



# Middle School 7th & 8th Grade

## Sign up for important updates from Coach Seymour.

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

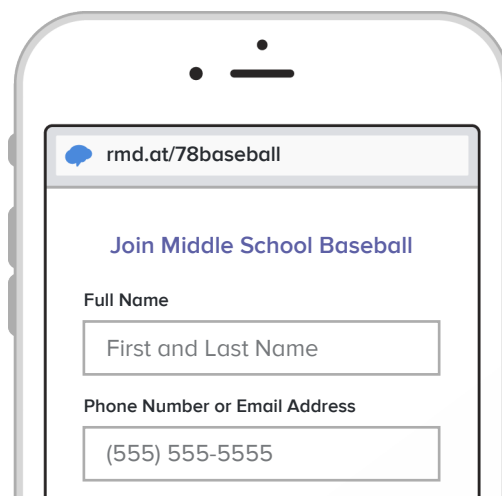
Pick a way to receive messages for **Middle School Baseball**:

- 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/78baseball](https://rmd.at/78baseball)

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 [@78baseball](https://t.me/78baseball) to the  
number **81010**.

If you're having trouble with **81010**, try  
texting [@78baseball](https://t.me/78baseball) to **(205) 545-5308**.



Don't have a mobile phone? Go to [rmd.at/78baseball](https://rmd.at/78baseball) on a desktop computer to sign up for email notifications.