

Powerlifting success comes from mix of sports specialties

New Trier only team representing Illinois at Nationals

by Rhea Mech

Over spring break, members of the powerlifting team traveled to Oklahoma City, where they competed against more than 200 other high schoolers at the National Athlete Strength Association Nationals.

The New Trier team was the only Illinois school competing against schools from Texas, Missouri, Arkansas, Kentucky and Oklahoma. Some lifters broke personal records, taking home trophies and medals.

“Our girls have historically done well, the junior and senior girls won in 2015 and 2017. This year they competed well but came in 4th,” said powerlifting club sponsor and strength and conditioning coach Jim Davis.

“This was the best showing yet by the boys, they finished 2nd overall, and 1st in the junior and senior division,” said Davis.

To calculate an individual lifter score, each athlete deadlifts, squats, and bench presses the most weight they successfully can, then the three scores are added up to get the final score.

While the amount of weight lifted is a big factor in the score, judges also pay attention to technique and form.

Senior Konner Klassen thought



Athletes from a variety of sports backgrounds make up powerlifting, including rowers and football players | Capitini

the team could have focused on small technical things.

“I got up my last squat, but it didn’t count to my total score because I did not squat low enough. The little things are very important, and we are very close to having those perfected,” said Klassen.

Before going to nationals, many lifters, like junior Chamberlain Coffee, were introduced to powerlifting from their other sports.

“I’ve been lifting with the football team since freshman year, so I got introduced to the powerlifting team from that,” said Coffee. “It’s a really positive and accepting sport.”

While other sports allowed athletes to transition into powerlifting,

the commitments also took time away from training.

“There are lots of people like me that don’t just lift, and that have another main sports that can prevent us from getting into the weight room as much as we would like to,” said sophomore Soleia Quinn.

Quinn, who is also a rower, pointed out the difference between her two sports.

“In powerlifting you get a few very short bursts of power and then you’re done. All the goals you’ve trained for could be made or not in a few insane seconds, whereas with rowing you have a whole race to prove yourself,” said Quinn. “It’s really just burst power vs. endurance

power.”

Although many lifters also participate in more time consuming sports, they still find time to train.

“Lifting is more independent,” said junior Lauren Russell, a thrower on the track and field team.

“I lift during my free period, so the whole team isn’t there, so it’s just me and my friend helping each other stay on track,” she said.

While most powerlifting club members joined from other sports, anyone can join at anytime.

“I’m not as intense as other people on the team, but it’s good because it shows that anyone join. You don’t need to be super intense to enjoy what you do and

to do well. It just takes a lot of self discipline and the ability to push yourself,” said Russell, who joined the team in the spring of 2017 after a recommendation from a friend.

“It doesn’t matter where you are at right now in a powerlifting prospective. If you’re willing to work hard, we have amazing strength and conditioning coaches who will help you reach your potential,” added Klassen.

Although anyone can join powerlifting club, not everyone can travel to nationals.

“We try to select a roster based on where our athletes would have finished in years past,” said Davis. “We calculate an approximate total for an athlete, then compare that total to the average of the top finishers in their weight class from the three previous meets.”

Going forward, the club is currently preparing for the Illinois High School Powerlifting Association State Championship on May 5, which New Trier is hosting for the fourth time.

“State is the final competition of the year, and also our biggest fundraiser of the year. Lifting begins at 9:00 and will go all day,” said Davis. “We are raising money for two of our partner causes: Special Olympics, and mental health awareness.”

For more information about powerlifting club, or updates during the state competition, contact coach Jim Davis or follow @NTStrength on instagram.

Girls soccer dominates in win over GBS

An early conference win gives strong momentum to girls soccer

by Millie Winter

Coming into the game with grit and energy, New Trier girls soccer had a 3-0 win over Glenbrook South (GBS) on Apr.17.

The weekend before, GBS won the title for New Trier’s own girls soccer tournament. Although this loss was hard to take, the Trevians didn’t let it get to them, but rather turned it into a stronger motivation to prove their place against GBS.

