



Sign up for important updates from Coach Paul .

Get information for **McQTF (2)** right on your phone—not on handouts.

Pick a way to receive messages for **McQTF (2)**:

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/mcqtf2

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 [@mcqtf2](#) to the number **81010**.

If you're having trouble with **81010**, try texting [@mcqtf2](#) to **(415) 813-2646**.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/mcqtf2 on a desktop computer to sign up for email notifications.