

Jennifer J. Besler
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SUMMARY

- All-State high school goal keeper.
- Played for the NJ ODP program.
- Attended University of Richmond and played 2 years of Division I Soccer as a goal keeper.
- Transferred to Cornell University after sophomore year and graduated from there.
- Senior year became an assistant coach for the Ithaca High School Girls Varsity Soccer Team.

EXPERIENCE

Jersey Elite Training (JET)

8/05-Present

Director

- Business designed to train athletes for their particular sport.
- Soccer, Lacrosse, Baseball and Strength and Agility Training.
- 4 Soccer teams currently play under JET: U16G Jet Jaguars, U17G Jet United Summer/Fall Select Team, and U12G JET Cobras Summer Select Team, U10 JET Heat Summer Select Team, out of Mercer County College.
- Training other club teams: Robbinsville Rockets U12 Girls, Howell Green Lightning U12G, Old Bridge U15G, Battle of Monmouth U14G, EW Pal Dragons U16B, HTRSA U8B.
- Team and personal goalie training for various teams in Mercer, Middlesex, Monmouth and Ocean Counties
- JET conducted a REC PRO Training session for Hamilton Rec in Spring 2011.
- JET conducted a winter gk/striker camp at the Peddie School in the winter of 2010-2011.
- JET conducted a winter gk/striker camp at Golds Gym in the winter of 2010-2011.
- JET hosted a Soccer/Lacrosse Spring Break Camp in 2010.
- JET conducted a camp the summer of 2007 for girls and boys ages U10-U13 and the Summer of 2009, 2010 for girls ages 7-15. JET conducted a team camp for Robbinsville Magic and Rockets combined and Battle of Monmouth Patriots U13 Girls, Summer 2009, 2010.

- JET conducted a Striker/GK Clinic in the fall of 2005 Monday nights for 7 weeks in New Egypt, training about 30 kids for an hour and a half each session in a specific skill set. The sessions were designed to build upon each other and there was also a level of fitness involved.

Princeton Day School, Princeton NJ
Soccer, Basketball and Softball Coach

08/07-Present

- Goal Keeper Coach, 2010.
- JV Girls Soccer Coach, 2009.
- Middle School Girls Soccer Coach, 2007.
- JV Girls Basketball Coach, 2007-2008.
- Middle School Softball Coach, 2008.
- Directed PDS Summer Program Soccer Camp in 2008 and 2009.

Lisa Gmitter-Pittaro Camp, Mercer County, NJ

2009-2011

- Worked as Goal Keeper Coach in 2009 and 2010.
- Hired as Camp Trainer for 2011 for both Spring Break Camp and Summer Camp.

Strength, Speed Agility Camp, Cranbury NJ **Summer 2005/Winter 2009/2010**
Director

- Ten weeks of strength, speed, agility and balance training for boys and girls ages 9 and up.
- Designed soccer specific strength and agility training and facilitated the program.

All American Girls Soccer Camp, Princeton Jct., NJ
Director

Aug 4-8, 2003

- This camp was designed for girls entering 8th grade through high school- a pre preseason camp.
- The sessions consisted of skill work, ball work, tactics, technique, situations, and small sided games and competitions.
- There was also an element of fitness added as the intention was to get the girls ready for their high school preseason sessions.

The Peddie School, Hightstown, NJ
JV Girls Soccer Coach, JV Girls Basketball Coach, Varsity Softball Coach

2002-2005

Central Jersey, NJ
Camps and Clinics

2001-present

- GK Trainer WWPBS South Pre Preseason Camp, Summer '06, Summer '07
- Goalie Clinic for East Windsor travel kids Saturdays-Fall and Spring (2002-2007)
- Goalie Trainer for WWPSA Travel Summer Camp, Summer '06
- Goalie Trainer for WWPSA Tactical and Positioning Training Spring and Fall '06
- 10 week long strength and agility camp for East Windsor Dynamo (U-15 boys) and East Windsor Stallions (U-14 boys) (Winter, 05/06)
- Counselor and Goal Keeper Trainer at the Peddie Soccer Academy, Hightstown, NJ (2003-2006)
- Team Camp East Windsor Stallions (6th grade boys) EW, NJ (2002, 2003)
- Soccer Trainer for the College of New Jersey Camp, Ewing, NJ (2001)
- Soccer Trainer for the Just For Girls Soccer Academy, Cranbury, East Windsor, Old Bridge, NJ (2001)

