

## **Recruiting, Resumes and Film**

Before I say anything – please know that ALL recruiting depends on your academic index. You must be able to get into a college with your grades – which includes your level of classes AP, Honors, CP, general and your testing profile. Those 2 items make up your “academic index”.

(NOW is NOT the time to hold back. Self promotion and quiet / composed confidence is important. You have value and you need to know that)

### **TO DO- LIST RIGHT NOW**

**(3 weeks before every event/ clinic/college visit)**

**Before starting the letters, resume and film . . .**

**SOCIAL MEDIA** – Clean it out. No college coach wants to see red solo cups in the hand of a possible future player. Your pictures tell a story of you. Do not post or let yourself get tagged in anything you would not be proud to represent. Search your name – and clean out anything you wouldn't be proud of.

### **STARTING THE COLLEGE SEARCH**

Everyone from 9th grade & up should be creating an athletic resume, and a list of the possible colleges you would love to attend. Make sure that list of colleges is broad from Division I – Division III and include reach schools for both your athletic and academic ability. Then do your research – look up the schools and find out; DO they have your major / minor of interest? ARE they within a distance you are willing to travel? DO they have a lot of international players on their team? DO you know anyone that attended this school and had a good experience there?

\*Start having meaningful conversations with your student/athlete &/or parents about all the things you find out.

### **RECRUITING LETTERS**

1. Write to your top 10 schools, include a resume and short highlight film – even if it is limited to clips from both last year and this year. (further explanation below)

Include ON ALL CORRESPONDENCE;

Intro paragraph, academic information (GPA weighted /unweighted, level of classes honors/AP, test scores SAT, ACT or testing dates then athletics, then extracurricular/volunteer work and community service)

Please include; College Liaison Jill Cosse – NJ GRIT Director / West Essex Head Coach  
732-306-8332 [NJGRITFIELDHOCKEYCLUB@gmail.com](mailto:NJGRITFIELDHOCKEYCLUB@gmail.com) or [Jcosse@westex.org](mailto:Jcosse@westex.org)

*SAMPLE LETTERS;*

Hello Coach Jennings,

I hope my note finds you well. I'm so sorry about your college season at American University being delayed until the spring. I can't imagine what the college players and coaches have been through. I hope we can all get back to doing what we love soon! I'd love to take a couple minutes to introduce myself to you. My name is \_\_\_\_\_ and I am a field hockey player from Montclair High School in NJ. I also play for Jill Cosse at NJ GRIT a brand new field hockey club in North Jersey which is made up of some of the top players in the North Jersey region. I'd love a moment of your time to introduce myself to you. (continue to academics, athletic highlights and extracurricular)

or

Hello Coach Bustin,

It's incredible to see that the ACC was the only conference to get going this fall - it's been a thrill to see your Duke team play. I watched you play UNC yesterday and it was amazing watching you take them into OT! I look forward to trying to get down to a clinic or camp this summer. Please allow me to introduce myself, my name is Jill Cosse and I am a forward at ALJ High School in NJ. I'd love to talk to you about the possibility of coming to play for you at Duke. My GPA is currently a \_\_\_\_\_, my weighted GPA is \_\_\_\_\_. I took the SAT's in September and my score was \_\_\_\_\_. I took the ACT's on October and my score was \_\_\_\_\_.

My club and high school coaches can speak to my abilities, but I would appreciate it if you could look over my highlight film below. I attended your clinic on 8/1/20, and was named MVP. Here are also some of my team accomplishments;        Here are my personal accomplishments:

I will be playing at Shooting Star tournament for NJ GRIT and I wear uniform #17, our colors are black camo, white and silver and while we are a new club - we are not new players, we are a veteran team made up of some of the very best players in NJ. I look forward to catching up sometime soon. In the meantime I want to thank you for taking the time to check out my email and look over my film. I've included both my NJ GRIT club coaches information and my high school coaches contact below.

Thank you again,

Katrina Dobbins

ON ALL CORRESPONDENCE AGAIN - please include this;

College Liaison Jill Cosse - NJ GRIT Director / West Essex Head Coach 732-306-8332

[NJGRITFIELDHOCKEYCLUB@gmail.com](mailto:NJGRITFIELDHOCKEYCLUB@gmail.com) or [Jcosse@westex.org](mailto:Jcosse@westex.org)

## **FILM**

6 minutes MAXIMUM. Start with a head shot of you in your high school or NJ GRIT Uniform. Show a screen of your vitals. Name, position, uniform number for both high school and NJ GRIT, stats / teams you would like them to be aware of (like a highlight page from a resume). Then show some fundamental drills of footwork, receiving, lead passing, elimination skills, defensive play and outletting. They want well rounded players that they can make into what they want on their field.

Many kids can do their own film. I am not savvy at cutting down film myself, but there are people/companies who do film. Our film person here at WE does highlights. His name is Vinny Carchietta [vcarchie@westex.org](mailto:vcarchie@westex.org)

Here are some good examples;

Boys Soccer Player from Oregon

(the only thing I would change is the music on it. No college coach needs loud music as a distraction)

<https://www.youtube.com/watch?v=tYzqpr5G4BY>

The NCSA has a guide to making the video. It is attached here,

<https://www.ncsasports.org/field-hockey/recruiting-video>

What not to do on a highlight film

<https://www.youtube.com/watch?v=keAdyKSSxHU>

## **RESUME**

You can search “ATHLETIC RESUME TEMPLATE” on google and get TONS of great ideas. I am just going to attach Cammy’s because she is a NJ GRIT coach, but take the time to create a nice resume that looks good.

