



Ali Simmons

Alison Lynn Simmons
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College/Career Objective

Motivated 2024 student athlete seeking an educational setting to pursue undecided degree, and collegiate Field Hockey.

Education

West Essex HS Class of 2024

September 2020 - Current

Middle School National Junior Honor Society, Honor Roll
High School Honor Roll, 4.19 Weighted GPA

Athletics

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

2022: National Player Combine
NJ GRIT U19 Regional Club Championship
Easter Shooting Star Tournament (NJ GRIT U19) 1st place
2021: Shooting Star Thanksgiving Tournament (NJ GRIT Ruby), Top Team "A" Bracket
National Player Combine selection (1st place)
U16S NIT 2nd Place (NJ GRIT Ruby)
U16 PA Revolution Tournament
2020: U16 Indoor Team
U16 Futures Program Level 1 (National Futures Championship cancelled)
U16 Shooting Star Thanksgiving Tournament Gold (NJ GRIT Ruby)
2019: U14 NIT, U14 USAFH Festival, U14 National Futures Championship (Team Sapporo)
2018: U14 USAFH Festival
2017 - 2020: New Heights Field Hockey Club (USAFH #1 U16 National Ranking)



West Essex High School Field Hockey (Coach Jill Cosse, jcosse@westex.org, 732-306-8332)

2022: Junior: Varsity Starter
Position: Defense
#2 in NJ, #10 in Nation (Max Hockey), record 20-3-1
Group 2 State Champions, North Sectional State Champions, Essex County and SEC Champions

2021: Sophomore: Varsity Player
Position: Mid/Defense
NJ.com Top 100 Sophomores in Field Hockey
#3 in NJ, #15 in Nation (MAX Hockey), record 23-2
Group 2 State Champions, North Sectional State Champions, Essex County and SEC Champions
TOC (Tournament of Champions NJ)- 4-3 loss to Eastern HS

2020: Freshman: Varsity Player
Position: Mid/Defense
Undefeated Season: 12-0-1
NJSIAA North East Region A Sectional Champions (Tournament of Champions cancelled due to COVID)

2019: West Essex Middle School Team
Position: Forward
8th Grade Captain
Coaches Award, High Scorer- 24 goals
Tournament Team selection
Greater North Jersey Middle School State Champion

Other

2022: West Essex High School Varsity Lacrosse- Starter, Attack
2021: West Essex High School Varsity Lacrosse – Attack, Essex County Champions, Freedom East Conference Champions, State Finalist North Group 2, Ranked 16th in NJ, JV Coaches Award
2016 - 2020: West Essex Rec Lacrosse

Volunteerism/Activities

2022: West Essex "Captains" Camp Field Hockey Coach
West Essex Lacrosse Clinic Volunteer Coach
2021: West Essex Pre-Med Club
North Caldwell Color Run Volunteer
West Essex Key Club Food Drive
West Essex Lacrosse Clinic Volunteer Coach
West Essex "Captains" Camp Field Hockey Coach
Special Olympics Polar Plunge Fund Raiser
"I Support the Girls" clothing drive for homeless women and girls
2020: West Essex Field Hockey & NJ Avalanche Ice Hockey, Fight Cancer Fund Raising
West Essex Key Club Toy Drive
West Essex Key Club Food Drive
West Essex Key Club holiday cards to servicemen and women

