

Lara Dunn

I have lived in Ithaca for the past 7 years. I was born in Lowville NY & graduated from South Lewis High School in 1989. I attended SUNY Cobleskill & earned an Associates Degree in Business Administration. As cold weather and I don't mix I decided to move to Hawaii where I spent the next 10 years immersing myself into the Health and wellness industry. I completed my LMT Certification and worked for The Kohala Spa in the Hilton Wiakoloa. I also became a certified Personal Trainer through NSCA, and became an outdoor sport enthusiast running in 10Ks and paddling in outrigger competition's. When my mother's health started to fail I moved myself and my boys back to Ithaca to be with family and help my sister through this time. I started employment with Courtside Racquet & Fitness and eventually left to work for Advantage Sport & Fitness in commercial club sales. Throughout this time I continued with higher education classes in the health & wellness industry with a heavy interest in Anatomy and Kinesiology. In December of 2008 Brent & I opened The Gym, at the Community Recreation Center.

My son, Keane has been a part of IYHA since we moved here seven years ago when he started in the initiation program. I have watched him grow, learn, change positions and learn some more. There have been many great moments and some forgettable ones, but his overall experience has been very positive. We have both built relationships with friends and parents we never would have had without IYHA and we look forward to the future IYHA seasons ahead.

My interest in becoming a member of the board for IYHA is to help improve an already great program and help provide even better experiences for these kids. I believe my passion and commitment to the sport of hockey, the kids who play it, and my fitness background and will make me an asset. Lastly, I want to become more involved with Keane's hockey experience as he enters these older years of play.

Though a 3 paragraph bio does little justice to anyone, I cannot express enough the effort I am willing to put forth to collaborate with fellow board members and parents to provide the best combination of fun, skill, competition, and sportsmanship our kids can attain through IYHA.

I look forward to seeing you at the banquet next week. Please feel free to contact me with any questions. Thank you for your consideration.

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