



# Sign up for important updates from Coach Cook.

Get information for Flower Mound High School right on your phone—not on handouts.

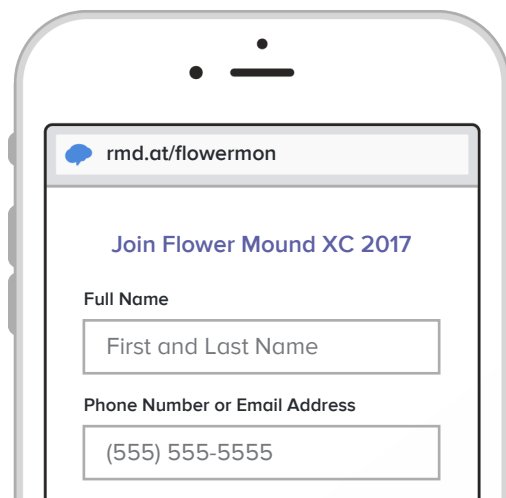
Pick a way to receive messages for Flower Mound XC 2017:

**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/flowermon](http://rmd.at/flowermon)

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

If you're having trouble with **81010**, try texting [@flowermon](#) to **(469) 353-2144**.

*\* Standard text message rates apply.*



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