



# Sign up for important updates from M-O Admin.

Get information for **M-O Athletics** right on your phone—not on handouts.

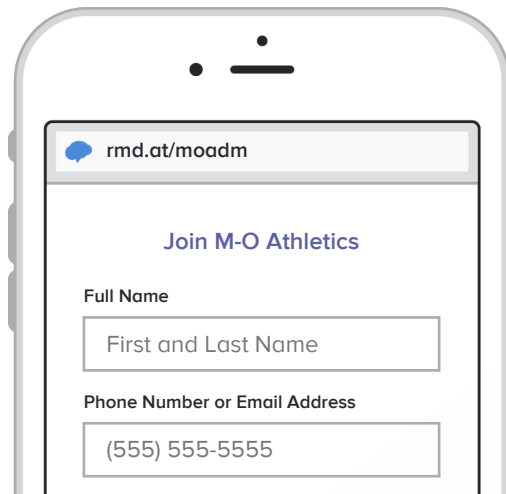
Pick a way to receive messages for **M-O Athletics**:

**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/moadm](http://rmd.at/moadm)

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 **@moadm** to the number **81010**.

If you're having trouble with **81010**, try texting **@moadm** to **(405) 896-6110**.



Don't have a mobile phone? Go to [rmd.at/moadm](http://rmd.at/moadm) on a desktop computer to sign up for email notifications.