



# Abby Zanelli

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## College/Career Objective

Motivated honors 2024 student athlete seeking an educational setting to pursue eventual collegiate Environmental Sciences degree, and collegiate Field Hockey (Goalie).

## Education

West Essex HS Class of 2024

September 2020 - Current

High School Honors & AP Classes, 3.95 Freshman 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 - 2016: NJ Starz Field Hockey Club, U14 NIT, Disney Showcase U14 Gold  
2017: Mid New Jersey Knights Field Hockey Club U14  
2017 - 2020: New Heights Field Hockey Club (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  
U16 Shooting Star A Bracket 1<sup>st</sup> Place (1 goal against)  
APEX Summer Showcase  
NEXUS Championship  
USAFH Women's National Indoor Team



## West Essex High School Field Hockey

(Coach Jill Cosse, [jcosse@westex.org](mailto: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)

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



**PLAYER RANKINGS**  
★  
**TOP 100 2024 WATCH LIST**

Highlights – [www.njgritfieldhockey.com/abby-zanelli](http://www.njgritfieldhockey.com/abby-zanelli)

## 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 - 2019: STEPS Elite Lacrosse and Old Turnpike Middle School Field Hockey (Captain)  
2016 - 2018: Old Turnpike Middle School Lacrosse  
2017 - 2018: Old Turnpike Middle School Basketball Mascot  
2019 - 2020: Old Turnpike Middle School Basketball and Softball (County Champs for both)  
2016 - 2020: Tewksbury Township Rec Lacrosse  
2021: 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  
2022: West Essex High School Varsity Lacrosse – Goalie, Essex County Champions

## 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: EDGE Field Hockey Camp Volunteer (28 Hours)  
2021: "I Support the Girls" clothing drive for homeless women and girls  
2021: Special Olympics Polar Plunge Fund Raiser  
2021: West Essex "Captains" Camp Field Hockey Coach  
2021: North Caldwell Color Run Volunteer

