



## 2017 Miss FAACNJ Ambassador Lauren Julia Lazo

Lauren Julia Lazo is the daughter of Jason and Gail Lazo. Lauren has one younger sister named Alexandra who is in the 10th grade. Lauren is a Senior at Westhill High School in Stamford, Connecticut. She is a student athlete who excels both in her studies and sports. Lauren hopes to commit to a college, so she can play field hockey when she enters as a freshman in Fall 2017.

While in college, Lauren plans to study science and hopes to pursue a career either in Physical Therapy or Environmental Science.

In addition to being a 3 Varsity Lettered athlete in Field Hockey, Skiing and Lacrosse, she is also Captain of her High School's Field Hockey and Skiing teams. Lauren is an active member in her high school newspaper, student council, Purple Pack (High School Spirit squad) and peer mentoring program called, LanD Crew.

For the past 8 years, Lauren has participated and volunteered at the Hope in Motion Cancer Walk in Connecticut. She also volunteered and worked at Stamford Hospital in the Pediatrics unit during the summer.

Lauren's passion to create and to lead stems from an early age. One year, she was selected to represent her school in the Junior National Young Leadership Conference in Washington, D.C.

It was there that she developed the skills and concepts needed to execute a "plan of action". A few years later, Lauren and her sister created a field hockey mentoring program for young girls. Her commitment to field hockey is very strong. Since the Town's field hockey program was no longer being offered, Lauren and her sister saw the need for one and decided to initiate and propose the idea of teaching field hockey while mentoring middle school girls. The program's objective was to empower young girls through the sport of field hockey by instilling confidence, discipline and focus. Lauren and her sister Alexandra showed the girls how these acquired skills are used to succeed in everyday life. They also discussed the benefits of being a student athlete and doing well in school.

In Lauren's free time, she likes to hike and run. Lauren also volunteers helping little kids at the Park and Recreation Center in Old Greenwich. She is one of the assistant coaches...in what sport? You guessed it...Field Hockey!

