



Adelaide C. Minnella

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njgritfieldhockey.com/Adie-Minnella



College/Career Objective

Motivated honors 2026 student athlete seeking an educational setting to pursue a yet to be determined degree, and collegiate Field Hockey.

Education

West Essex HS Class of 2026

September 2022 - Current

West Essex HS Class of 2026

MS Junior National Honors Society



Athletics

Build: 5'4", 130 lbs

Club Field Hockey

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

2022: U16 National Indoor Tournament Pool A- 3rd place
U19 National Indoor Tournament Pool F - 2nd place
U16 USAFH Disney Sunshine Showcase Gold Medal (Tinkerbell Division)
U16 Winter Escape B Bracket 2nd Place (4-0-1, tied Texas Pride)
U16 Shooting Star Easter A Bracket 1st Place

2021: U14 USAFH NIT Gold Medal J Bracket
U14 USAFH Disney Showcase Silver Medal (Elsa Top Division)
U14 USAFH RCC 2nd Place (NY/NJ Region)
U14 USAFH NCC 11th Place
U16 RCC 4th Place NJ
U16 USAFH NIT Silver Medal S Bracket
U16 Shooting Stars 6A Bracket, Undefeated Gold 5-0

2020: U14 Shooting Star Thanksgiving Tournament Bronze Medal
U16 Shooting Star Thanksgiving Tournament 5th Place

2019: New Heights FHC (New Heights: Coach Ahmed Elmaghraby, Olympics96@hotmail.com, 973-945-9989)
Festival, Disney, Indoor as an 8th grader on the U16 teams
U14 top team for 2019 NIT's - 3rd place @ NIT in A bracket
U16 & U19 New Heights (Ranked #1 Club in Nation by USAFH)
U16 Disney Showcase Bronze
U14 Festival, Indoor, Disney, RCC 2015-2018
U12 Festival, Indoor, Disney



USA Field Hockey

2022: U16 NEXUS
U16 NJ/PA USAFH NEXUS Selection Camp

2021: U14 NEXUS Championship Participant Virginia Beach, VA (Munich, scored every goal for her team)
U14 NEXUS
U14 NJ/PA USAFH NEXUS Selection Camp



West Essex High School Field Hockey (Coach Jill Cosse, jcosse@westex.org, 732-306-8332)
(2020 Ranked #2 in NJ, and #8 in the Nation MAX Field Hockey)
(2021 Ranked #1 in NJ, NJ.com)

2022: Freshman Varsity Starter (Center Forward)
20 Goals, 21 Assists to date
Max Field Hockey National High School Invitational Participant
2022 Essex County Tournament Winner

2021: 8th grade Middle School Captain
8th grade Middle School MVP
Greater New Jersey Middle School State Tournament Champion

2020: 7th grade Middle School starter every game
7th grade Middle School MVP
Greater New Jersey Middle School State Champion Cancelled for COVID



Other Sports – STEPS Lacrosse (Coach Mike Walsh, mwalsh@stepslacrosse.com, 908-598-0753)

2016- 2022: STEPS Elite Lacrosse, Defender Blue Team (top team for age bracket)

Volunteerism/Awards

2021: Operation Christmas Child for Manasquan Methodist Church
2020: Special Olympics Polar Plunge Fund Raiser
2016 - present: Lax for the Cure Fundraising
2016 - present: Manasquan Methodist Youth Group Organization



Parents: Jill Cosse, jcosse@westex.org, 732-306-8332

Anthony Minnella, aminell@westex.org, 973-420-4229