



973-886-3876 / 862-377-0436
 4 Hillcrest Terrace, Riverdale, NJ 07457
 lilienthalkrista@gmail.com

Education

Pompton Lakes High School

Katie Miceli Guidance, kmiceli@plps.org
 Lakeside Ave, Pompton Lakes, NJ 07442
 4.33 Weighted GPA Honors level courses
 Ranked 14 out of 168. Top 8% of the class

Community Service & Work Experience

- Passaic County Athletic Leadership Coachability Clinic- School Representative 2022
- Zonta Club Service Club Member 2021-present
- Pompton Lakes High School Student Ambassador Coalition 2022-present
- Girl Scouts - 2012 to present; Bronze Award- 2019; Silver Award-2021; Gold Award in progress
- West End Community Children's Sailing- Sailing Instructor and Counselor 2021-present
- Pompton Lakes Riverdale Youth Organization Volunteer Field Hockey Coach 2018-present
- Christ Episcopal Church- altar server, reader, junior choir member 2017-2022

Athletics

Basketball

- Varsity Letterwinner - 2021-22; 2022-23

Softball

- Varsity Letterwinner - 2021-22; 2022-23

KRISTA LILIENTHAL

CLASS OF 2025

NCAA # 2112399744

<https://njgritfieldhockey.com/krista-lilienthal>

About Me

Build: 5'4", 135 lbs.

Enthusiastic honors student-athlete seeking an educational setting to pursue a collegiate degree and a highly competitive, team-oriented collegiate field hockey experience.

Field Hockey

Pompton Lakes High School

Coach Tina Brindisi, tbrindisi@plps.org , (973-271-6498)

2022

- Varsity, starting midfield, 45 goals, 19 assists; for the season.
- Passaic County Tournament Champions
- 1st Team All NEFHL Conference Honors
- 1st Team All Passaic County Honors
- 1st Team All-State Group 1; 3rd Team All-State Overall
- NEFHL Player of the Year
- NJ.com NEFHL Conference Offensive Player of the Week Back to Back for October 14th & 21st
- NFCA 2022 Scholastic Players to Watch List
- Max Preps Class of 2025 Top 100 Players to Watch List



2021

- Varsity, starting midfield, 43 goals, 13 assists; 99 points for the season
- NEFHL League Undefeated Divisional Champions
- Passaic County Tournament Champions
- 1st Team All NEFHL Conference Honors
- 1st Team All Passaic County Honors
- 1st Team All-North Jersey Honors
- 2nd Team All-State Group 1
- NEFHL Player of the Year
- USA Today North Jersey High Sports Awards Field Hockey Player of the Year
- NJ.com NEFHL Conference Player of the Week 10/29
- NJ.com Star of the Day Field Hockey 10/2
- Voted Top Freshman in New Jersey for NJ.com poll

USA Nexus Field Hockey

2022

- U16 Nexus Participant- Elite Super Region % Selection

2021

- U14 NCC Tournament Participant
- U14 Nexus Super Region Selection for PA/NJ
- U14 Nexus Championships Stars and Stripes Selection
- U16 AAU Junior Olympics Tournament Gold Medal
- U15 Indoor National Training Squad