



Sign up for important updates from FHS Band and Foley Band.

Get information for **Foley High School** right on your phone—not on handouts.

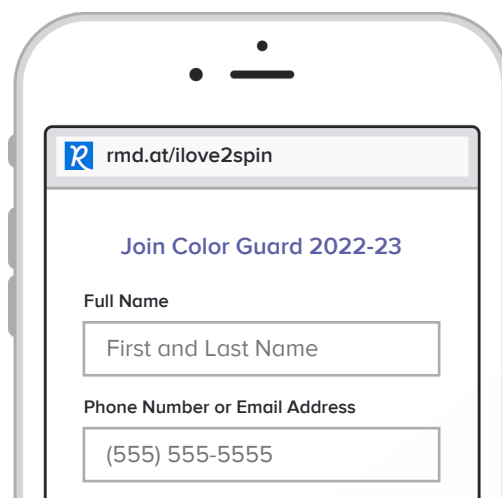
Pick a way to receive messages for **Color Guard 2022-23**:

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/ilove2spin

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 [@ilove2spin](https://t.me/ilove2spin) to the number **81010**.

If you're having trouble with **81010**, try texting [@ilove2spin](https://t.me/ilove2spin) to **(901) 466-8785**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/ilove2spin on a desktop computer to sign up for email notifications.