

MILFORD MIDDLE SCHOOL WRESTLING TEAM "Milford Indians Wrestling Club"



Boys and Girls Teams!
Build Strength and Confidence!
Learn Teamwork and Discipline!
Get in Shape for Spring Sports!
Compete against other Towns!
Make New Friends and Have Fun!
No Prior Experience Needed!

**Practices on Mondays and Thursdays,
5:30-7:00 at Foran High School**

**Registration: In Person on 11/7 from
5:00-6:00 pm in Foran Wrestling
Room or Register online at:
www.milfordwrestling.com**

**Coached by the staffs of Foran, Law, and
Notre Dame of West Haven High
Schools!!**

***"Once you have Wrestled, Everything else
in Life is Easy" - Dan Gable***