

# Caitlin “Cait” Lutz

## Class of 2022 – Forward #8

### WEFH & NJ GRIT Coach: Jill Cosse +1 (732) 306-8332

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DOB: 01/02/2004  
Height: 5’5 | Weight: 120

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## EDUCATION

### West Essex Regional High School

#### North Caldwell, NJ

GPA: 3.89 | Expected Graduation: June 2022

Academic Achievements: Honor Roll (Every Semester)

## SCHOOL ATHLETICS

### 2020 – Junior Year: Starting Varsity Center Forward

West Essex Field Hockey: 25 Goals / 19 Assists

- Max Field Hockey Ranked #2 in New Jersey
- Overall National High School Ranking #8
- Returning Varsity Starter
- Team Record: 12-0-1

Awards: SEC First Team All-Conference, Second Team Group II, NJ.com Stat Leader for Goals (#11 in NJ) & Assists (#5 in NJ), WEFH High Scorer Award

### 2019 – Sophomore Year: Starting Varsity Center Forward

West Essex Field Hockey: 30 Goals / 24 Assists

- Max Field Hockey Ranked #3 in New Jersey
- Overall National High School Ranking #8
- Returning NJSIAA Group 2 North 1 Sec Champs
- Team Record: 23-2-1
- Returning Varsity Starter
- Returning Essex County Tournament Champs
- Returning Super Essex Conference Champs
- Tournament of Champions Final 4 Team

Awards: First Team All North Jersey Coaches Award, First Team All Essex County, First Team All Essex Union Conference, Second Team Group II, WEFH High Scorer Award

### 2018 – Freshman Year: Starting Varsity Center Forward

West Essex Field Hockey: 10 Goals / 5 Assists

- Returning NJ Group 2 State Champions
- Team Record: 23-3-1
- Super Essex County Conference Champions
- Tournament of Champions Final 4 Team

Awards: Second Team Red Division All Essex Union, Offensive All County Honorable Mention

### 2017 – Eighth Grade: Team Co-Captain

Notable Achievements:

- Dark Knight Award for High Scored Goals
- Selected to 8<sup>th</sup> Grade Tournament Team
- USA Futures Region 6

### 2016 – Seventh Grade: Team Co-Captain

Notable Achievements:

- Rising Star Award Recipient
- Selected to 7<sup>th</sup> Grade Tournament Team
- USA Futures Region 6

## CLUB:

### NJ GRIT U19

Notable Achievements:

- 2020 Shooting Stars U19 Sapphire Pool A 2<sup>nd</sup> Place
- 2020 Shooting Stars U16 Ruby Pool B 1<sup>st</sup> Place

### New Heights Field Hockey Club

Notable Achievements:

- 2020 U16 Black #1 Medal
- 2019 Festival U16 Black #1 Medal
- 2019 NIT U16 Black #2 Medal
- 2019 RCC U16 Silver
- 2018 U16 Silver USAFH Festival #1

## PUBLICATIONS

### 2019-2020:

Articles:

1. <https://www.tapinto.net/towns/west-essex/sections/sports/articles/west-essex-field-hockey-team-picks-up-where-it-left-off-after-schedule-pause>
2. <https://www.nj.com/highschoolsports/2020/10/field-hockey-juniors-5-goal-performance-gives-no-3-west-essex-win-over-glen-ridge.html>
3. <https://www.tapinto.net/towns/west-essex/sections/sports/articles/field-hockey-west-essex-heads-to-state-semifinals-for-third-consecutive-year>

## OTHER SPORTS:

### 2018 – Freshman Year: Starter Varsity

West Essex Lacrosse: 31 Goals / 9 Assists, 3 Ground Balls

- “Rookie of the Year Award” Recipient
- 2<sup>nd</sup> Team All Division
- Essex County Coaches Award
- Team Record: 6-13

