



# Ava Russo

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## College/Career Objective

Motivated honors 2025 student athlete seeking an educational setting to pursue a collegiate degree and competitive collegiate Field Hockey.

## Education

West Essex HS Class of 2025

September 2021 - Current

4.6 Weighted GPA -High school Honors and AP courses, High Honor roll freshman year-current, Middle School Academic High Honors, Junior National Honor Society member 2019-2021

## Athletics (NCAA #TBD)

Build: 5'5", 115 lbs

### Club Field Hockey

(2020-2022) NJ GRIT: Coach Jill Cosse, [Jill@NJGRITFieldHockey.com](mailto:Jill@NJGRITFieldHockey.com), 732-306-8332).

(2017-

2019) New Heights Field Hockey Club: Coach Ahmed Elmaghraby, [Olympics96@hotmail.com](mailto:Olympics96@hotmail.com), 732-306-8332

2022:

U16 National Indoor Tournament Pool A-3<sup>rd</sup> Place  
U16 USAFH Disney Sunshine Showcase Gold Medal (Tinkerbell Division)  
U19 USAFH Disney Sunshine Showcase  
NFHCA Winter Escape Showcase, B Bracket 2<sup>nd</sup> place, 4-0-1, tied Texas Pride  
U16 Shooting Stars Easter Tournament A Bracket 1<sup>st</sup> place  
FIH World Hockey Camp- Boston, MA.  
The LineUp – Boston, MA.  
Apex Field Hockey Spring Showcase



2021:

U16 Shooting Stars Ruby- (Top Team), "A" Bracket Undefeated Gold-Thanksgiving Tournament  
U14 USAFH NIT Gold Medal J Bracket  
U14 USAFH Disney Showcase Silver Medal (Elsa Top Division)  
U14 USAFH RCC 2<sup>nd</sup> Place (NY/NJ Region)  
U16 USAFH RCC 4<sup>th</sup> place (NY/NJ Region)  
U14 USAFH NCC 11<sup>th</sup> Place  
U16 USAFH NIT Top Team- Silver Medal.  
U16 USAFH Shooting Stars Jamboree 6A Bracket, Undefeated Gold 5-0  
Super Sixty Camp (Session 1)  
The Edge Field Hockey Camp  
National Player Combine (Session 1)  
The LineUp- Florham Park, NJ

2020:

U14 Shooting Star Thanksgiving Tournament Bronze Medal  
U16 Shooting Star Thanksgiving Tournament 5<sup>th</sup> Place  
Revolution Montclair State University Field Hockey Camp

2019:

(New Heights FHC) U14 USAFH NIT Tournament  
(New Heights FHC) U14 USAFH Disney Showcase  
(New Heights FHC) U14 USAFH RCC Tournament  
(New Heights FHC) U14 USAFH Festival  
Revolution Montclair State University and The Edge Field Hockey Camp



2018:

(New Heights FHC)  
U12 USAFH NIT  
U12 USAFH Disney Bronze  
U12 USAFH Festival  
The Edge Field Hockey Camp



### USA Field Hockey

2022:

U16 National Indoor Tournament Pool A-3<sup>rd</sup> Place  
U16 USAFH Disney Sunshine Showcase Gold Medal (Tinkerbell Division)  
U19 USAFH Disney Sunshine Showcase  
U16 RCC 4<sup>th</sup> Place.  
U16 NEXUS Championship VA Beach-Coach Amanda Janney Misselhorn- [ajfhcamps@gmail.com](mailto:ajfhcamps@gmail.com)  
AAU Junior Olympics- Wake Forest August 2022 -Coach Michelle Finegan- [fschockey@comcast.net](mailto:fschockey@comcast.net)

2021:

U14 USAFH NIT Gold Medal.  
U14 USAFH Disney Showcase Silver Medal (Elsa Top Division)  
U14 USAFH RCC 2<sup>nd</sup> Place (NY/NJ Region)  
U14 USAFH NCC 11<sup>th</sup> Place  
U16 USAFH NIT Silver Medal

2020: Limited due to Covid-19

2019:

U14 USAFH NIT Tournament.  
U14 USAFH Disney Showcase  
U14 USAFH RCC Tournament  
U14 USAFH Festival



2018:

U12 USAFH NIT  
U12 USAFH Disney Bronze  
U12 USAFH Festival

## West Essex High School Athletics

**Field Hockey** (Coach Jill Cosse, jcosse@westex.org, 732-306-8332)  
(2021 Ranked #2 in NJ, and #15 in the Nation MAX Field Hockey)  
(2020 Ranked #2 in NJ, #8 in Nation Max Field Hockey)

2022:

Sophomore Varsity Starter (Defense)  
NJ.COM Top 50 Defenders to watch.  
Top 100 Sophomores to Watch- NJ.Com Poll  
13 Shutout games- regular season  
Held competitors to a total of 8 goals in 18 games-regular season  
Essex County Tournament Champions  
Max Field Hockey National High School Invitational participant

2021:

Freshman Varsity Player (Defense) 23-2 Record  
NJ.com Top 100 Freshman to watch  
Essex County and SEC Champions  
Final 2 in TOC (Tournament of Champions NJ)  
Max Field Hockey National High School Invitational participant

2020:

8th grade Middle School Captain  
8th grade Middle School MVP  
\*Greater New Jersey Middle School State Tournament canceled due to COVID

2019:

7th grade Middle School starter every game  
Best Defensive Player Award  
Greater New Jersey Middle School State Champion

## Lacrosse

Freshman Varsity Player

## Volunteerism/Awards

2022: Team 94 Color Run for Autism  
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  
2021: Team 94 Color Run for Autism  
2021: Toys for Tots Volunteer at Russo Bros. & Co.  
2020: West Essex Field Hockey & NJ Avalanche Ice Hockey, Fight Cancer Fund Raising  
2020: EDGE Field Hockey Camp Volunteer (28 hours)