



Julia P. Ranski

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Instagram: [julia_ranskifh23](https://www.instagram.com/julia_ranskifh23)

Height: 5'2" Weight: 112 lbs

Position: Field player, Mid & Forward

Parents: Janine Ranski 732-259-4255

Kevin Ranski 732-259-2343 Ranski@comcast.net



COLLEGE / CAREER OBJECTIVE

An extremely motivated honors and AP student searching for the opportunity to play collegiate level field hockey. Along with the chance to study political science with the long-term goal of becoming New Jersey's first female Senator.

EDUCATION

September 2019 – Current

Arthur L. Johnson High School / Full AP and honors class workload

- AP Modern World History (completed 2020-21) (3 on the test)
- AP United States Government and Politics (2021-22)
- AP Language and composition (2021-22)
- AP Psychology (2021-22)
- AP US History (2021-22)

Unweighted GPA **4.0851** / Weighted GPA **4.3617 (Last Year)**

ATHLETICS

Carl H. Kumpf Middle School Field Hockey -7, Captain 8

Arthur L. Johnson High School Field Hockey- Coach Katrina

Poskay 908-612-6355/ kposkay@clarkschools.org

Field Hockey:

- ★ JV - 9th and 10th (10th grade undefeated regular season)
- ★ Varsity 10th
- ★ Varsity starter 11th
- ★ Varsity Captain 12th (Upcoming year)

Track and Field Team

- ★ 9th

CLUB TEAMS

★ 2018 Rapid Fire Elite

★ 2018 - 2021 Mid-Jersey Knights- Coach Joey Civicio 203-692-5280 /

info@knightsfhc.com

★ 2021 - Present New Jersey Grit - Coach Jill Cosse, 732-306-8332 /

jill@NJGRITFieldHockey.com Katrina Poskay 908-612-6355 kposkay@clarkschools.org



TOURNAMENTS/ TRAINING

- 2018 Mid Jersey Knights FHC - U14 indoor
- 2019 NIT Mid Jersey Knights, Spooky Nook PA
- 2019 Mid Jersey Knights interclub tournaments with Princeton FH
- 2020 NITQ (National Indoor Tournament Qualifier) Houston, Texas
- 2020 NIT Mid Jersey Knights, Spooky Nook PA
- 2020 Revolution College Showcase, Montclair State University
- 2020 Mid Jersey Knights vs Spartans/Total Dutch tournaments
- 2021 NJ Grit Shooting Stars, Delaware
- 2021 Apex Spring College Showcase
- 2021 Tri-State College 7v7 Tournament
- 2021 Rutgers Summer Clinics
- 2021 Sand & Surf (Individual player)
- 2021 Apex Summer College Showcase
- 2021 Surf and Sand (November 2021)
- 2021 Virginia Shooting Star Thanksgiving (November 2021)
- 2022 Apex Spring College Showcase (**Upcoming**)



CAMPS

- 2019 Super Sixty / Revolution Camp, Montclair University / Rutgers University Field Hockey Camp
- 2020 Futures 6D North Montclair, NJ
- 2020 Revolution Camp, Montclair University / Rutgers University Field Hockey Camp
- 2021 Revolution Camp, Princeton
- 2021 Super Sixty (December 2021)

MISCELLANEOUS

- 2021 Private training with Coach Ingrid Alkhoven owner of Total Dutch Club
- 2021 Strength, speed & agility private training with Andres Lopez from Beastmode Speed School
- 2022 Strength and Agility with Dr. Shannon Connolly, former D1 Syracuse player

SCHOOL CLUBS AND PROGRAMS

Student Government:

- Elementary School Student body-**President**
- Middle School Student Government-**President**
- Freshman Class- **President**
- Sophomore Class- **President**
- Junior Class- **President**



Heroes and Cool kids: The program allows ALJ student athletes to mentor the younger students on important life skills such as sportsmanship, conflict resolution, and positive lifestyle choices. Heroes and Cool Kids focuses on the importance of drug, alcohol and tobacco prevention.

- Junior Year- *selected member*

Active Minds: Active Minds is an organization dedicated to raising mental health awareness among students, via peer-to-peer dialogue and interaction.

- Freshmen year-*Participant*
- Sophomore year -*President*
- Junior year- *President*

Key Club: a student-led organization, Key Club's goal is to encourage leadership through serving others (100+ service hours thru October of 2021)

- Freshmen year- *Participant*
- Sophomore year- *Participant (Bronze award)*
- Junior year- *Junior class representative*

Young Voices for Clark: Founding Member - Club dedicated to promoting awareness in social justice and quality of life issues

- Sophomore year-*Founding member*

Spanish National Honors Society: An academic honor society focused on Spanish language and Portuguese language excellence in secondary education and promotes a continuity of interest in Spanish and Portuguese studies.

- Sophomore year- *Inducted member*
- Junior year- *Member*



English National Honors Society: The National English Honor Society (NEHS) is a nationally recognized honor society, whose three pillars are duty, service, and honor.

- Junior year- *Accepted member*

National Honor Society: a nationwide organization for high school students in the United States and outlying territories, which consists of many chapters in high schools. Selection is based on four criteria: scholarship, leadership, service, and character beginning junior year.

- Junior year- *Accepted member*

VOLUNTEERISM/ EMPLOYMENT

- Multiple Volunteering events
- Babysitting
- Volunteering as a Coach/teacher at Clark Recreation Spring Field Hockey Clinic
- 2021 - Clark Township Recreation Summer Camp Counselor (**counselor of the week bonus**)

