

## Application Form

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### Profile

Lauren

First Name

B

Middle  
Initial

Hawes

Last Name

hawes.lauren@gmail.com

Email Address

8 Warbler Way

Home Address

Suite or Apt

Gales Ferry

City

CT

State

06335

Postal Code

Mobile: (959) 242-3971

Primary Phone

Alternate Phone

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### Which Boards would you like to apply for?

Ledyard Beautification Committee: Not Submitted

Parks, Recreation & Senior Citizens Commission: Submitted

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### Education & Experiences

Please tell us about yourself and why you want to serve.

## Why are you interested in serving on a board or commission?

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Ledyard has been an amazing place to live, work, and raise my son. We have a fantastic team of representatives to help aim our town toward its most important investments, and we need community members to support these and other initiatives to help our community thrive. There are so many opportunities for growth and development that take the strength of the community as a whole- from volunteers sprucing up some gardens to keep our town looking as impressive as it feels, to rallying support and ideas for programs like Parks and Recreation. In order for Ledyard to continue to be the best place to thrive and grow, we need to work together to support the recreational needs of our entire population. Ledyard's Parks and Recreation & Senior Center Commission will benefit from diverse advisors who have knowledge and experience in all aspects of our community and all the moving parts involved with park maintenance, recreational programs for youth and adult populations, and senior programming. I would be honored for my knowledge and experiences to benefit the recreational opportunities Ledyard has to offer its citizens and the local community. The recreational agenda has been pushed off the table in many communities in the wake of COVID-19. Unfortunately, Ledyard is one of them. Lack of recreational opportunities is leading to both physical and mental health crises across the nation. Entities such as the World Health Organization and the US Military have been citing low activity levels as a mounting National Emergency for over a decade. Schools cite a lack of opportunities for lessons through sports on subjects such as teamwork, focus, and communication for attention and behavioral issues among school children. Doctors cite low activity levels among aging populations as a "killer." Towns that were known for their sports prowess are going bankrupt because the sports programs are not bringing money into the communities anymore. Fortunately, many organizations have seen this need and are offering grants and other funds to assist communities like ours in making sure we can take care of our citizens. Not only that, many local businesses and people see there is a need and don't know how they can help. As a U10 soccer and basketball coach, I know these kids are capable of so much, yet they're losing games and getting in fights due to not having practice space and coaching time. As a Personal Trainer, I can't stress enough how important it is that everyone in our community is given every possible opportunity to keep moving in any way they love. As a Corrective Exercise Specialist working with the elderly population, it scares me that our community members know their survival depends on their continued athleticism, but they don't have the opportunities to do what they love. As an employee of a local business, I wonder what positive financial implications a tremendous recreational program would bring to our area. As an entrepreneur, I wonder what I can do to help - whether it's re-strategizing fundraising efforts or simply having the right conversations with the right people. As a mom, I worry when parents say they'll be enrolling their children in programs in other towns due to the lack of space and programming Ledyard offers. As a member of our community, I see others criticizing our lack of initiative toward youth and community recreation programming. Our community deserves better, and I'd like to help.

## Community Involvement

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Ledyard Soccer Club U10 Assistant Coach Ledyard Youth Basketball League Head Coach Supporting Parks & Recreation events as Ann McBride Real Estate, Inc. Community Liaison for Ann McBride Real Estate, Inc. Every school party and event ever Private investigation of resources to help Parks & Recreation acquire monetary/land donations for more facility space

## Educational Background

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Guilford High School class of 2005 Associates of Sciences from Full Sail University in Show Production and Touring Certified Personal Trainer Corrective Exercise Specialist Youth Exercise Specialist USA Weightlifting Level 1 Coach Team USA (Olympics) Coaching Kids Certifications (all ages and divisions) STAR Customer Service Training Former employee of US Navy's MWR Fitness Department at Subbase New London

Ann McBride Real Estate, Inc  
Employer

Office Administrator  
Job Title

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## Party Affiliation

### Party Affiliation \*

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Unaffiliated

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## Disclaimer & FOIA Information

Your attendance and active participation is important for the Committee to conduct its business. Any member of a Committee/Commission/Board who is absent from three (3) consecutive regular meetings and any intervening duly called special meetings shall be considered to have resigned from the Committee and the vacancy shall be filled, except that the Committee may vote to waive attendance requirements in each case where illness or other extenuating circumstances make it impossible for a member to meet the attendance requirements. It shall be the responsibility of the Chairman of the Committee to notify the Town Council or Mayor's office when a member has not properly performed his/her duties.

### Please Agree with the Following Statement

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**If selected as a board member, I understand that information on this application is subject to the Freedom of Information Act (FOIA) and may be disclosed to anyone requesting this information.**

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I Agree

### Signature (type full name below)

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Lauren Brunjes Hawes