

May 2017

We hired Annapolis Defense & Security to lead a FIGHT LIKE A GIRL workshop with 50 juniors and seniors at our high school. The workshop was a huge success with our students and we are eager to have them return to our campus again this year.

The classroom training was meaningful and poignant in this day and age. The trainers combined a mix of “what ifs” with some practical (and somewhat parental) cautionary advice to shed light on real world issues of campus safety and awareness, striking a chord with our students. The theoretical knowledge combined with the active training drills in the gym - where our girls got to get in the ring and practice protective and evading skills - was the icing on the cake for our group! The activities taught skills that women of all ages can engage in... the timid were encouraged to fight, those with a barrier were asked to work it out, and others were gratified and empowered by the fighter they discovered within!

Our girls left the 4-hour workshop armed with real life skills and a can do attitude. And while we hope they never have to invoke their fighter instincts, we know they have the capability to evade a situation and to FIGHT LIKE A GIRL.

Wendy Bradley
Dean Of Students
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