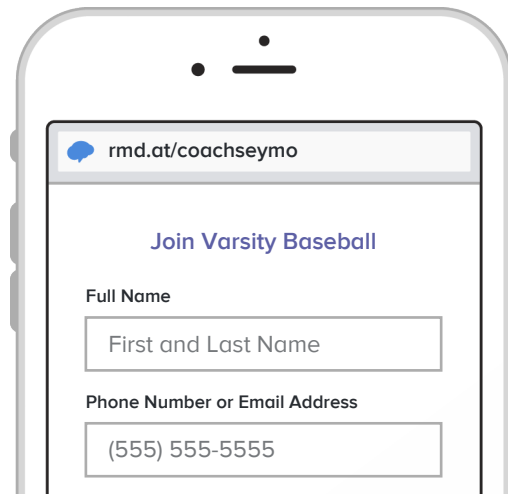
A

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/coachseymo

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

If you're having trouble with **81010**, try
texting [@coachseymo](#) to **(205) 545-5308**.



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