

# Coach Ramer would like you to join Mens LAX (Players)!



To receive messages via text, text **@vmmenslax** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @vmmenslax'.



\*Standard text message rates apply.

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



## WHAT IS REMIND AND WHY IS IT SAFE?

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