



Sign up for important updates from Coach Sirois.

Get information for Highland Park High School right on your phone—not on handouts.

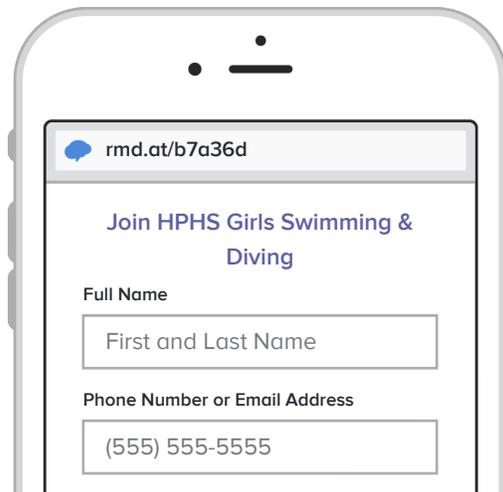
Pick a way to receive messages for HPHS Girls Swimming & Diving:

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/b7a36d

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 [@b7a36d](https://t.me/b7a36d) to the number **81010**.

If you're having trouble with **81010**, try texting [@b7a36d](https://t.me/b7a36d) to **(224) 231-6992**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/b7a36d on a desktop computer to sign up for email notifications.