



Alexa Sedicino

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College/Career Objective

Motivated 2023 student-athlete looking to pursue a collegiate academic and athletic career in a school that provides a full spectrum of opportunities to learn and grow.

Education

West Essex High School: Class of 2023

September 2019 - Current

65 Greenbrook Rd, North Caldwell NJ 07006

- Freshman year Weighted GPA 3.8
- Sophomore year Weighted GPA 4.1
- Varsity Field Hockey and Softball
- Clubs: WE CARE, Health and Wellness Club, Pre-Med Club, Yearbook Club, Italian Club

Athletics

Field Hockey: Midfield/Forward (NCAA# 2110342255)

Build: 5'1", 110 lbs

Club Field Hockey NJ GRIT: Coach Jill Cosse, Jill@NJGRITFieldHockey.com, 732-306-8332

- 2022: U19 NJ GRIT Field Hockey Club (#20, Sapphire Indoor/Outdoor)
 - NFHCA Winter Escape 2022
 - Disney Sunshine Showcase
- 2021: U19 NJ GRIT Field Hockey Club (#20, Sapphire Indoor/Outdoor)
 - Shooting Star Virginia 2nd Place A Bracket (U19 Sapphire)
- 2020: U16 NJ GRIT Field Hockey Club (#20, Ruby Indoor/Outdoor)
 - Shooting Star Virginia Beach
 - Surf & Sand Showcase
- 2019: U16 New Heights Field Hockey Club
 - USA Futures Play Day
 - Surf & Sand Showcase
 - Super Sixty Winter Clinic

Other Field Hockey

- Futures:
 - 2017 U14
 - 2018 U16
 - 2019 U16



West Essex High School Field Hockey (Coach Jill Cosse, jcosse@westex.org, 732-306-8332)
(Ranked #2 in NJ, and #8 in the Nation MAX Field Hockey)

- 2022: Varsity - #22 West Essex High School (Named) Team Captain
- 2021 Varsity - #22
 - Current Season: 23-0-3
 - North Jersey Group 2 Sectional Champions (5-1)
 - Essex County Champions (6-0)
 - Sectional Champions (8-0)
 - Currently ranked No. 2 in New Jersey
 - Currently ranked No. 15 in the nation
 - TOC Semi-Finalist (4-3) against Eastern
 - 20-21 MAX Field Hockey National High School Invitational 2-0
- 2020: Varsity - #22
 - Undefeated Season: 12-0-1
 - NJSIAA North East Region A Sectional Champions
(Tournament of Champions cancelled due to COVID)
- 2019: Freshman
 - "Leading Scorer Award"



Volunteerism/Awards

2019: North Caldwell Recreation Foundation Annual Fun Run Volunteer

2019: Team 94's 2nd Annual Color Run

2020: West Essex Field Hockey & NJ Avalanche Ice Hockey, Fight Cancer Fundraising

2021: "I Support the Girls" clothing drive for homeless women and girls

2021: Special Olympics Polar Plunge Fundraiser

2021: World Language Honor Society (Italian)

2021: North Caldwell Recreation Foundation Annual Fun Run Volunteer

2021: Team 94's 2nd Annual Color Run