



Sign up for important updates from Mr Robinson.

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

Pick a way to receive messages for **CVMS Cross Country**:

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/cvmsxc18

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

A graphic of a smartphone displaying a web browser. The address bar shows "rmd.at/cvmsxc18". The page content includes the heading "Join CVMS Cross Country", a "Full Name" label with a text input field containing "First and Last Name", and a "Phone Number or Email Address" label with a text input field containing "(555) 555-5555".

B If you don't have a smartphone, get text notifications.

Text the message **@cvmsxc18** to the number **81010**.

If you're having trouble with **81010**, try texting **@cvmsxc18** to **(573) 503-4526**.

** Standard text message rates apply.*

A graphic of a smartphone displaying a text messaging app. The "To" field contains the number "81010". The "Message" field contains the text "@cvmsxc18".

Don't have a mobile phone? Go to rmd.at/cvmsxc18 on a desktop computer to sign up for email notifications.