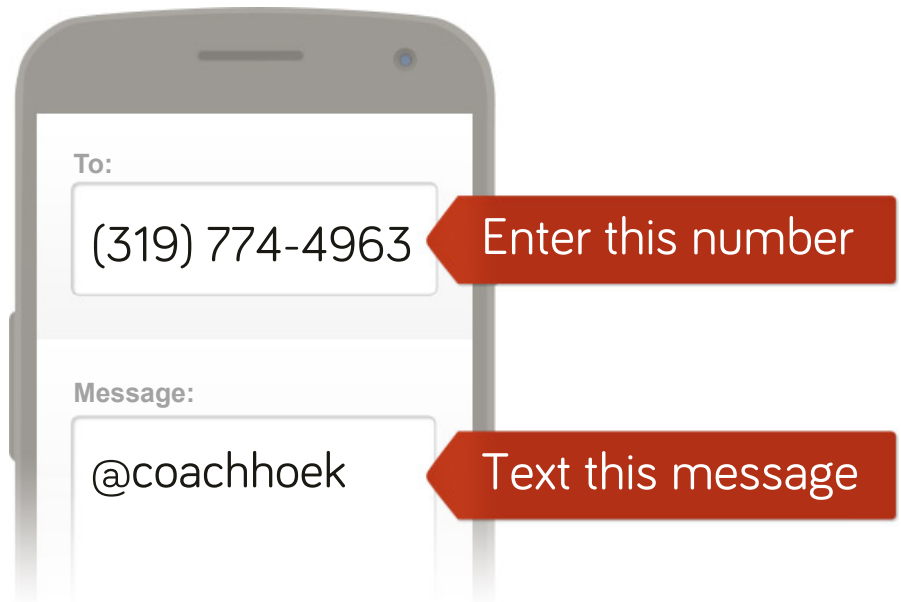


# How to sign up for Coach Hoekstra's HS remind Football messages:

To receive messages via text, text **@coachhoek** to **(319) 774-4963**. You can opt-out of messages at anytime by replying, 'unsubscribe @coachhoek'.



\*Standard text message rates apply.

Or to receive messages via email, send an email to **coachhoek@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



## WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit [remind.com](http://remind.com) to learn more.