Two and a half months away from my first college preseason, hearing the words surgery come out of the doctor’s mouth sent chills down my spine and a stream of tears down my face. Negative thoughts rushed into my mind; the most devastating being, “My summer training is ruined. I won’t be strong enough for preseason.” Coincidentally, what I believed to be the most devastating thought, guided me as a citizen leader and role model in exercise science now and has influenced my decision to further contribute to exercise science field through my degree and my career.

I am a citizen leader in the exercise science field by being having formed relationships with exercise science experts, pushing myself through the mental effects of injury, and being a student athlete. Throughout my athletic career I have trained with an assortment of strength and conditioning coaches. Most recently, I trained one on one with my trainer Scott, and formed a bond that pushed me beyond my limits to get ready for my first year as a collegiate athlete. As mentioned in the previous paragraph, this summer I was recovering from a recent wrist surgery so I was not able to perform extensive upper body strength training. Through this experience, I learned how to modify exercises to benefit myself despite my injury. Currently, I am still recovering from this surgery and have been able to use the modifications I learned this summer in our team lift sessions and practices. This demonstrates to my team that I won’t inhibit my training due to my injury, instead I will only get better physically and mentally. I hope that my commitment will help my teammates that are competing and recovering with their injuries to not give up the fight. My goal-oriented, compassionate, and hardworking character traits have pushed me through this small bump in the road. I was guided, through this experience, to want to form these types of encouraging, valuable relationships like I formed this summer with others. Another way I am a citizen leader, is that I am a student-athlete at Longwood University and have been participating in athletics since the age of five. I am a part of the Longwood women’s soccer team and also the Cormier Honors College. As a student- athlete, I have responsibilities to keep my grades up and stay committed to the team every day. Through my time management skills, I am able to accomplish this and be a role model to aspiring student- athletes. My ability to learn, communicate, and relate with others will aid me to become more and more of a citizen leader and role model in the exercise science field.

My contributions to the exercise science field will advance and evolve once I earn my Exercise Science degree from Longwood University. In my career, I know I want to be in charge and initiate the of helping others to achieve their goals. However, I have an interesting approach on how I may accomplish this. I would like to become a part of the European built company, Aqua Stand Up and make this a prominent exercise technique in America. Aqua Stand Up is an exercise of body, mind, and nature that creates stability and restoration of the body. It involves the use of exercises such as body weight squats, lunges, core exercises, and yoga on a stand up paddle board on the water. It may be performed on a lake, river, or ocean but is often done on indoor pools. The reason I am interested in this company is because I am very interested in learning how balance, physically and mentally, can enhance performance and prevent injury. Through Aqua Stand Up, I strive to achieve success by seeing the people I train accomplish their own goals.

“I want to inspire people. I want someone to look at me and say ‘because of you I didn’t give up.” I strive for the relationships that I have created with my trainers and coaches throughout my athletic career, with up and coming athletes. The best way I can give back to the exercise science field and all those that have helped me is through following in their footsteps. I am eagerly waiting for the day that I have the job I love, helping others reach their goals.