

Field hockey repeats as state champions with OT win

Team claims 14th state title with 4-2 victory over Lake Forest

by *Mattea Carberry*

On Nov. 2, the girls field hockey team closed out the season strong with a 4-2 state championship win over Lake Forest, sealing the win with overtime goals from senior Kate McLaughlin and senior Grace Harris.

The 2-2 score at the end of the game prompted an overtime, in which the game continued with seven players from each team, instead of the standard eleven, for up to two 10 minute periods.

Head coach Stephanie Nykaza felt that overtime was the most exciting part of the game.

"It went right down to the end that we ended up in a tie so it was definitely a nail-biter of a game," said Nykaza. "We went into overtime and we scored two goals; [it's] pretty amazing that we did that."

Junior Hillary Cox agreed and noted the euphoric feeling that overwhelmed the team when the second overtime goal was scored by Harris.

"After the second overtime

goal, all the players ran and hugged each other because we knew at this point that we were gonna win," she said.

Senior Amy Griffin added that she thought the first goal of the game played a significant role in how the rest of the game would pan out.

"[The first goal] really set the tone and we actually got our second goal soon after," said Griffin.

Cox said practicing their 7v7 play during practices aided them in being able to seal the win in the end.

"We practiced a lot of 7v7 play we do for overtime, which is really tiring to do at the end of practice, but it really paid off during the state game," said Cox.

Harris thought that another aspect that helped contribute to their victory was their aggressiveness.

"In this game, we were very intense by going to the ball right away without hesitation," said Harris. "In past games we had difficulty with stepping up right away."

Senior Evie Lake added that their increased unity as a team helped put them in the right mindset to win the game.

"[We worked] as a team to play team offense and defense. We didn't play as individually as we have in past games," Lake said. "I also think that we came together even more as



The field hockey team poses with their first-place trophy after the state final on Nov. 2 | **Bisonette**

a team because we knew what we needed to do to win the game."

The girls finished the season with a state championship and a record of 29-2-1. Nykaza emphasized how the team's effort was critical in fostering such a rewarding season.

"With a pretty rigorous schedule, we ended up number one seat going into the [state] tournament and we ended up first place. That's a pretty difficult thing to do; for twenty-two players to keep it together since August," said Nykaza. "They got tired, but they stuck with it."

Griffin also noted how the team's ability to push through those

rough spots of exhaustion set them up for success later on in the season.

"There is always a point in the season where people start to feel burnt out and there are cracks in the team, but I think how you handle that is more important," she said. "Luckily, our team rebounded very well and were able to reconnect and gear up for the postseason."

Reflecting back on the season, Lake felt unity they developed over the season was a notable achievement.

"I think a point of growth was being able to support each other, no matter if you were on the bench," said Lake.

Cox agreed that the strong chemistry developed over the course of the season played a crucial role in the team's success.

"The team has gotten so close since the beginning, and I think that is just as important as the skills we have improved on," said Cox.

With a strong record and even stronger finish at state, the girls could have hardly achieved a much better season.

"I couldn't have asked for a better way to end the season or a better team to do it with," Griffin said.

Girls tennis claims bronze medal at state

Retooled lineup records team's best finish in four years

by *Matt Murray*

The girls tennis team placed in the top three at state for the first time since 2015, finishing with a score of 26 points over the course of the three-day tournament held from Oct. 24 to Oct. 26.

Despite their score falling short of the 39 and 33 point performances by Lake Forest and Hinsdale Central respectively, the team finished eight points ahead of fourth-place finisher Glenbard West.

"Before the season, I thought that getting third would be a really good achievement for this team," said head coach Jerry Morse-Karzen.

"I knew that there were a few teams in front of us like Lake Forest and Hinsdale Central who were really strong, so getting third and fending off the teams that also had an opportunity to do so was quite good."

The team's third-place finish was a particularly fulfilling accomplishment considering their and senior Ali Benedetto's misfortune during the 2018 state tournament.

Trailing third place Stevenson by one point going into the final day of last year's tournament, Benedetto's singles match in the consolation bracket semifinals was rained out, costing the team an opportunity to erase the deficit and end their medal drought.

"Last year, we [the team] were really disappointed that state got cancelled because we were on track to get third, but this year we all did well and played our best to make sure we got [third place]," said Benedetto.

Benedetto, who won all but three matches this season, tallied 11 of the team's points during the state tournament, capping off her New Trier career with two-set victory against Hinsdale Central freshman Nicole Hu in the third place game.

"Finishing third [at state] was definitely a highlight for me and the team," said Benedetto. "It's exciting to end my tennis career at New Trier



The team celebrates after state on Oct. 26 | **NT Athletics Twitter** on a win."