Central Jersey, NJ
Soccer Trainer-Teams

2000-present

- Jersey Elite Training Cobras (U12 Girls), Coach and Trainer, West Windsor NJ (2010-2011)
- Jersey Elite Training Jaguars (U16 Girls), Coach and Trainer, West Windsor NJ (2007-2010)
- Jersey Elite Training Power (U15 Girls), Coach and Trainer, West Windsor NJ (2008-2009)
- Berkeley Galaxy (U16 Girls), Trainer, Berkeley NJ (2009)
- Berkeley Cheetahs (U14 Girls), Trainer, Berkeley NJ (2009)
- Jackson Blaze (U14 Girls), Trainer, Jackson NJ (2007-2009)
- East Windsor Blast (U14 Girls), East Windsor NJ (2005-2009)
- East Windsor Extreme (U12 Girls), Trainer, East Windsor NJ (2007-2009)
- West Windsor Terriers (U13 Girls), West Windsor NJ (2008)
- New Egypt Thunder (U11 Girls), Trainer, New Egypt NJ (2006-2007)
- Princeton Miracles (U12 Girls), Trainer and Coach, Princeton NJ (2006-2007)
- East Windsor Cyclones (U13 girls), East Windsor NJ (2005-2006)
- Battle of Monmouth U15/U16 Girls and Boys, Freehold NJ (2006)
- East Windsor Stallions (U14 Boys), East Windsor NJ (2005-2006)
- East Windsor Vision (U10 Girls), East Windsor NJ (2005)
- Cranbury Stingrays (U11 Girls), Cranbury NJ (2005)
- Battle of Monmouth Black Cats (U10 Girls), Freehold NJ (2005-2006)
- Battle of Monmouth Patriots (U14 Girls), Freehold NJ (2004-2006, 2010-2011)
- Millstone Tidal Waves (U10 Girls), Millstone NJ (2004)
- EW Xtreme (U18 Girls), East Windsor NJ (2004-2006)
- Cranbury Hurricanes/JET Hurricanes (U16 Girls), Cranbury NJ (2003-2005)
- Cranbury Liberty (U15 Girls), Cranbury NJ (2003-2005)
- East Windsor Cosmos (U13 Girls), East Windsor NJ (2002-2004)

Ridgefield Park Jr./Sr. H.S.
Varsity Soccer Coach (Girls)

2002

Central Jersey, NJ
Goal Keeper Trainer

2000-present

- RV Red Raiders (U12 Girls), Rancocas Valley, NJ (2010-2011)
- Old Bridge Lightning Bolts (U13 Girls), Old Bridge, NJ (2009)
- Old Bridge Blue Thunder (U14 Girls), Old Bridge, NJ (2009)
- Cranbury United (U11 Girls), Cranbury NJ (2009-2011)
- Millstone Cyclones (U12 Girls), Millstone NJ (2009-2011)
- Cranbury Freedom (U12 Girls), Cranbury NJ (2009-2011)
- Robbinsville Twisters (U15 Girls), Robbinsville NJ (2007-2010)
- Robbinsville Magic (U14 Girls), Robbinsville NJ (2007-2009)
- Robbinsville Power (U12 Girls), Robbinsville NJ (2007-2010)
- Robbinsville Rockets (U12 Girls), Robbinsville NJ (2008-2011)
- Battle of Monmouth Black Cats (U-15 Girls), Freehold NJ (2005-2011)
- WW Jersey Girls (U18 Girls), WW NJ (2005-2010)
- Cranbury Revolution (U14 Girls), Cranbury NJ (2006)
- East Windsor Dragons (U11 Boys), EW NJ (2005-2006)
- East Windsor Fire (U13 Boys), EW NJ (2005)
- East Windsor Hornets (U14 Boys), EW NJ (2004)
- WW Breakaways (U12 Girls), West Windsor NJ (2002-2004)
- WW Strikers (U14 Girls), West Windsor NJ (2004-2006)
- East Windsor Stallions (12 Boys), EW NJ (2002-2006)
- East Windsor Storm (U13 Girls), EW NJ (2003-2006)
- Cranbury Crushers (U12 Girls), Cranbury NJ (2005)
- Individual Instruction girls and boys aged 7-18 (Mercer, Middlesex, Monmouth and Ocean County)

EDUCATION

B.S., Biology, Cornell University, Ithaca, NY

Dean's List

Biology, University of Richmond, Richmond, VA

Dean's List

CERTIFICATIONS/INTERESTS

USSF National "D" License

NASM CPT Certified

CPR and First Aid Certified

Recommendations available upon request