

Upcoming  
Varsity Games

Friday, Oct. 7

Girls Tennis @  
Evanston

Girls Volleyball vs.  
Glenbrook North

Football @ Maine  
South

Saturday, Oct. 8

Girls Tennis @  
Evanston

Girls Cross Country  
@Heritage Park

Girls Volleyball @  
Glenbrook North

Field Hockey vs.  
Oak Park-River  
Forest

Sunday, Oct. 9

Boys Golf IHSA  
Sectional @Glencoe  
Golf Club

Girls Golf IHSA  
Sectional @Buffalo  
Grove Golf Course

## Girls cross country runs for cancer awareness

For the second year, cross country raises money to fight breast and ovarian cancer

by Lindsey Burns

In support of breast and ovarian cancer awareness, girls cross country ran more than 800 miles in a day and raised over \$12,000 for Bright Pink, a Chicago-based non-profit.

According to their website, Bright Pink's mission is to "save women's lives from breast and ovarian cancer by empowering them to live proactively at a young age."

The group's educational and fundraising programs aim to inspire women to become advocates for their personal health.

The message resonated with the girls cross country team, said Captain Rani Mehta.

"Bright Pink is an organization that was founded to save the lives of women with breast and ovarian cancer," Mehta said.

The team raised money that "supports education and early detection for women so they can prevent these life-threatening but prevalent diseases."

Cross country's involvement with Bright Pink began last year. "We wanted to pick a cause that girls on the team would feel passionate about, and I think breast and ovarian cancer are issues that have, or will, impact every girl's life at some point," Mehta said. "Bright Pink advocates for an issue that is close to all of our hearts."

John Burnside, girls cross country's head coach, said, "The



The cross country team ran over 800 miles to support cancer awareness and prevention through Bright Pink | Fagan

thing that was great about Bright Pink is that there's also an educational component to it. So we were able to bring the educators from Bright Pink to the team and help them gain some knowledge about their own risks, and the options and resources that are available."

To support the cause, the girls ran the distance from Chicago to New York.

"As a team we ran over 800 miles in a single day," Burnside said. As of now, "the team raised \$12,062 and it's still open. That actually exceeds last year, which was just under \$12,000. So that means we've raised almost \$25,000 between the two years."

Everyone on the team was involved in this year's effort. "Each member of the team reached out to family members, friends, neighbors, really anyone who was willing to support the cause," Captain Grace Fagan said. "Breast and ovarian

cancer is something that has affected almost every single family, so we have received so much support from so many people."

The team recognized the importance of the issue. "This fundraiser has allowed every girl on the team to see that we have power to unite and work for a common goal that is so much bigger than ourselves," Mehta said.

"It's been really amazing to see our whole team get involved. We have some girls who have raised up to a thousand dollars, and some girls who have raised ten," she said.

Fundraising gave some of the girls who aren't usually leaders in cross country a chance to expand their capabilities. "It allowed athletes on the team to embrace something else about the team. There are so many different aspects of every athletic team, you can strive for athletic excellence or to be a great teammate or a great leader," Burnside said. "But

with this many girls you really want to open up the opportunities to make this team valuable to the individuals. For certain girls, this really I believe, has given them something they find they can lead and they can make their own."

Senior Olivia Hemmer noted, "It was really great that such a good cause was able to bring the entire team together. It was the first time that the whole team ran together which was everyone in different running groups and abilities."

The fundraiser successfully unified the team. "With a team of around 230 girls, it's impossible to make everyone best friends," Fagan said. "However, the ability of the team to come together to support one very important cause has lent itself to a very supportive environment at practice and meets. It's amazing to see so many people working so hard to give back to women who need it."

## Teams face off against perennial rivals in one day



Girls volleyball played against rival Loyola Academy last Friday | Zervas

Soccer, volleyball and football played against historic rivals Loyola and ETHS

by Emily Wong

Friday, Sept. 23, three New Trier sports teams took on some of the school's biggest rivals. Football played the Evanston Wildkits while boys' soccer and girls' volleyball were up against the Loyola Ramblers.

Football won their game 38-17, soccer won 1-0, and volleyball lost 0-2.

Senior Ben Higgins credited some of the football team's victory to a few key players.

"Francis Fay set the tone with a long TD run on one of the first plays," he said. He also attributed the win to the attitude with which the team approached the game.

"Knowing that Evanston is our biggest rival definitely helped us

prepare well and play our best as a team to make this successful," he said.

Senior soccer captain Matt Gallo also noticed the energy that came with the two teams' familiarity.

"A lot of guys on our team play club with players on Loyola," he said, "so there are bragging rights at stake."

He also credited other factors. "We also had the 2006 State Championship team in attendance for their 10 year reunion, so we wanted to give them a win."

However, not every team felt the same effects of the high-pressure atmosphere.

"Whenever we play Loyola, don't worry about who's on the other side of the net. We just focus on ourselves," said senior volleyball player Emma Tomlinson.

"We were playing on their home court. They had a lot of fans there, so I think that was a little bit of an aspect, but I don't think it had an effect on the way that we actually played. It's just

something you're aware of."

Some teams even have traditions exclusively for rival games, including the soccer team's infamous fire hydrant. Boys' soccer coach Matt Ravenscraft explained the tradition, which dates back to 1961.

"If you win, you reclaim the hydrant and you paint it your school colors, and the boys sign it, and you keep it until you lose to the other team."

The soccer team gets into a competitive mindset even before they get to their games. "There's just a focused energy among the guys," Ravenscraft said. "When I see them in the hallway before the game, they're excited."

Part of this preparation often means dressing up at school the day of, building both team spirit and publicity.

"With a game like Evanston, the team wore sport jackets, and we did as good a job as we could promoting the game through social media and our Twitter account," said Ravenscraft.

Football has a different way of preparing for their more intense games, as Higgins explained.

"For rivalry weeks we usually have a guest speaker talk to us after our Thursday practice," he said. "This time, it was former coach Rob Naughton, who the field is named after."

Girls' volleyball differs in this way, trying to keep their focus off the team they're facing.

"We prepare for each of our opponents in the same way," said head coach Hannah Hsieh. "The focus is not any rivalry, but how we

execute our game play."

However, the team still knows what to expect when playing different schools. "Since we had beaten [Loyola] already in the season, the girls went in confident and ready," Hsieh said.

In addition to Loyola, Tomlinson also named GBS and Niles West as some of their main competition.

Higgins also named some CSL teams as football's biggest competition. "Our team's main rivals are definitely Maine South and Evanston and maybe GBS, but Evanston is definitely our biggest and longest rival."

The team is currently looking forward to another rival game this Friday against Maine South.

For many teams, there's often at least as much pressure in games against schools outside of the conference league.

"There is also heightened intensity against schools like Lane, Fremd, Wheeling and other schools we typically see in the playoffs," said Gallo.

Although most athletes agree that heated games like these can be stressful, many see the competition as mainly positive.

"Playing a rival like Evanston definitely amped up the environment," said Higgins.

Ravenscraft agreed. "Rivalries bring out the best in each team," he said. "We played some of our best soccer that night, just because it was a big game. The boys rose to the occasion."