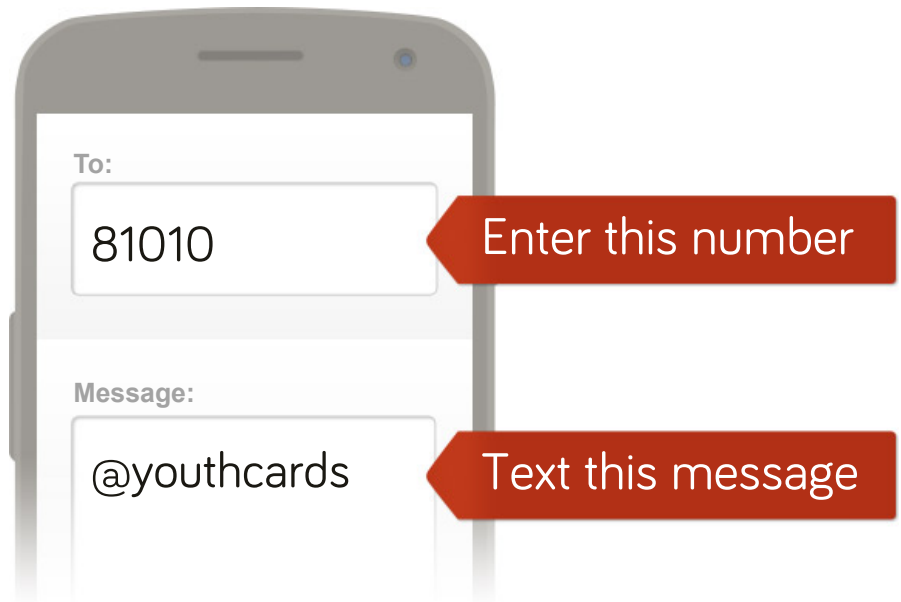


# Coach Oehlers would like you to join Youth Wrestling!



To receive messages via text, text **@youthcards** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @youthcards'.

Trouble using 81010? Try texting **@youthcards** to **(320) 421-0144** instead.



\*Standard text message rates apply.

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



## WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students & parents. Subscribe by text, email or using the Remind app. All personal information is kept private. Teachers will never see your phone number, nor will you see theirs.

Visit [remind.com](http://remind.com) to learn more.