

Social Media Blast:

You have some of the best soccer professionals training you in your sport...round out your team with the best fitness trainers too! CrossFit Milford is teaming up with MUSC and offering a chance to get some **free months of training** with the best CrossFit Coaches around. Let us help you get to the next level, in soccer and in life!



NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

CONTACT INFORMATION:

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

PLEASE ANSWER THE FOLLOWING:

WHAT IS YOUR DEFINITION OF STONG?

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WHAT WOULD YOU HOPE TO GAIN FROM JOINING CROSSFIT MILFORD?

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Please return via email to [kathy@crossfitmilford.com](mailto:kathy@crossfitmilford.com)  
or drop off in person at 49B Research Drive