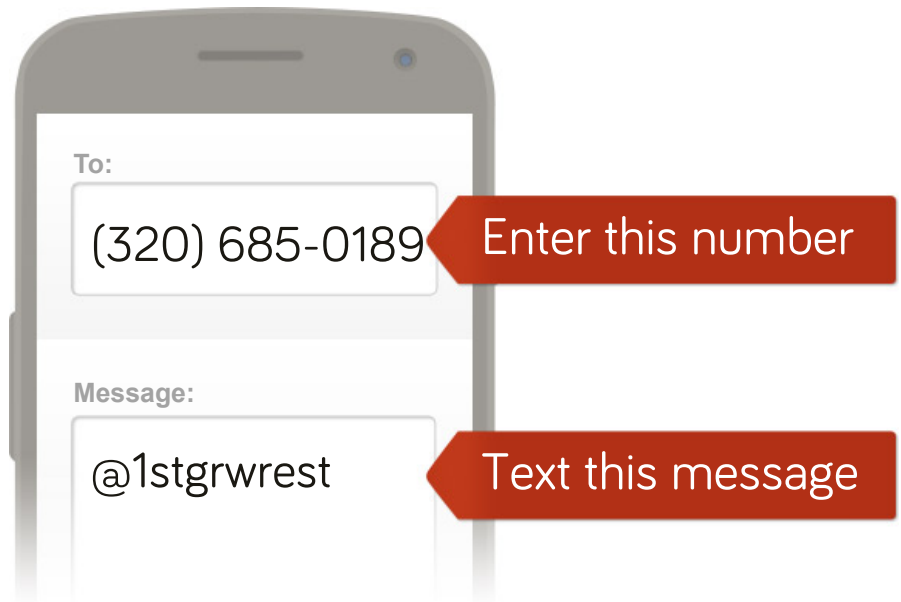


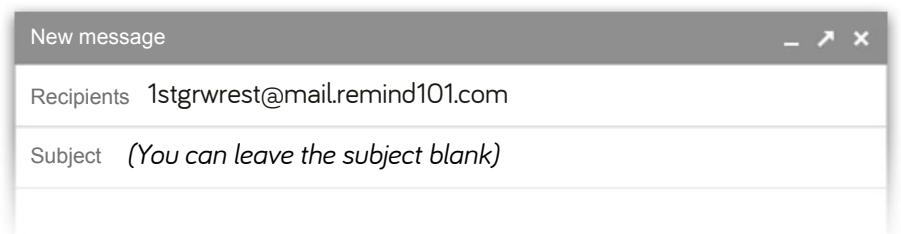
How to sign up for Coach Wrestling's 1st Grade Wrestling messages:

To receive messages via text, text **@1stgrwrest** to **(320) 685-0189**. You can opt-out of messages at anytime by replying, 'unsubscribe @1stgrwrest'.



*Standard text message rates apply.

Or to receive messages via email, send an email to **1stgrwrest@mail.remind101.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



WHAT IS REMIND101 AND WHY IS IT SAFE?

Remind101 is a one-way text messaging and email system. With Remind101, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit www.remind101.com to learn more.