



Elizabeth Seton High School

February 22, 2016

Angela Carpenter
Annapolis Defense & Security
1424 Odenton Road
Odenton MD 21113

Dear Ms. Carpenter:

I don't think I can adequately convey the level of appreciation I have for you and your team. The **Fight Like A Girl** program that you brought to our school was amazing! Your instructors were personable, patient, knowledgeable and fully engaged in teaching the girls the skills they needed to learn. As a result, the girls were comfortable, open to the experience and left feeling empowered, wanting to learn even more. Just about all of them have mentioned that they would do the workshops again.

Thank you so much for what you do. In the world in which we live, it's sad that we need to teach young women how to protect themselves. The fact that there are programs such as FLAG that are fully equipped and ready to do so is a wonderful blessing. It is my sincere hope that we can have you back here at Seton again and again, making this a regular part of what we offer our students, as well as our faculty.

Looking forward to the next occasion,

Jodie Johnson

Jodie Johnson
Moderator, Seton Diamonds Club