

Sign up for important updates from **Coach John Witt & Heidi Witt**

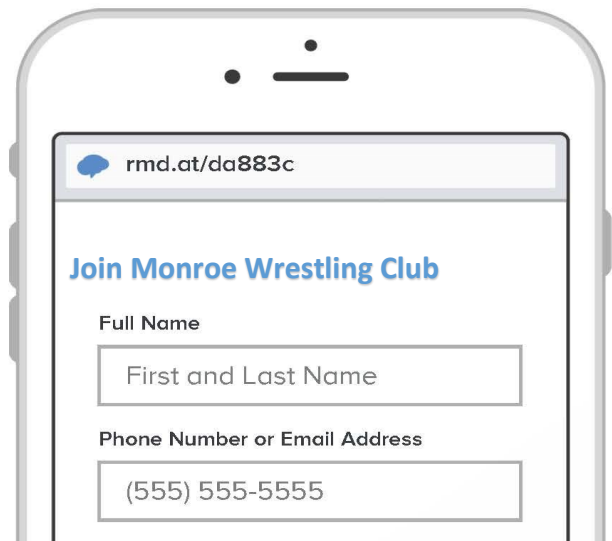
Pick a way to receive messages for **Monroe Wrestling Club**

- 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/da883c

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 **@da883c** to the number **81010**.

If you're having trouble with **81010**, try texting **@da883c** to **(608) 433-2585**.

** Standard text message rates apply.*

