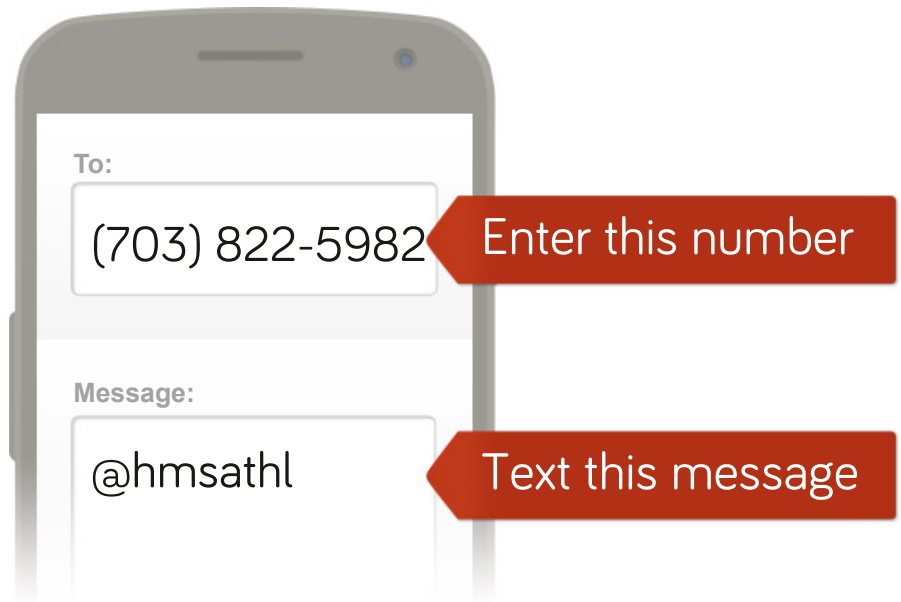


How to sign up for K. Black's HMS Athletics messages:



To receive messages via text, text **@hmsathl** to **(703) 822-5982**. You can opt-out of messages at anytime by replying, 'unsubscribe @hmsathl'.



*Standard text message rates apply.

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



WHAT IS REMIND AND WHY IS IT SAFE?

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

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