



Sign up for important updates from O. Williamson.

Get information for **NH Youth Wrestling Parents** right on your phone—not on handouts.

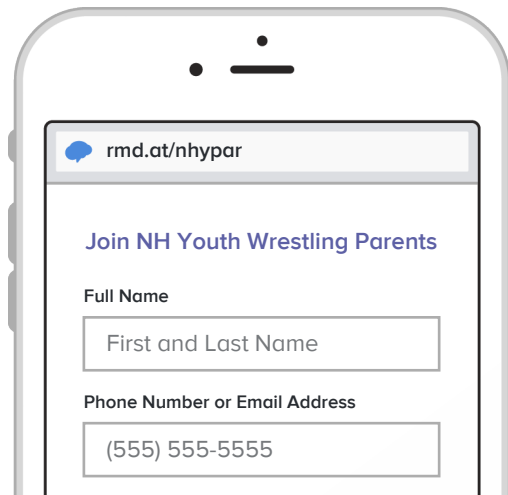
Pick a way to receive messages for **NH Youth Wrestling Parents**:

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/nhypar

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

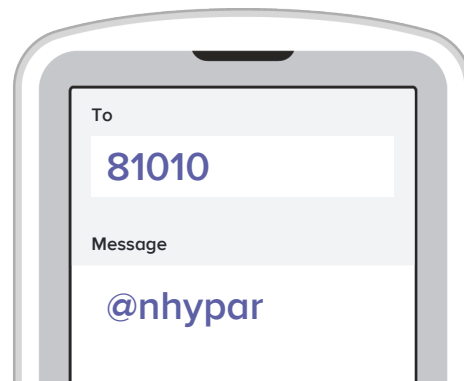


B If you don't have a smartphone, get text notifications.

Text the message [@nhypar](https://www.remind.com/help/faq/what-is-remind) to the number **81010**.

If you're having trouble with **81010**, try texting [@nhypar](https://www.remind.com/help/faq/what-is-remind) to **(858) 500-3459**.

** Standard text message rates apply.*



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