

Three Stars of the Week

Caroline Christopher, Junior



Christopher, a junior badminton player, won first place in the third singles category at the Prospect Invite on Sat., April 9.

Jack Raith, Junior



Raith scored four goals in the Illinois state championship hockey game on Mar. 18 at the United Center. They beat Providence 5-2.

Celia Frei, Senior



Frei, a senior soccer player, scored two goals in a 3-0 win against Libertyville on Mar. 30.

New Trier Green wins state championship

Junior Jack Raith scored four goals in the 5-2 win

by Grace Cucco

The New Trier Trevian hockey team won the Varsity Red State Championship game 5-2 against the Providence Catholic Celtics at the United Center on Friday, Mar. 18.

This year's win was New Trier Green Team's 13th state championship and coach Bob Melton's 10th win out of the 11 times his team has competed. This is his 19th year coaching.

Junior forward Jack Raith scored 26 seconds into the game with the help of a pass from fellow junior forward Matt Mulhern.

Shortly after, Providence scored two goals. The goals by Providence were scored by junior Jake Vennetti and senior Gant Orloff.

For the Green Team, Mulhern and Raith both scored in the second period with assists from junior center Charlie Burton and senior forward Nico Meyer. Mulhern scored the game winning goal with 7:21 remaining in the second period.

Goalie Will Douthit ended the game with a total of 13 saves. New Trier controlled possession of the puck for the majority of the game and outshot Providence 30-15.

Raith scored four goals. Due to all 20 of last year's players graduating, this season was every player's first season on the Green Team.

Raith and Burton were all-state selections and also had experience



The Trevs celebrate a goal during the third period of their 5-2 win on Mar. 18 at the United Center | New Trier News

playing together for two years. Raith, Burton and Mulhern were on the same line their freshman year when they were members of the New Trier White team. For the majority of the season this year, they played on the same line once again, aiding their fluidity and communication skills on the ice.

Friends and family alike filled the stands on the night of the game. "It was so fun. I'm friends with a lot of the hockey team and I'm so proud of them. NTG is my life," senior Darby Tingue said.

According to the senior right

wing, Joe Graves, the players were confident, but even experienced players get nervous before the games. "I was freaking out before the game. My pre-game rituals include drinking an RC Cola because it calms me down."

Graves believes that New Trier Green Team had such a successful season because of the close knit community in which they thrive.

"The NTG life team chemistry is what makes us better than any other team. Greeners are incredible. We are a family," Graves said. "This season was the best year of my life."

This championship is especially sweet for the Trevians because last year the team was upset by Benet before they could reach the state championship. Melton echoed that sentiment to the Chicago Tribune.

"This one is special because of the challenge of not having any returning players," Melton said.

New Trier finished this year with a record of 55-10-1, and they won their final six games to take the title.

Johanna Glaaser set to attend St. Olaf



Glaaser (far left) played both hockey and track while at NT | Solberg

Glaaser was recruited by St. Olaf hockey and track

by Jasmine Gonzalez

After four years of hard work and dedication, senior Johanna Glaaser is preparing to head to St. Olaf College after being recruited for track & field and hockey.

Glaaser started playing hockey in the fifth grade on a traveling team in middle school, and then she moved on to playing in high school. With both her father and brother having played, Glaaser took inspiration from her family to get involved in the sport.

Over the past eight years, Glaaser has improved a great deal. Nelson Forsberg, her hockey coach, particularly admires her defensive capabilities and her amazing shot.

That great shot must be what took her and her team to the state championship at the United Center her sophomore year and helped them win.

"I scored, so that was probably the highlight of my hockey career [so far]," Glaaser said.

For someone to put so much time and effort into anything, they must have a true love for it, and Glaaser has just that. "She's excited to be on the ice and is someone you can tell really enjoys the game and

loves the spirit of competition," Forsberg said.

According to Forsberg, Glaaser is always making an effort to play the best she can and continue to improve. "Johanna gives 100% in practice and games, always working hard and flying around the ice," Forsberg said, citing Glaaser's work ethic.

That same work ethic is what has helped Glaaser do so well in track and field, despite only joining last year during her junior year.

Glaaser, who played soccer, initially joined track simply because she was looking for a new spring sport.

Despite this, Glaaser has definitely made a name for herself in track as well, even qualifying for state last year, her first year of track.

A relay and open event runner, Glaaser has trained and shown a clear talent. Robert Spanoli, the head coach for girls' track, recognized this talent from the very beginning.

"When Johanna first started, she just thought she was going to be another kid on our team. However, the coaching staff quickly recognized what a tremendously talented athlete she [is]," Spanoli said.

Junior Rani Mehta also admires Glaaser's dedication and the effort she puts in to keep improving.

"Johanna's one of the most determined, focused, and competitively driven athletes on the team. Watching her race is always awesome because you know she gives 110% and is constantly trying to improve and get to the next level," Mehta said.

However, team sports often require a lot more than just physical

capability. It's also important to work well with other members on the team.

Although the level of team chemistry required for hockey and track is different, it is equally important to Glaaser and one of her favorite aspects of both sports.

According to both her coaches and teammates, it shows. "She is a great teammate, super competitive and fun to be around," said senior Mia Solberg, one of Glaaser's teammates from her hockey team.

Glaaser also shines as a leader, another important aspect of team chemistry. "She is a leader by example because of how good she is on and off the ice. She gets excited to talk to everyone and makes everyone feel special," said teammate Tommy Solberg, a junior who also plays hockey and runs track with Glaaser.

In terms of training, the sports are different; track is more uniform and strict, focusing mainly on endurance Hockey training is more varied and focused on making quick plays.

Of course, being a two sport athlete in high school is both mentally and physically demanding, with practice the entire school week plus early morning track practice and late night hockey practice on Saturdays.

However, Glaaser says the many rewards, which include learning better time management and making new friends, are well worth it.

As for her future plans, Glaaser plans to study pre-med next year at St. Olaf College, where she will continue to compete in both hockey and track.