(please see next page below)

## Cameron Kinsella Class of 2020 West Essex Regional High School



**Cameron “Cammy” Kinsella Senior, graduation year 2020**

87 Sand Road

Fairfield, NJ 07004

[Ckinsell@westex.org](mailto:Ckinsell@westex.org)

Cell: 973-970-5677

### **High School**

West Essex High School

65 Greenbrook Rd., North Caldwell, NJ 07006

Class of 2020

### **Academic Achievements:**

- GPA 4.157
- National Honors Society inductee for 2019-2020
- West Essex High School Peer Leader for 2019-2020
- NJSIAA 2019-2020 Student Athlete representative (only 1 Senior chosen to represent the school to this NJ scholar/student athlete organization)
- World Languages National Honors Society Member (2018-present)

### **Academic and Community Activities:**

- West Essex High School Peer Leader 2019-2020
- National Honors Society Tutor
- NJSIAA 2019-2020 Student Athlete representative for West Essex High School
- Italian and World Language Club
- W.E. CARE Environmental Club
- Volunteer WEPAA (West Essex Parents for Autism Awareness)
- Volunteer coach at The Edge field hockey summer clinics
- Volunteer UNICO Mark’s Closet program
- Volunteer D.A.R.E. annual toy drive
- Volunteer for North Caldwell recreation foundation annual color run
- Volunteer Special Olympics-Essex County Chapter 2020
- Job as clinic coach for 2-6 graders for New Heights Field Hockey Club
- Job as a babysitter for several families in the community

[ckinsell@westex.org](mailto:ckinsell@westex.org)

Cameron Kinsella Class of 2020 West Essex Regional High School

## West Essex Field Hockey

- Varsity Field Hockey (4 letter player)
  - two time Captain, 2018 and 2019 seasons
- 2019 Senior appointed West Essex Varsity Team Captain (2 time captain)
  - 2019 Returning NJ Group 2 State Champions
  - Recognized as 2019 Top Midfielders in NJ by NJ.com  
<https://www.nj.com/highschoolsports/2019/08/field-hockey-preview-top-midfielders-to-watch-in-2019.html>
  - Recognized as 2019 “Regional Player to Watch” by Max Field Hockey  
<https://maxfieldhockey.com/2019-high-school-nj-region-players-watch/>
  - 2019 Max Field hockey Ranked #3 team in NJ <https://maxfieldhockey.com/2019-week1-new-jersey-region-top-20-rankings/>
  - Nominated for Max FH Top 100 national players (nominated by Coach Cosse for 2019/2020, awaiting results)
  - Max Field Hockey Invitational national event: Varsity Team to play Sept. 20-21, 2019 at the Proving Grounds <https://maxfieldhockey.com/2019hsinvitational-west-essex/>
- 2018 Junior appointed West Essex Varsity Team Captain (*only underclassman Captain*) record: 23-3-1 ○ Position: Starting Center-Mid
  - 2018 NJ Group 2 State Champions and Tournament of Champions Final 4 Team (23-3-1) ○ Personal post season honors: 2<sup>nd</sup> Team All State Group 2, 1<sup>st</sup> Team all SEC Conference, 1<sup>st</sup> Team all North Jersey Coaches, 1<sup>st</sup> Team all Essex County, 1<sup>st</sup> Team all Essex//Union County ○ Nominated for NFHCA Athletic and Academic All American
  - Commitment to play field hockey at Brown University Class of 2024
- 2017 Sophomore West Essex Varsity Team (*team record 21-2-1*)
  - Position: Starting Center Mid, Right Mid and Right Wing
  - 2017 NJ State Sectional Champions and Essex County Champions
  - 2017 West Essex Varsity FH team ranked #1 in NJ, #5 in USA (Max Sports)
  - 2017 personal post season honors: 1<sup>st</sup> Team all SEC Conference, 1<sup>st</sup> team all Essex County, 2<sup>nd</sup> Team all Essex/Union, 1<sup>st</sup> Team all North Jersey Coaches
- 2016 Freshman West Essex Varsity player selection (*only Freshman field player selected for 2016*) ○ Position: midfield, forward
  - 2016 West Essex Varsity team NJ State Ranking #1
  - 2016 West Essex Varsity NJ Group 2 State Champions; team record 24-1
  - 2016 West Essex Varsity NJ Tournament of Champion Winners and named “NJ Team of the Year” by nj.com

## New Heights Field Hockey Club:

- U19 Team Captain
- U19 New Heights FHC Team ranked #4 team in the US by Max Preps
- U19 USAFH Region 4&6 (NY/NJ) Regional Club Championship- #1 team, Champions • U19 NCC Medal Round Finalist (came in #4 in the US at the National Club Championship) • 2019 USA Field Hockey Disney Tournament-Bronze
- 2019 USA Field Hockey National Indoor Tournament- Bronze
- 2018 USAFH NCC Bronze, Medal Round-Team Captain (4<sup>th</sup> place overall)

- 2017 USAFH Festival Gold Medal Winners-New Heights U16 Black
- 2017 USAFH NIT U16 Champions- New Heights U16 Black Team
- 2017 USAFH RCC U16 Region 6 Champions
- 2016 USA Field Hockey NIT U14 Champions- *Gold Medal Winners*

West Essex Lacrosse:

- Varsity Lacrosse (3 letter player)
- 2020 season Appointed Captain
- 2019 Varsity starting center mid
- \*2019 post season honors: Stars and Stripes division all starteam, West Essex Lacrosse “Unsung Hero” award
- 2018 Varsity team starter
- 2017 Freshman Team Captain
  - 2017 high scorer and school record for goals

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