

HIGH SCHOOL — FIELD HOCKEY

CAPE HENRY COLLEGIATE

KIERSTON RUBY

Senior

Kiersten Ruby has shown an unwavering commitment to developing her fitness and contributing to winning programs. Kiersten first started training under COVID restrictions that limited workouts to outside only. In the years to follow she would be a mainstay in the Summer S&C program, encouraging many other female athletes to join. A leader in our Field Hockey program, Kiersten was also a major contributor to the school's first VISAA D2 Girls Swim State Championship. ~Phil Reichhoff

NEW TRIER HS

TESSA HERBST

Senior

Tessa has been as committed to strength and conditioning as she is to her sport. This past season she was named a team Captain, named 1st Team All-Conference, and 1st Team IHSFHA All-State. She is a true leader of the program on the field and in the weight room. We are incredibly proud of the person – not just the athlete – that Tessa has become. She shows tremendous sportsmanship and is a positive role model for student athletes across campus. She has committed to strength training and has been a true leader in recruiting her teammates to the weightroom. Tessa is a standout in the classroom as well and will be continuing her field hockey career at Middlebury College. ~Jim Davis

NEW TRIER HS

IZZY MORGAN

Senior

Izzy is a four-year varsity started who played a key role in multiple State Championships. Coaches suggest that she is in the conversation for the best field hockey player to play at New Trier. Her 108 career goals rank 1st all-time for this storied program. Though she started with incredible ability, she invested a great amount of time into strength and conditioning, speed and agility, and her ability has improved every year. Izzy was a team Captain, 1st Team All-Conference, 1st Team NFHCA All-Region, and 2nd Team NFHCA All-American. She will continue her journey through USA Field Hockey with hopes of making the National Team. An elite student as well, Izzy will continue her field hockey career at Princeton University. ~Jim Davis