

Three Stars of the Week

Patrick Ryan, Sophomore



Ryan, a sophomore, was the only Trevian to qualify for the state competition. He entered state with a record of 37-8

Emma Rohrer, Sophomore



Rohrer finished second on the beam at the IHSA state competition on Feb. 19. She was one of only two sophomores in state to finish in the top ten on the beam

Spencer Boehm, Freshman



In his debut season for New Trier, freshman Spencer Boehm has been hitting his stride, including 12 points in a loss to Evanston

NT swim and dive dominates conference

Boys win the conference title by 111 points, defeating second place GBS

by Will D'Angelo

Well shaved, well fed, and well prepared, the New Trier Boys Swim and Dive took home the 2016 CSL South Varsity Championships on Saturday the 13th, crushing second place Glenbrook South by 111 points with a grand total of 477 points through all twelve events.

Led by a solid core of seniors, the varsity Trevians had at least one team member in the top three of each event. Additionally, the 200 yard medley relay (a combination of strokes), the 200 yard freestyle relay and the 400 yard freestyle relay were swept by the Trevians, a sample of their dominance at the meet.

Given that the state finals are on Feb. 26 and 27, the season is far from over for the members of the team. The season kicked off with its first meet on Dec 5, but for many teammates, the state finals in just over a week will be the culmination of years of work.

The swimming and diving team is known for having a very rigorous practice schedule. Given that pool time at Winnetka can be hard to come by, the varsity and junior varsity teams find themselves awake for practices that begin as early as 5:45 am and then staying after school for two more hours of swimming.

For sophomore Ryan Gridley, the early morning grind has been worth it over the last two years of his

varsity career. "Call me crazy," he said, "but training with my teammates in the dead of winter at 5:45 in the morning is a thrill. I love training with my teammates and creating a sense of camaraderie with them."

Many other members of the swim team agree with Gridley that the camaraderie and team pride is worth the early mornings and late nights, including his twin brother Patrick.

"The best part of swimming (at least for me) is having fun and bonding with your teammates in and out of the pool."

Ryan and Patrick Gridley have become stalwarts on the swim team despite just being in their second year at New Trier, participating in events such as the 100 yard backstroke together.

The two Gridleys speak highly of each other as brothers, competitors, and as teammates.

"It's great to always have competition with him," Ryan said of his twin. "We push each other to levels we never imagined we'd achieve ten years ago, when we first started swimming."

Although Patrick and Ryan share a direct bond through kinship, the key to success for other Trevian swimmers has also been forming bonds with teammates throughout the season. Senior Teddy Crimmins commented on the team bonding activities and the support that everyone in the locker room showed for each other.

Crimmins said, "Throughout my four years as a swimmer, my favorite part was being with my teammates. I loved the team bonding, we would do activities such as hosing each



New Trier will compete at state this Friday and Saturday | Varsity Views

other off and hopping in the showers together, and it was especially fun to do that with Ryan Wipperfurth. We would also bleach and shave our hair together, which is an awesome tradition."

The shiny bald heads seen bobbing through the halls recently can be attributed to the annual shaving that members of the team participate in.

"Hair is a drag," Crimmins said. "When you're in the water every second counts, and so shaved hair means shaved time."

Recently, shaved senior Michael Krueger, who set a meet record at the

recent JV swim meet with his 100 butterfly time, said that despite the mental and physical strain that the sport puts on the team, being together with teammates takes an edge off.

"Hanging with the guys on the team, playing Super Smash Bros. and Risk is just the best."

New Trier will look to bring the same amount of energy that they brought to conference in the state competition. They will try to win their first state championship since 2013, when they won their last of three straight state championships. The last two champions have been Normal and Hinsdale Central.

Girls basketball's bench cheering them to wins

The girls's "bench mob" has become vital to the Trevs' success

by Connor Josellis

It's not often you see the bench of a team react more intensely than the fans. The girls varsity basketball team is the exception.

This might be because of the notoriously low turnout to these games, but the girls varsity basketball team decided to take the lack of support into their own hands.

Ever since an article regarding Monmouth College's famous bench celebrations was sent out in a group chat, the girls decided they needed to follow suit.

"My coach sent us that article and it inspired us, because for the first couple games we didn't know what to do, how to cheer, and so it gave us a purpose. It was cool to see how much press they got, so that was our goal this year," senior forward Claire Baisley said.

Baisley said that the dances have an affect on the other team. "At first we thought it was just to hype up our team, and get them to play better, but after going to a tournament in Arizona, our bench was so loud, the other team couldn't set up their plays. They were frazzled and they couldn't even hear their coach," Baisley said.

The team dances during big plays, after a free throw, and after a made three pointer. They also improvise during the games. "The other day in Evanston we tried to get down on the floor and pretend we were rowing a boat. That one kind of



Senior Claire Baisley (center) leads a cheer during a game against Niles North on Jan. 23 | Varsity Views

failed, but it's more how loud we are and how we all do it in sync. We try to do it on big shots and free throws," she said.

After a free-throw, the bench will clap twice and do the popular dance move, "the dab." The three pointer celebration involves putting a three up on your hands, swiping the floor and saluting.

Junior guard Kristie Kalis said that the fun on the bench helps players get involved and grow closer as a team. "We do them because they're fun, and it helps us feel like we contribute to the team," Kalis said.

"It brings energy to the team and it gets everyone involved," Kalis said. Team manager Ashley Martinez agreed.

Baisley said that having fun on the bench has formed lifelong bonds. "It helps us connect as a team more. We call ourselves the bench squad and bench buds for life, and we write up rules to bring light to the situation. Our bench embraces it, and we have so much fun."

They have also begun to sometimes call them the New Trier Student Section, because of their sometimes dismal fan attendance. However, some fans have begun to

take notice.

Junior Bianca Schmidt said, "I think they're funny. They motivate the shooter and it brings attention to the bench and gets the crowd into it." She also added that she thinks the other team gets intimidated.

Junior boys basketball player Jack French said, "It really gets the bench involved, I think it gets the team pumped up, and brings a lot of energy to the court."

With playoffs coming up, these moves will be in the spotlight. So expect a fun, competitive atmosphere, not just from those on the court, but from the bench, too.