While Benedetto's dominant run to the state semifinals accounted for nearly half of the Trevians' total points, she was not alone in her success at state.

Freshman Julia Ross upset Quincy senior Olivia Clayton in the first round of the singles tournament, and the doubles tandem of sophomore Ashtin Hara and freshman Monika Glueck reached the state quarterfinals, ultimately tallying eight points on their way to a sixth-place finish.

"During state, since pressure is high and everyone is trying to play their best, I think it truly brings the best out of everyone," said Hara.

"My partner [Monika] and I performed extremely well during the regular season, and then during state we played even better. I'm very proud of how we played and how much we contributed to the 3rd place finish this year."

After reaching last year's state doubles quarterfinals with junior Macy Zaban, who picked up three points in this year's state tournament alongside senior Emily Rhee, Hara repeated the feat as Glueck's partner this season, helping her freshman teammate become more acclimated to the spotlight along the way.

"As a freshman [this year], I didn't have much experience playing doubles, but I thought that, throughout the season, I improved a lot in my doubles game," said Glueck.

"By the time my partner [Ashtin] and I got to state, I felt more comfortable at the net and more willing to go for my volleys."

Hara and Glueck's impressive performance at state was preceded by a first place finish at sectionals on Oct. 19, securing the doubles title with a victory over Rhee and Zaban in the final.

Those results combined with Benedetto's second straight singles championship propelled the team to its 11th straight sectional title, a streak that has been sustained because of the consistent depth on the 24-player roster.

"I wish our entire team were given the chance to play at state because I truly miss them when we don't all get to play together like we do before conference, sectionals, and state," said Hara. "The other players on our team, even though they [didn't play] at state, still contributed so much to getting us there, from the practices to the cheering."

Although the team will certainly lose Benedetto and Rhee next season, there is a high likelihood that the other two-thirds of their state lineup will be back for a run at a 9th state title in 2020.

"We do have four players [from our state lineup] who could be returning, and they're going to have to make that call if they want to come back; but we've been very fortunate to have most come back in the past," said Morse-Karzen.

Boys cross country places 10th at state tournament

Team finishes in top 10 at state for the first time since 2015

by *Cleo Pool*

The boys cross country team finished 10th overall at state on Nov. 9.

After a long and successful season that included a first place finish at conference, the team was hoping to place top five at state. But compared to last year's 12th place finish, this is an improvement for the boys.

New Trier fell in the 3A class when competing for state. In the 3A class, first went to St. Charles East.

Overall the team was not thrilled about their placement. Senior Felix Boeing felt as if the team could have placed better, but not every day is a good day.

"I think obviously we worked hard and would have liked to and probably deserved to place higher but the truth is we just didn't have a good day but that's how it is sometimes in racing," said Boeing.

Junior Andrew Flynn agreed. The boys did the best they could but the competition was stronger than the team expected.

"State was bitter sweet. All of us gave it our best in the race, however it wasn't enough. The pool of talent at State was enormous," said Flynn.

Head coach David Wisner agreed with Flynn and Boeing. In the end, the competition was tough and it wasn't an easy race.

"We were hoping for top five and we had to run really well to be top five, but we didn't have our best day at state, we had a tremendous season, but not the best day at state," said Wisner.

Despite the disappointing placement, the boys still performed well in Boeing's opinion.

"Standout races were our sophomore Nick Falk who ran a 14:51, Andrew Flynn was our second

man in 15:02 and George Cahill, another sophomore stepped in and ran 15:38 which was impressive from my point of view" said Boeing.

Wisner agreed. He saw a great improvement in the team over the season. He was very impressed by the perseverance of the boys because it hasn't been an easy season.

"Thinking about the guys on varsity, almost every single one of them improved and most improved significantly in terms of their time, which was a hard feat this year because we are running in mud almost every weekend, so I think you have to look at the whole season," said Wisner.

Flynn sees this as an opportunity to motivate the team to do better next year and he is confident in the team's success from here on.

"Coming off an 'alright' performance as an individual but also for the team at state only add fuel to the fire for us. We're here to compete and make a statement in Illinois," said Flynn.

The team had a successful season nonetheless. They finished first in the Palatine Invite which is one of the most competitive meets prior to state.

Moving forward, the team is confident in the future. They have a bit of an advantage due to the number of young runners they have. Out of the top seven runners, six plan on returning for the next season.

"In our top seven we will have six out of the seven returning. Most teams will usually have three maybe four returners," said Flynn.

Regardless of a rocky end, the boys are proud of adding another successful season to the books. The team came together this season like never before, making this one count.

"As a senior I think this was our best year yet and it was impressive to see and be a part of. The whole mentality and focus of the team seemed to change starting in the summer and we all did what we had to do to be great," said Boeing.