



Abby Zanelli

Abigail Marie Zanelli
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College/Career Objective

Committed goalie to Bucknell Field Hockey. Undecided degree.

Education

West Essex HS Class of 2024

September 2020 - Current

High School Honors & AP Classes, 4.1 Weighted GPA
Key Club, Pre Med Club, Varsity Field Hockey & Lacrosse

Athletics

(NCAA #2010949361)

Build: 5'7", 135 lbs

Club Field Hockey

(NJ GRIT: Coach Jill Cosse, Jill@NJGRITFieldHockey.com, 732-306-8332)

2013 - 2020: NJ Starz Field Hockey, Mid Jersey Knights, & New Heights (USAFH #1 U16 National Ranking)

2018: Futures Gold Medal Champion, U16 Disney Showcase Gold, U14 NIT, U16 Festival

2019: Futures Alternate, U14 RCCs, U16 NCCs 4th Place, U16 NIT, U16 Disney Showcase Bronze, Middle School Captain, U16 Festival Top Bracket Gold with 6 Shut Outs

2020: U19 NITQ, U16 NIT Gold (Undefeated, 4 GA), U16 Disney Showcase Medal (Undefeated, 1 GA), RCC U16, New Heights U16 & U19 Ranked #1 in Nation by USAFH, NJ GRIT U16 Black, Shooting Star Gold (NJ GRIT Ruby U16B undefeated with 1 GA)

2021: U16S NIT 2nd Place, 5 GA, 43 Saves, 90% save rate
U19Q NIT Starting goalie (Split Time: 21 saves, 6 GAA, 78% Save Rate)
U19B Shooting Star Jamboree Undefeated Gold (3 GA) & Goalie Showcase (#13)
Max Field Hockey Top 100 2024 Players to Watch, and 2021 National Player Combine selection
NJ GRIT U16 and U19 NCC Goalie
Nexus U16 Perform Player
U19A Shooting Star Thanksgiving 2nd place

2022: Winter Escape, B Bracket 2nd Place, no goals against
Disney Sunshine Showcase, 1 goal against
U19 NITs F Bracket 2nd Place
Max Field Hockey Top 100 (Top 11 Goalies), 2022 Players to Watch
MAX FH 1st Team All Region
USAFH Women's National Indoor Development Team Selection
U19 NEXUS Championship - Bronze medal
NPC - 18.5 Beep Test
Shooting Star Thanksgiving, A Bracket



West Essex High School Field Hockey (Coach Jill Cosse, jcosse@westex.org, 732-306-8332)
(2020 Ranked #2 in NJ, and #8 in the Nation MAX Field Hockey)
(2021 Ranked #3 in NJ, #2 NJ.com. #15 in Nation Max Field Hockey)
(2022 Ranked #2 NJ.com, #3 in NJ MaxFH. #8 in Nation MaxFH)

2020: Freshman Varsity Starter (every game)
Undeclared Season: 12-0-1, 11 shut outs, 38 shots on goal, 35 saves, 3 goals against, 92% save rate
NJSIAA North East Region A Sectional Champions (Tournament of Champions cancelled due to COVID)
1st Team All Conference, Super Essex Conference
2nd Team Essex/Union Conference All Stars (Red Division)
3rd Team, NJ All Group 2 Honors
1st Team, NJ FH Coaches Association All State Honors, Group 2

2021: Sophomore Varsity Starter (every game, 2nd year)
23-3 Record, 122 saves, 18 shutouts, 10 GA, 92% save rate
NJ.com Top Goalies to Watch, on #1 Ranked NJ.com Team
NJ.com Top 100 Sophomores in Field Hockey (voted #7)
Essex County Champions
NJ North Group 2 State Champions
NJ Group 2 State Champions
NJ Tournament of Champions (TOC)
1st Team All Conference, Super Essex Conference, American Division
2nd Team Essex/Union Conference All Stars (Red Division)
1st Team, NJ All Group 2 Honors



2022: Junior Varsity Starter Every Minute
NJ.com Top 40 NJ Players to watch, Top Goalies
NJ.com Top Group 2 Players to Watch in States
MAX FH Top 100 Players (top 11 Goalies), 2022 Players to Watch
MAX FH 1st Team All Region
Essex County Champions (11th Consecutive, 16th Overall)
NJ North Group 2 State Champions (8th Consecutive, 22nd Overall)
NJ Group 2 State Champions (4th Consecutive, 21st Overall)
20-3-1 Record, 19-1-1 In-State Record, 18 shut outs, 144 saves, 92% Save Rate
Lowest goals/game in all of NJ at .5 goals/game
1st Team All Conference, Super Essex Conference, American Division
NFHCA All Region Team (NJ)
2nd Team All Essex/Union (Red Div)
1st Team All Group 2 (NJ)
1st Team All State – NJ
1st Team Regional All American
Essex/Union Team of the Year
Brick Wall Award



SCUBA

2017 - Current: Master Scuba Diver Certified at age of 12 (+Rescue Diver Certified)
2018: World Record, Largest Underwater Air Symphony (<https://www.youtube.com/watch?v=DAQ0O82WdEY>)

Other

2016 - 2020: Middle School FH (Captain), Lax, Basketball, Softball, and School Mascot, STEPS Lacrosse
2021 - 2022: West Essex High School Varsity Lacrosse – Goalie, Essex County Champions, Freedom East Conference Champions, State Finalist North Group 2, Ranked 16th in NJ, JV MVP

Volunteerism/Awards

2010 - 2019: Turn the Towns Teal (Ovarian Cancer Awareness Volunteer)
2010 – 2017: Tewksbury Rescue Squad Event Volunteer
2014 - 2018: Contenders Volunteer Coach (Special Needs Football)
2017 - 2018: Meals on Wheels Food Prep & Delivery
2016 – 2019: Lax for the Cure Fundraising
2018 - 2019: Wounded Warrior Project (Supplies for Soldiers)
2019 - 2020 President's Volunteer Service Award Silver and Gold
2019: Help Paws (Supplies for St. Lucia Puppy Rescue)
2020: Hunterdon County Unsung Hero's Award, & Audrey Lain Snyder Award for Stewardship
2020: COVID Food Bank & Animal Shelter Donations
2020: West Essex Field Hockey & NJ Avalanche Ice Hockey, Fight Cancer Fund Raising
2020 - 2022: EDGE Field Hockey Camp Coach Volunteer (28 hours/year)
2021: "I Support the Girls" clothing drive for homeless women and girls
2021: Special Olympics Polar Plunge Fund Raiser
2021: North Caldwell Color Run Volunteer



Parents: Cindy Zanelli, cbz@att.com, 908-432-2736

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