

# Meet Our NEACSM Past President



**NEACSM's 35th & 43rd President:** Lara A. Carlson

**Education:** Doctorate in Exercise Physiology from Springfield College; Masters of Arts from University of South Dakota; Bachelor of Science from Southern CT State University

**Current or most recent affiliation:** The Carlson Laboratory – Founder and President; Southern Maine Community College

**Honors & Awards:** Fellow ACSM, Honor Award NEACSM, Castleton State College Terry Moran Hockey Builder Award, University of New England Excellence in Academic Advising Award, University of New England Westbrook College of Health Professions Distinguished Research Mentor Award

**Professional Interests:** Motorsports, Sport Performance, Strength & Conditioning, Environmental Physiology

## NEACSM Service

### 1. What first inspired you to enter the Exercise Science/Sports Medicine Field?

Participating in Athletics.

### What made you decide to pursue your advance degree and/or line of research/service?

Continued interest in how the body works with regard to sport performance.

### 2. As a student, who were your mentors and what role did they play in your professional development?

Bill Sutherland

- My throws coach from Southern CT State University.
- Taught me attention to detail.
- Most important --> Taught me never to put a limit on anything; especially myself.

Billy Mills

- Taught me to "Follow your dreams. Every dream has a passion. Every passion has its destiny".
- Taught me in life "It's the journey that's important, not the destination. The daily decisions you make in life, not the talent you possess, are what choreograph your destiny".
- "Find your dream. It's the pursuit of a dream that heals broken souls".

Samuel Headley

- My doctoral dissertation advisor at Springfield College
- Taught me attention to detail
- Introduced me to the research experience
- Encouraged involvement in the NEACSM/ACSM

### As a professional, was there anyone who was also instrumental in your career development?

Robert Kenefick

- Colleague who has always been supportive, collaborative, and great to bounce ideas off of.

### 3. What is it about Exercise Science/Sports Medicine that still inspires you today?

"Cool" research. Asking questions, conducting research, or working on topics that people would say are "outside the box". I prefer to say that "for me, there is no box".

### 4. Why and how did you decide to get involved with NEACSM?

Samuel Headley

- Encouraged me to get involved with my professional society (i.e., NEACSM/ACSM)

Robert Axtell

- Helped me get involved with the NEACSM leadership

**How did your service help you grow as a professional?**

Networking, collaborations, and more importantly than professional growth; personal growth by developing friendships.

**5. What are your most memorable moments from your service to NEACSM?**

All revolve around giving Dino Costanzo a hard time.

**6. What were some of the main issues confronting NEACSM at the time of your presidency?**

- The start of consistent sponsorship and fundraising.
- Increasing membership/conference attendance.

**7. What do you think are your most meaningful contributions to NEACSM?**

- Sponsorship and fundraising.
- Secured the first Indigenous Keynote speaker (Billy Mills) for a fall conference.
- Excitement - thinking “outside the box” with regard to conference planning.
- Developed and implemented the NEACSM Undergraduate Research Experience Grant. Got to work with Robert Kenefick in editing my proposal.
- Developed the NEACSM Logo.

**8. What do you think are your most meaningful contributions to the field of Exercise Science/Sports Medicine?**

- Getting undergraduate students involved in NEACSM/ACSM
- Getting undergraduate students excited about research

**9. What advice would you have for future leaders of NEACSM?**

- Keep an open mind.
- Have fun.

**10. What advice would you give to students who are looking to pursue a career in Exercise Science/Sports Medicine?**

Network, network, network.