Lilly Conley, a junior on the team said, “I think we were really motivated for this game because GBS had previously won our own tournament. So, I think it was important for us to get the win to prove ourselves.”

The game against them, was the first time the team had played them this season. The team knew GBS was a strong competitor going into the game. According to the Junior goalie on the team, Meghan Dwyer, “We knew they had beaten some of our biggest competitors (Evanston and Naperville North), so it was going to be a challenge.”

It was clear within the first five minutes of the game that the girls were ready to win as they came out with high intensity and energy. Many players thought that the first few minutes were the highlight of the game.

Emma Weaver, a Sophomore on the team, said, “We had a strong first half of the game. Our captains led the team with high energy the moment we stepped onto the field.”

Coming out strong is an important component to the way the team plays and the tactics they use. Weaver said, “Coach Burnside



NT beat GBS just a week after losing to them in tournament | Victory Views

emphasizes the importance of coming out early with energy and grit to start the game off strong.”

Weaver scored 2 of the 3 goals for the team. Whitney Hoban, a captain on the team, scored the other. Nicole Kaspi, Sydney Parker, and Caroline Iserloth are also the teams captains.

Hoban’s goal at the start of the game, making the score 1-0, was one of the highlights of the game. Dwyer said, “Everyone was pumped up and this boosted our confidence even more.”

GBS clearly expected NT to come out with strong attacking offense, they played with 5 defenders in the back, a bigger number than most teams play with.

Although GBS did have a lot of defenders in the back, they still had a strong offense. Conley said, “The hardest part was trying to maintain their forward who was giving us some trouble early on.”

Their offense and defense both came out strong, and the defense successfully shut down the forward, stopping GBS from scoring.

GBS is considered to be a physical, hard-working team. Weaver said, “This game tested us both

physically and mentally.”

The Trevians have had a successful season so far with some shut outs and other big wins. They shut out Prospect, Highland Park, Maine South, Saint Ignatius College Prep, and Lyons.

The 3-0 win was obviously thrilling in the moment, but also is important for the team as they move forward in their season.

Conley said, “It was a really important win for us because it was a conference game which is important when it comes to seeding in the playoffs.”

But, the team doesn’t only come out with their highest amount of energy for conference games. The teams focus is to put a lot of effort and concentration in every practice.

Weaver made the point that, “It was a conference game so it meant a lot, but in reality every game is important to us as a team.”

With the season not even halfway done, having strong motivation to consistently be working hard at practice and then transferring that commitment to their game will help propel the team to have more good outcomes for the rest of the season.

Questions with Senior lacrosse player Sophia King

King opens up about lacrosse and what she plans to do after high school

by David Heiman

Q: How long have you been playing lacrosse?

A: I started playing in 5th grade, so I’ve been playing for 7 years.

Q: What is your favorite part about playing lacrosse?

A: My favorite part is the people I get to meet through the sport and the amazing places I get to go. Lacrosse has taught me a lot about myself and lessons that I’ve used in many parts of my life.

Q: What’s your favorite thing about playing for New Trier lacrosse?

A: New Trier lacrosse is so much fun! My favorite part is the team and how much fun we have together.

Q: What was it like committing to college sophomore year?

A: It was weird because it never really hit me until this year during the application process. It didn’t really feel real since I was so young but I am so grateful that it all worked out this way and I can’t wait for next year.

Q: What are you looking forward to most next year?

A: I’m looking forward to continuing to play lacrosse but getting to have the excitement of a new team and a new environment.

Q: What are some things that you hope to carry over from New Trier to college?

A: I’m hoping to bring with me the things I’ve learned as a teammate and player to the next four years.

Q: If you could have dinner with three people that have ever lived, who would they be and why?

A: I would have dinner with JK Rowling, Elton John, and my mom. They’re all people who I look up to and inspire me.



If you would like to be considered for athlete of the week please send an email to ntnews@nth.net or send us a tweet @ the New Trier news twitter and state your name, grade, and what sport you would like to be interviewed for.