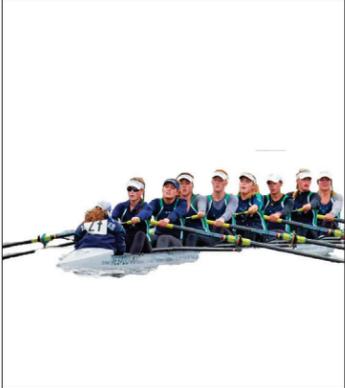


Three Stars of the Week

Grace Joyce, Senior



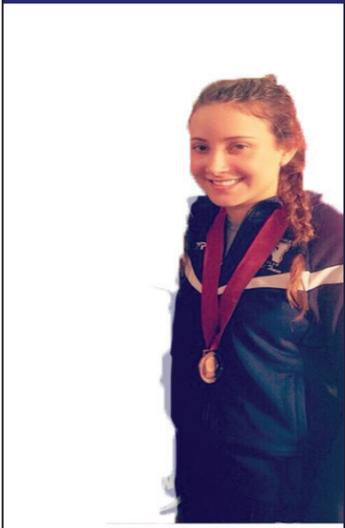
Joyce, who stroked the girl's varsity boat to eighth place at Head of the Charles, recently committed to the University of Wisconsin-Madison

Andrew Huber, Senior



Huber, who committed to Colgate University, led the Trevs to a second place win at state by placing ninth individually.

Morgan Conley, Senior



Conley, a senior, committed to Georgetown University, helped the Trevians to a second place finish at the 38th annual Trevian Relays.

Girls crew surprises at Head of the Charles

Girls finish top ten while boys finish in the top twenty to finish fall season

by Adam Sheffield

At the 51st annual Head of the Charles Regatta in Cambridge, Massachusetts, New Trier placed eighth in the women's youth eights, and eighteenth in the men's youth eights.

The Head of the Charles is the largest regatta in the world, with thousands of rowers in attendance and around 400,000 spectators. The regatta spans two days, and features teams from around the country.

People from all age groups participate in the regatta, including youth, collegiate, and masters.

"It was awesome to come out to Boston and test our speed against the top crew around the world," senior Brendan Gridley said.

Each race began at Boston University's DeWolfe Boathouse and finished near Eliot Bridge which is right by Northeastern University's Henderson Boathouse. The course itself is known for being tricky to navigate, and features six bridges that competitors go row beneath.

The men's boat was manned by seniors Daniel Dreyfus, Rourke Pattullo, Spencer James, John Dolan, Brendan Gridley, and Hunter Hall, as well as juniors Myles Knight, David Theiss, and sophomore Galen Quinn. Spares Ian Fargo and David Tigerman also attended the Charles



Girls rowing, who finished 27th last year at Head of the Charles, finished 8th this year on Oct. 17 and 18 | Josh Dreyfus

in case someone got injured.

This year, New Trier finished eighteenth, five spots lower than they finished in 2014.

"There were a lot of new, great international crews this year that made the race so competitive," New Trier men's head coach Nate Kelp-Lenane said. "It was a little discouraging, but the guys should be very proud with how they did."

For the boys, the game plan was to continue to increase speed as they went along the race, a strategy that is easier said than done.

"We rowed the fastest race that we could. It always could've gone a little faster and smoother, but we raced hard and we're content with our race," Gridley said. "We've been working towards this regatta all season and we're glad we put the best race down that we could."

"We raced very hard through the middle and had a great push towards the end of the race," Kelp-Lenane said. "We had a better time than last year by about 17-18 seconds."

The girls, who finished 27th a year ago, came away with an eighth place finish this year. New Trier's team was made up of seniors Julia Bergquist, Bella Miller, Katie Schretter, and Grace Joyce, as well as juniors Mata Stilp, Maddie Cottingham, Nicki Bukovac, Lauren Johnson, and Carolyne Newman. Reserves Grace Cucco and Emily Lewis also made the trip out.

"We are ecstatic about our finish. We trained so hard for it and it paid off," senior Captain Bella Miller said. "It's a huge honor to be rowing in such a prestigious regatta like this. It seems like all of Boston is decorated and set up for the Charles.

You're also at the same regatta as some of the best rowers in the world, which is cool to see."

The weather at Head of Charles was less than favorable, with temperatures in the high thirties and low forties. At one point, even a light dusting of snow occurred.

"The conditions were rough. It was freezing and really windy at some points, which made the race a lot harder," Miller said.

Many colleges also made the trip out to compete in the races. With national signing day approaching, various New Trier rowers are beginning to commit.

Miller will attend Duke, while Spencer James will go to Columbia University, and Katie Schretter will attend Cornell University.

NTXC dominates competition at conference



New Trier swept conference, getting first place in the freshman/sophomore, junior varsity, and varsity races for both the girls and the boys | Varsity Views

by Rachel Melancon

With 14 New Trier varsity runners heading to regionals and both teams winning conference, cross country has a strong start on the road to state.

At conference, held at Glenbrook South High School (GBS), eight races were organized by gender, with distances ranging from 2 to 3 miles.

New Trier placed first in the junior varsity, varsity, and freshman/sophomore races for both genders. Seven boys and seven girls placed in the top 12 at the meet in their respective categories. The team beat the second place school, Maine South, by 40 points.

"The fact that we [have run the course] before and received times from [those races] motivated [the

team] to push themselves to beat their previous time," captain senior Sam Hogin said.

Senior captain Josh Derrick and junior Grace Fagan won the overall CSL Conference, with Fagan setting the GBS course record with a time of 17:37.39. Senior captain Jackie O'Brien won the Girls JV race with a time of 18:44.64. Derrick placed third in his race with a time of 15:00.31.

Freshman Meagan Rittmanic won the girl's Frosh/Soph race with a time of 18:31.8. Sophomore Kiran Baakkonen placed second in the boy's Frosh/Soph race with a time of 16:03.93.

"This meet was an incredible one to watch because there was not a single [person] from New Trier team who was not pushing [themselves]," Hogin explained. "This excellence extended to their conduct off the

course as well."

Conference was the last race for most of the runners. Therefore, many seniors competed for the last time for New Trier. Only a select few that qualified will compete in regionals at Niles West High School.

The team met at the Northfield campus at 7:00 AM to depart for conference. "On race day, the routine is everyone does a couple of miles of warm up on their own," junior David Lee explains. "Then [the team] stretches. [Lastly] we do a group cheer at the starting line."

To prep for the races during practice, the team spends time completing workouts focusing on the mental aspect of running. The team also tapers for mileage. "During mid season we alternated hard workouts with medium long runs, recoveries, and weekend races," Lee said.

"An unparalleled amount of [runners] on the team ran at varying levels [and] earned either a season or lifetime personal record. Runners would be greeted by a chorus of cheers from their supportive teammates and coaches. After every race there were hugs all around," Hogin said.

"The highlight of conference was having a great end to the season and seeing everyone [set their personal record] at the last meet," Lee said. "It was pretty emotional, because it was the last race of most of the seniors."

"I am beyond proud of our team. Conference was a fantastic way to end the season and these past few months have been amazing," said senior captain Juliet Gunther.