

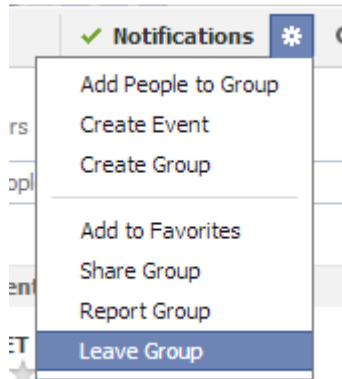


It's simple: just send a text to short code 40404 for whichever texts you'd like to be removed from.

- ✓ ***Text "UNFOLLOW PlainviewSwim" to 40404 to stop receiving all Swim Team-related texts. No spaces in PlainviewSwim.***
- ✓ ***Text "UNFOLLOW PlainviewDive" to 40404 to stop receiving all Dive Team-related texts. No spaces in PlainviewDive.***

Facebook

- Logon to Facebook
- Click on the Plainview Swim and Drive Group
- In the upper right hand corner there is a cog icon



- Click that -  to leave the group. That's it.

Note - by doing this you will NOT receive any more notification of event or happenings at PSDT.