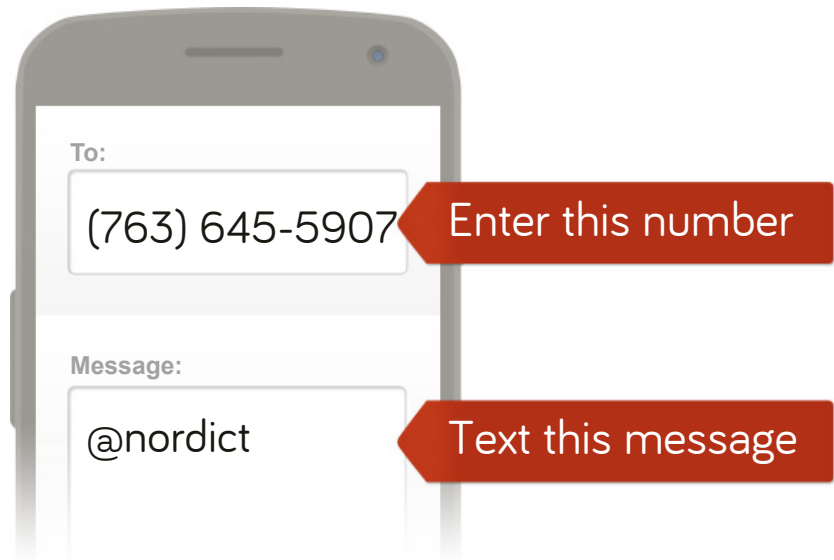


How to sign up for Coach Torvi's Nordic team messages:

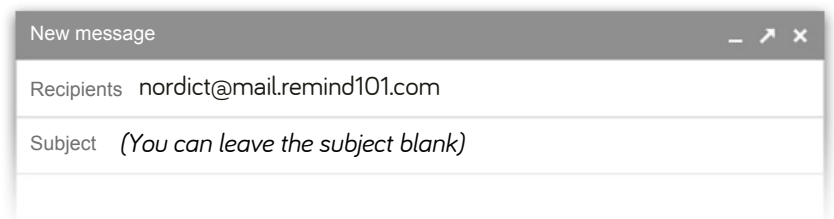


To receive messages via text, text **@nordict** to **(763) 645-5907**. You can opt-out of messages at anytime by replying, 'unsubscribe @nordict'.



*Standard text message rates apply.

Or to receive messages via email, send an email to **nordict@mail.remind101.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



WHAT IS REMIND101 AND WHY IS IT SAFE?

Remind101 is a one-way text messaging and email system. With Remind101, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

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