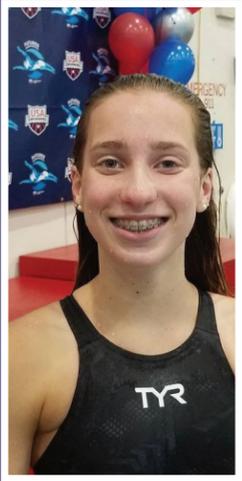


Three stars of the week

Carly Novelline



Twitter

Participated in state swimming as Freshman

Ford Baker



Stuart Rodgers

First in state for NT boys cross country

Sophie Beitel



Stuart Rodgers

Third in fencing tournament

# Girls Cross Country places in top 10 at state

Seven players go to state, and the girls placed seventh overall

by Millie Winter

On Nov. 3, Girls Cross Country placed seventh in the state meet. Although the entire team qualified for state, the entries were limited to just the top seven runners.

After taking the win in conference, regionals and sectionals, it was clear that state was the next goal for all the girls and they would come in with quite a winning streak.

The team had 14 state qualifiers and seven state runners, all of whom ran the three mile race (Girls 3A race for NT's division). With a solid handful of runners going into state, the season leading up to this was a success.

Senior Eileen Wolff said, "In the very beginning of the season we ran our first race at Detweiller Park (where the state meet is held), so we were all very familiar with the course."

Over the season, the training for the girls stayed consistent. "Our training is designed to prepare us over the entire season and we begin training over the summer," stated Wolf.

While the training usually remains at the same intensity level, it was altered for the girls going into state. "The two major things we did to prepare for state were taking the

team workouts down in intensity and following personal routines that we had throughout the season," said Junior Marlee Fradkin.

While the decrease in intensity seems contradictory to the intensity behind a state meet, Fradkin explained, "Our coach changed our workouts a little so that we wouldn't feel overtired for race day."

Making sure the runners maintain a consistent sleep and eating cycle ensures that a specific routine is followed by each runner.

"I think the biggest thing we did was we stuck with our normal schedules and we had practiced super hard all season so we knew the workouts would help us at state," said Sophomore Emma Braband.

Junior Bridget Forbes, who finished 40th individually, emphasized that the girls tried not to change anything about their routine.

Running individually in a state meet comes with a lot of stress. Each runner has their own way of de-stressing before the gun shoots. This can even mean coming together as a group to calm down a little. "Before a big race we all get nervous but we repeatedly discuss our plan and remind each other of our capabilities," said Wolff.

Braband added, "Just talking to my teammates helped me calm down before state because they are all so supportive and understand how I am feeling. We also power pose before the race."

Individually though, Braband always listens to music.



State runners (in blue) and team pose for photo at state meet | Forbes

"I always think about all of the fun things I'm going to do after a race," said Fradkin.

Going into their races, each runner had their own goals to achieve. "I achieved my personal best time at the state meet this year. I ran a 18:24 for the three mile race," said Wolff.

Fradkin explained, "I'd say this year I improved a lot as an athlete but, more importantly, got a lot closer with many more of my teammates."

For the cross country team, this was their last race all together, and with that comes some reflection of their season as a whole.

Braband explained that she'll miss the seniors the most. "They were

so fun and had such great attitudes."

The bond the team carried throughout the season made it possible for the girls to push themselves and their teammates to the state finish line.

"From training and competing together we are all very close. I will miss the family atmosphere of practices and the support from my coaches," said Wolff.

The seventh place title shows a lot about each runner and the abilities the team had and will continue to have in upcoming years.

"The team was truly amazing throughout our entire season," stated Braband.

# Athletes, coaches frustrated by lack of renovations

No new renovations being done to field house leaves many upset and confused

by Mattea Carberry and Ghousia Anwar

The field house and other athletic facilities were excluded from the large-scale Winnetka renovation, completed in 2018, though many teams and athletes would benefit from an improvement.

The athletic plans of the construction may have been originally cut due to budgetary concerns, however, there is also a general shortage on athletic space, which doesn't allow for an effective update and some areas are unlikely to be changed at all, according to Boys' Track and Field Coach, Mark Wukas.

The field house is located beneath the Gates Gym, providing an obstacle if major expansion was sought. Alumni especially have an emotional tie to the space.

"Gates Gym is a tradition. Whenever alums come back to this place they want to go to the gym. They don't want to see the classrooms, and so there is a lot of emotion tied into preserving that," said Wukas.

Despite how alumni may feel about the original buildings, current students and coaches believe the field house and athletic facilities are overdue for a renovation.

"The addition of a field house would benefit everyone in the school including Kinetic Wellness classes," said Athletic Director Augie Fontanetta. "We don't have enough space to accommodate all of the athletes after school for weight training."

When the first renovation proposal was rejected in 2010 because of its \$174 million predicted



Track and field runs laps for a meet in field house. NT teams are also competing for space | Schmid

cost, it was changed to a more appealing budget of \$100.3 million by excluding athletics facilities, according to the Chicago Tribune.

Fontanetta explained that a big issue with the functionality of the field house and other athletic facilities is the very compartmentalized layout.

It would be more ideal to have more space for all athletes and students to use. Currently there are times athletes are still training late into the evening due to the lack of space, particularly in the winter months.

To resolve the issues, Fontanetta said the school district and board of education are looking for a better long term solution, likely to take place within the next twenty years. But as it stands, there is no immediate plan for improvement.

Coaches have expressed their own frustrations as it is often difficult for them to manage their teams efficiently.

"Even by dividing our team

up, we can only handle a fraction of them in the rowing room at one time, making our training less efficient than if we would have a larger ventilated room to train the entire team in," said Rose Marchuk, the Director of New Trier Rowing and the Varsity Girls Coach.

Because the boys and girls rowing teams practice in the boiler room off the field house, they often spend extra time transporting the rowing ergometers, or ergs, to a more open space, seeking better air quality, which cuts into their practice time.

Athletes also acknowledge the benefits that would result from an improved field house and training facility as the current state of those resources are insufficient for the needs of their sport.

"It's a really busy space, but it's just not functional for the amount of people that are using it," said senior, Allison Elli, co-captain of the rowing team. "We'd definitely have more practice time if we just had a better

designated space for rowing."

Some sports, like track and field, aren't able to effectively get in the appropriate amount of practice other schools have access to due to the lack of resources and space available.

Sophomore William Terry said the first time he pole vaulted was at the first track meet of the season. He said he feels they are disadvantaged due to the lack of resources available and would find more success with improved facilities.

"We could have the opportunity to do a lot better because we'd have that chance to practice a lot and get so much more reps in," said Terry.

Not only do multiple kinetic wellness classes use the field house and fitness spaces, but the numerous athletic programs that count for a major part of many students' everyday lives.

"Athletics is my experience at New Trier," said Elli. "It's a big deal to a lot of people. It's what they do everyday."