



Sign up for important updates from Chas Cathers and Coach CBW Freshman.

Get information for Central Bucks High School-west right on your phone—not on handouts.

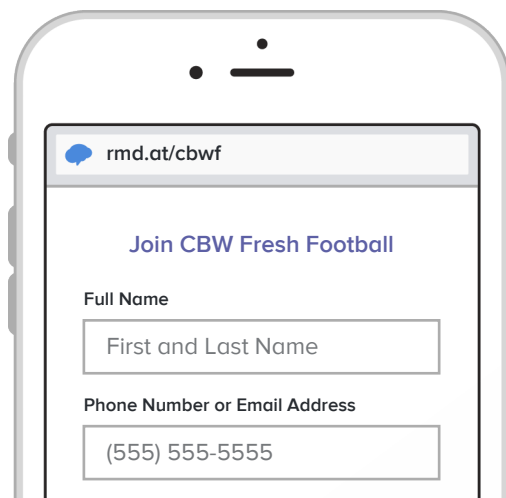
Pick a way to receive messages for CBW Fresh Football:

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/cbwf

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

If you're having trouble with **81010**, try texting [@cbwf](#) to **(267) 274-4999**.

** Standard text message rates apply.*



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