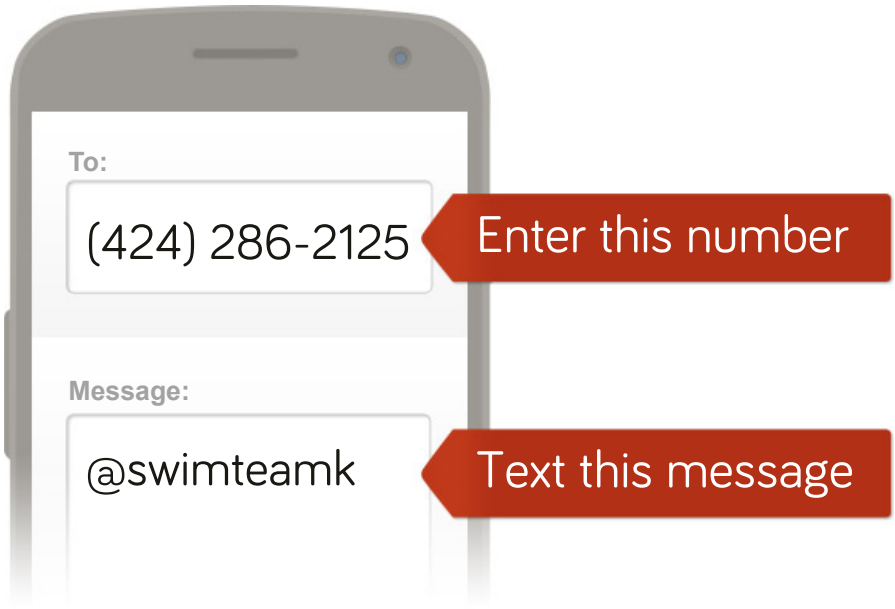
Coach Hjelm would like you to join Swim Team KHS!

To receive messages via text, text **@swimteamk** to **(424) 286-2125**. You can opt-out of messages at anytime by replying, 'unsubscribe @swimteamk'.



*Standard text message rates apply.

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

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