



Sophia Sisco

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njgritfieldhockey.com/sophia-sisco



College/Career Objective

Motivated honors 2025 student athlete seeking an educational setting to pursue eventual collegiate degree and Field Hockey.

Education

West Essex HS Class of 2025

September 2021 - Current

High School Honors Classes, 4.1 Weighted GPA

Athletics

Build: 5'2", 115 lbs

Club Field Hockey

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

- 2022: U16 National Indoor Tournament Pool A- 3rd place
- U16 USAFH Disney Sunshine Showcase Gold Medal (Tinkerbell Division)
- U19 USAFH Disney Sunshine Showcase 5th Place (Malificent Division)
- U16 Winter Escape B Bracket 2nd Place
- U16 Winter Escape Easter A Bracket 1st Place
- U16 USAFH RCC 4th Place

- 2021: U14 USAFH NIT Gold Medal
- U14 USAFH Disney Showcase Silver Medal (Elsa Top Division)
- U14 USAFH RCC 2nd Place (NY/NJ Region)
- U14 USAFH NCC 11th Place
- U16 USAFH NIT Silver Medal
- U16 Shooting Stars Jamboree 6th Place
- Super Sixty Camp (Session 1)
- The Edge Field Hockey Camp
- National Player Combine (Session 1)

- 2020: U14 Shooting Star Thanksgiving Tournament Bronze Medal
- U16 Shooting Star Thanksgiving Tournament 5th Place
- Revolution Montclair State University Field Hockey Camp

- 2019: (New Heights FHC)
- U14 USAFH NIT Tournament
- U14 USAFH Disney Showcase
- U14 USAFH RCC Tournament
- Revolution Montclair State University Field Hockey Camp
- The Edge Field Hockey Camp

- 2018 (New Heights FHC)
- U12 USAFH NIT
- The Edge Field Hockey Camp

USA Field Hockey

- 2022: U16 USAFH NIT Pool A 3rd Place
- U16 RCC 4th Place
- U16 NEXUS Championship Participant Virginia Beach, VA



Selected to NEXUS Stars and Stripes Elite Team
AAU Junior Olympics – Wake Forest August 2022
Selected to U16 National Camp – December 2022

2021: U14 USAFH NIT Gold Medal
U14 USAFH Disney Showcase Silver Medal (Elsa Top Division)
U14 USAFH RCC 2nd Place (NY/NJ Region)
U14 USAFH NCC 11th Place
U16 USAFH NIT Silver Medal

2020: Limited due to Covid-19

2019: U14 USAFH NIT Tournament
U14 USAFH Disney Showcase
U14 USAFH RCC Tournament

2018: U12 USAFH NIT



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: Sophomore Varsity Starter (Midfield)
15 Goals, 26 Assists
20-3-1 Final Season Record
Ranked 2nd in State and 8th in Nation
Top 100 Sophomore in NJ Field Hockey Nominee (NJ.com)
Max Field Hockey National High School Invitational Participant 9/23 – 9/24
- Named to All Tournament Team
2022 Essex County Tournament Winner
2022 Group 2 North Jersey Sectional Champions
2022 Group 2 State Champions
Essex/Union Team of the Year
NFHCA All Region Team (NJ)
1st Team All Conference
2nd Team All Essex/Union Conference
1st Team All Group 2
1st Team All State NJ
1st Team Regional All American
White Knight Award

2021: Freshman Varsity Starter (Midfield)
9 Goals, 6 Assists to date
2021 SEC All Conference Team – Honorable Mention
Max Field Hockey National High School Invitational Participant 9/24- 9/25/2021
2021 Essex County Tournament Winner
Top 100 Freshman in NJ field hockey nominee (NJ.com)
2021 North Group 2 Sectional Champions
2021 Group 2 State Champions
2021 Tournament of Champions 3rd Place

2020: 8th grade Middle School Captain

8th grade Middle School MVP

*Greater New Jersey Middle School State Tournament canceled due to Covid

2019: 7th grade Middle School starter every game

Future Star Award

Greater New Jersey Middle School State Champion

Volunteerism/Awards

2021: "I Support the Girls" clothing drive for homeless women and girls

2021: Special Olympics Polar Plunge Fund Raiser

2021: North Caldwell Color Run Volunteer

2020: Bloomfield UNICO Chapter Mark's Closet Volunteer

2020: Toys for Tots Volunteer at Launch 3 Ventures, LLC

2020: Bloomfield Youth Aid Foundation Toy Drive

Parents: *Carrie Sisco, carriesisco@gmail.com, 973-865-9056*

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