



# Abby 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](mailto: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 4<sup>th</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> place

2022: Winter Escape, B Bracket 2<sup>nd</sup> Place, no goals against  
Disney Sunshine Showcase, 1 goal against  
U19 NITs F Bracket 2<sup>nd</sup> Place  
Max Field Hockey Top 100 (Top 11 Goalies)  
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)

Undefeated 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)  
 1<sup>st</sup> Team All Conference, Super Essex Conference  
 2<sup>nd</sup> Team Essex/Union Conference All Stars (Red Division)  
 3<sup>rd</sup> Team, NJ All Group 2 Honors  
 1<sup>st</sup> Team, NJ FH Coaches Association All State Honors, Group 2

2021: Sophomore Varsity Starter (every game, 2<sup>nd</sup> 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)  
 1<sup>st</sup> Team All Conference, Super Essex Conference, American Division  
 2<sup>nd</sup> Team Essex/Union Conference All Stars (Red Division)  
 1<sup>st</sup> 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)  
 Essex County Champions (11<sup>th</sup> Consecutive, 16<sup>th</sup> Overall)  
 NJ North Group 2 State Champions (8<sup>th</sup> Consecutive, 22<sup>nd</sup> Overall)  
 NJ Group 2 State Champions (4<sup>th</sup> Consecutive, 21<sup>st</sup> 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  
 1<sup>st</sup> Team All Conference, Super Essex Conference, American Division  
 NFHCA All Region Team (NJ)  
 2<sup>nd</sup> Team All Essex/Union (Red Div)  
 1<sup>st</sup> Team All Group 2 (NJ)  
 1<sup>st</sup> Team All State – NJ  
 1<sup>st</sup> Team 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 16<sup>th</sup> 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



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Paul Zanelli, [zanellistrong@gmail.com](mailto:zanellistrong@gmail.com), 908-432-9961