



Alexandra Shizas

1 Misner Court
Fairfield NJ 07004
201-657-1432, AlexandraShizasWEFH@gmail.com



College/Career Objective

Motivated honors 2022 student athlete seeking an educational setting to pursue eventual collegiate Physical Therapy Degree, and to play collegiate Field Hockey

Education

West Essex HS Class of 2022

September 2018 - Current

High School Honors Classes, 4.1 Weighted GPA,
Honor Roll Every Semester, MS Junior National Honors Society

Athletics (Defender)

Build: 5'2", 125 lbs

Club Field Hockey (NJGRIT: Coach Jill Cosse, jcosse@westex.org, 732-306-8332)
(New Heights: Coach Ahmed Elmaghraby, Olympics96@hotmail.com, 973-945-9989)

2020: New Heights/NJ GRIT

- U16 Disney 1st place in bracket, U16 NIT winner in bracket, selected for RCC team
- Max FH 2020 Defender Watch List
- U19 NJ GRIT Sapphire Shooting Star

2019: New Heights

- Futures Level 1, U16 RCC, NCC, U16 NIT, U16 Disney 3rd place, U16 Festival Gold

2018: New Heights

- Futures Tournament, U16 Disney Gold, U16 Festival

2016/2017: New Heights

- Played New Heights U14 Indoor Team at NIT
- Selected to play New Heights U14 RCC Team
- 3rd Place U14 at USA FH Disney Tournament



West Essex High School Field Hockey (Coach Jill Cosse, jcosse@westex.org, 732-306-8332)
(Ranked #3 in NJ, and #8 in the Nation)

2020: Undefeated Record 12-0-1

- Junior Captain
- 11 Shutouts
- NJSIAA North East Group A Champions
- Highlight Reel: <https://www.hudl.com/v/2EbCnU>

2019: Record 23-2-1

- #3 Ranking in the state of NJ
- Ranked #8 National High School FH teams by Max Preps
- Varsity Starter, Defense
- Essex County Champions
- North II, Group 2 State Champions
- Final 4 in the Tournament of Champions



- Post Season Honors
 - 1st Team All North Jersey Coaches
 - 1st Team All Essex County
 - 1st Team All Essex Union
 - 2nd Team All State Group 2
 - Heart and Hustle Award 2nd year in a row

2018: Record 23-3-1

- #4 Ranking in the state of NJ
- Ranked in the top 30 National High School FH teams by Max Preps
- Varsity Starter, Defense (only Freshman to start and play every game)
- Essex County Champions
- North II, Group 2 State Champions
- Final 4 in the Tournament of Champions
- Post Season Honors
 - 1st Team All North Jersey
 - 1st Team All Essex County
 - 2nd Team All Essex Union
 - 3rd Team All Group 2
 - All North Jersey Coaches
 - Heart and Hustle Award



2016/2017:

- Selected for both the 7th/8th grade "Tournament Team"
- NJ Middle School Group 2 State Tournament Winner
- Awarded "Most Spirited" Award 7th and 8th grade

Volunteerism/Awards

- 2017/18: Volunteer to make sandwiches for Bridges Program to feed homeless
- 2018- present: Babysit
- 2018-present: Volunteer Sunday School teacher when available
- 2017- present: Various fundraising activities including Toy Drive for the Leonidas Foundation created in honor of late cousin to help local families in need and to promote public service and provide humanitarian relief.
- 2018-2019: Camp counselor for church summer camp.
- 2019: Helped coach Field hockey clinic to elementary and MS girls
- 2020: Volunteered to coach Field hockey summer camp to elementary and MS girls
- 2020: Helped organize a local fundraiser to raise money to feed essential workers with lunches from local restaurants. Raised over \$5,000
- 2020: Participated in Cooking for a Cause
- 2019/2020: Key Club
- 2020: West Essex Field Hockey & NJ Avalanche Ice Hockey, Fight Cancer Fund Raising



Parents: Dorian Shizas, <mailto:ShizasDorian@gmail.com>, 973-722-7456

Gus Shizas, ShizasKos@gmail.com, 973-296-9865