

ILANA RUBENSTEIN

NJGRITFIELDHOCKEY.COM/ILANA-RUEBENSTEIN

24 Spruce Road, North
Caldwell NJ 07006

973-803-1941

ihr324@icloud.com

COLLEGE / CAREER OBJECTIVE

Honor and AP student athlete seeking an educational setting to pursue a Forensic Science degree and eventual collegiate field hockey (Goalkeeper).

EDUCATION

West Essex High School Class of 2023 **December 2020 (current)**

High School Honors and AP Classes, 3.9 Weighted GPA

ATHLETICS

(BUILD: 5'5 , 120 LBS)

Club Field Hockey

(NJ GRIT: Coach Jill Cosse, jill@NJGRITfieldhockey.com , 732 - 306 - 8322)

2016 - 2020: New Heights Field Hockey (ranked #1 in the nation)

2019: U16 Disney Tournament (undefeated with one shutout) OGA,
Accepted into Futures

2020: U16 Disney Tournament (5-1-0) 1GA, Futures Level 1 (COVID
Year)

2020 - present: NJ GRIT Field Hockey

2020: Thanksgiving Shooting Star U19A Sapphire (3-1-1) 4GA

shooting star highlight film: <https://www.youtube.com/watch?v=bFqsb9hBx6A>

West Essex High School Field Hockey

(Coach Jill Cosse, jcosse@westex.org , 732 - 306 - 8322)

Ranked #3 in NJ and #8 in the nation

2020: Varsity Goalie (fews halves played and played in the Regional
Championship game) 12-1-0

NJSIAA North East Region A Sectional Champions

JV Starting Goalie (10-0-1) falling only to Oak Knoll (2-1) 2GA all season



Other

2019: West Essex Softball

2019 - present: West Essex Indoor Track (4x800, 800, 1600 Medalist)

2020 - present: West Essex Girls Lacrosse (2020 season Cancelled due to COVID)

VOLUNTEERISM / AWARDS

2013 - present: Wounded Warrior Mile Run every Summer

2014 - 2017: PanCan 5K Research Run

2016 - present: Toni's Soup Kitchen in Montclair, NJ

2017 - 2019: Better Together at Congregation Agudath Israel

2018: Licensed Babysitter

2018 / 2019: Middle School Honor Society Award

2018 / 2019: Middle School Class President

2018 - present: BBYO member

2019: Team94 Color Run

2019 - present: Play for Pink Fundraisers every October

2020: Children's Hospital of NJ donor

2020: West Essex Field Hockey & NJ Avalanche Ice Hockey, Fight Cancer Fund Raising

2020: Koach BBG N'siah (President of BBYO) Livingston, NJ

CONTACTS

Laura Rubenstein, lgold521@optonline.net , 201 - 370 -3087

David Rubenstein, dar2868@optonline.net , 201 - 694 - 8869

