



We utilize the Remind app for communicating things like important announcements, reminders, schedule changes, and other pertinent information for each Quest training group. Email remains the primary means of communication, but we will use Remind for shorter, time sensitive messages and reminders.

Parents (**and athletes 13 and older with parent approval**) are encouraged to join their respective training group(s) in order to start receiving important announcements via text message. In using this service, we are compliant with all USA Swimming policies – most importantly the SafeSport guidelines as set forth in the Minor Athlete Abuse Protection Policy (MAAPP).

In order to join, please follow the below instructions:

Send a text to 81010 with the group code below for each group that you want to join:

<u>Training Group</u>	<u>Group Code</u>
Novice Green:	@egf6k3
Novice Orange:	@8cgb3b6
Novice Blue:	@h99hg4
Homeschool (Green & Orange):	@a68bagd
Age Group Green:	@bk8e4h
Age Group Orange:	@aakka63
Senior Green:	@ea3g4h
Senior Orange:	@kdga9g
Senior Blue:	@6k97fb
*Daily Motivation message from Coach Chad:	@eg62cb

*All athletes and parents that are interested in getting a Daily Motivational message from Coach Chad are welcome to join that group as well. Feel free to share that with anyone else (family, friends, co-workers) that you think need a daily motivational message, too.

If you are switching to a new group, please remove yourself from the “old” training group by replying via text: @LEAVE @“group code” (which can be found above) to the number or by removing yourself on the Remind app. THANK YOU!

Please contact Coach Chrissie at CoachChrissie@QuestSwimming.com if you have any questions about our text messaging service or if you have trouble joining a group. Thank you very much – GO QUEST!