Getting Started in Athletics at MJHS!

For active links to click, go to www.milfordathletics.org/juniorhigh

1. Register on Final Forms HERE to show your interest and sign permission forms!
2. A current physical must be on file to begin in-season practices! Print official form from your Final Forms account or click HERE and take to your pediatrician/doctor for an annual Youth Sports Physical.
3. Fees ($100) will be due prior to first contest and can be paid online HERE after teams are established.
4. Contact coaches below and/or check online for calendars/schedules/more info.
5. Show up with a great attitude, work hard and have fun!

MJHS ATHLETIC DEPARTMENT PROFILE

FALL SPORTS: FOOTBALL, CHEER (SIDE), CROSS COUNTRY (B/G), GOLF (B/G), TENNIS (G), VOLLEYBALL (G)
WINTER SPORTS: BASKETBALL (B/G), CHEER (SIDE), CHEER (COMP), DANCE, DIVING, WRESTLING (C/G)
SPRING SPORTS: SOFTBALL, TENNIS (B), TRACK/FIELD (B/G)
SUMMARY: 20 SPORTS, 33 TEAMS, 44 COACHING POSITIONS

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