

NORTH GARLAND LADY RAIDERS PROUDLY PRESENT:

# 2023 PRIDE & POWER

## SUMMER STRENGTH & CONDITIONING



FREE

FOR INCOMING NORTH  
GARLAND 9TH-12TH  
GRADE GIRLS ONLY

**N**EVER  
**G**IVE UP

**HERE:**

**SIGN UP**



INCOMING FRESHMAN MUST  
HAVE A PHYSICAL BEFORE  
PARTICIPATING

[CLICK HERE FOR PHYSICAL FORM](#)

**JOIN US**

@ 2109 BUCKINGHAM ROAD  
GARLAND, TX 75042

**TUE-WED-THUR**  
**OF EACH WEEK**  
**JUNE 6-29**  
**8AM-10AM**

FOR MORE INFORMATION, CONTACT GIRLS' ATHLETIC COORDINATOR, GAIL MARTIN [GCMARTIN@GARLANDISD.NET](mailto:GCMARTIN@GARLANDISD.NET)