



Sign up for important updates from Karen Breen.

Get information for **TR Wrestling Club USA** right on your phone—not on handouts.

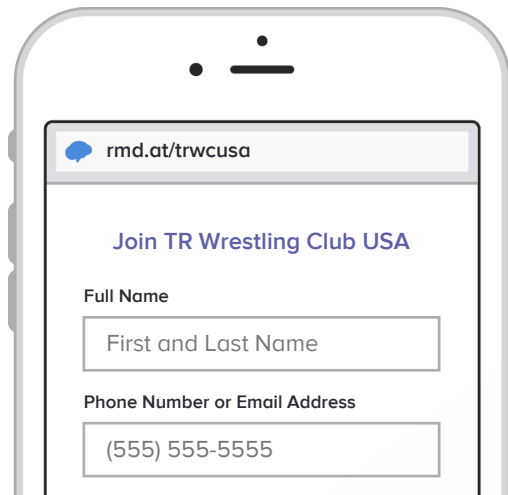
Pick a way to receive messages for **TR Wrestling Club USA**:

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/trwcusa

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

If you're having trouble with **81010**, try texting [@trwcusa](#) to **(928) 379-5706**.

** Standard text message rates apply.*



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