

# Shutout gets the ball rolling for Girls Soccer

After busy three-game week, team pulls together for key win

by Cleo Pool

New Trier Girls Soccer shut out Niles North on Thursday, Mar. 21, winning 6-0.

This was the team's first win within the Central Suburban League, pushing them forward for the rest of the season. Their record improved to a very solid 3-2.

Thursday's game was fast pace with many shots taken. Ten minutes into the game, New Trier was up 2-0 with goals from junior Emma Weaver and senior Lilly Frentzel. Just a few minutes later, senior Julia Goldish scored the third goal on a 45-yard free kick. That put the girls up three to end the first half.

In the second half, senior Kate Sawdey scored a goal off of a corner kick assisted by Weaver and senior Lily Conley. Goals five and six were scored by junior Caroline Faurot and

Weaver.

Varsity head coach Jim Burnside explained the season so far: "The start to the season has been great. The weather has been a little tough but that is normal for spring sports. We got outside twice before our first game so we were definitely a little rusty."

Frentzel added, "We didn't have the same group dynamic on the field after 12 seniors graduated but I felt that this has allowed for younger players to really make an impact on the team, especially those new to the team"

The season started with a game against Warren Township ending in a tie of 1-1, followed by another tie to Prospect with the same score. The girls then picked themselves up and won three games the following week. According to MaxPreps, the team is ranked 23 in the state after just five games.

It was clear to the team that going into the game there were places to grow. "In the previous games, the chemistry wasn't immediate and I felt that people resorted to their old habits



Junior Emma Weaver goes for a header during the Trevs' dominant victory over conference foe Niles North | Rodgers

when they were unsure of what their teammates would do next. As time passed, things started to click," said Frentzel.

This was the team's third game this week. On Monday, the girls beat Glenbrook North 2-0. The following day, they defeated Libertyville in a close 2-1 game.

All this had left the team a little worn out.

"We were a little tired and beat up but we have a deep bench so we were ready. We came out strong and kept it going for 80 minutes," said

Burnside.

Sophomore Caroline Finnigan saw the tough week differently: "I feel like it [the prior games] helped us because we are more dialed in and get in game mode easier."

This game allowed the girls to show their hard work: "I think our defense was significantly improved and our dominance of the air and 50-50 balls," said Burnside.

Frentzel sees a clear path for the girls. She knows they are going to have a successful season: "It's pretty early on in the season but as of right

now I see our team moving on an uphill trajectory if we keep pushing each other like we do in practice there is no doubt in my mind that we will improve."

This positivity was echoed by her younger teammates. "The rest of the season is going to be great we have such a great group of people and soccer players I'm really excited for what's to come," said Finnigan.

"Yes we may have been tired. Yes we may have been sore. But when you need to be locked in for your team that all goes away," said Frentzel.

## Softball falls to Whitney Young

Improvements were evident, but pitching struggled as team handed tough loss

by Mattea Carberry

In their second game of the season, the girls varsity Softball team lost 21-2 in a six inning game against Whitney Young on Mar. 22.

The game against Whitney Young was scheduled to be the girls' fifth game of the season, but three of their games were cancelled due to weather related reasons. Despite their lack of practice in games, Head coach John Cadwell still took note of improvements in the team's game play.

"We took amazing strides and we're getting to a point where we understand what we have to do on the field, so that's big," said Cadwell.

Junior Rebecca Brodne also noticed some high points in the team's playing despite their loss.

"I thought we did a pretty good job at the plate, adjusting to different pitchers," said Brodne.

Sophomore Taylor Daniels agreed with Brodne and thought the team put up a good fight against Whitney Young.

"We competed really well at the beginning and we did a really good job hitting our pitch selection," said Daniels. "We had good approaches at the plate and we were aggressive early in the count which was good."

Cadwell also acknowledged that there are still things they could improve upon as they are still a relatively inexperienced team.

"Our pitching is getting better but we have more work to do there," said Cadwell. "We're still not throwing enough strikes."

But all in all, Cadwell still sees potential in the group and hopes to build on some of their strengths.

"We saw some girls making good contact but we've got to have more consistencies to prolong it," he said.

Brodne also agreed that their team has the tools they need to do really well even if they weren't all exhibited in this game.

"Today was not a great performance of all our skills but I



Junior Claire VanDamme prepares to swing the bat | Victory Views

know we have them," said Brodne.

"I'm hoping next game we show up a little more and show off the skills that we have such as stringing hits together, making double plays, and hitting our cutoffs."

Daniels also has a clear vision of the ways they can work even better as a team after seeing some of the ways they fell short this game.

"Going forward we just need to clean up some stuff on defense and back up our pitcher more," said Daniels.

Above all else, the energy of the team is something Daniels and Brodne both thought was a prominent highlight in the game.

"I thought our energy was really good and we stuck through it through the ups and downs," said Brodne.

Daniels agreed and believed that this energy will give them the foundation they need to help them improve throughout the season.

"I really liked our energy today and our offense is just gonna come," said Daniels. "We hit it hard today and sometimes you just hit it right to them but as long as you're consistently hitting it hard and putting it in play then I think good things are gonna

happen and our team's doing that."

Brodne is looking forward to playing games against teams that are in their conference, since Whitney Young is one of the best teams in the state.

"We always start off with some tough teams so going forward, when we get back to regular conference teams I see the scores getting closer and us winning more games," said Brodne.

Despite competing against a difficult team, Daniels took away some positives amidst their loss, comparing this game to previous ones against Whitney Young.

"We played them last year and it showed how we've grown as a team and it showed us some strengths and things we've improved on since last year and what qualities our team can build itself around," said Daniels.

Instead of being discouraged by this loss, Daniels and Brodne only see this game as a glimpse into how they can play in the future.

"I think that we held our own for a lot of the game," said Daniels, "and seeing that our hitters were able to hit off touch pitching was really promising."

## NTBV starts season strong

After close loss in first set, Trevs cruise to easy victory over Mundelein

by Connor Caserio

New Trier's Boys Volleyball team defeated Mundelein on Mar. 21, a victory that they hope foreshadows more successes later in the season.

Though the Trevians ultimately won the match, they took a while to get going, losing the first set 25-23. Senior libero and captain Alden Schatz said, "we started the first set a little slow and made a lot of unforced errors."

The match against Mundelein was the Trevian's second match of the 2019 season. As a result, the team completely expected to be a bit rusty at first.

Schatz, in particular, knew he might struggle at first. The match against Mundelein was his first game of volleyball in over six months. "I suffered from a spinal injury back in October, and I have been to physical therapy countless times since then," said Schatz.

Though the Trevians expected rustiness, they were still impressed with how Mundelein performed in the early going.

"Mundelein's a young up and coming team and there was a lot of young talent on the floor," said Assistant Coach Brian Doll. "They're a program that's obviously trying to grow and they've definitely gotten better."

Ultimately, however, the more talented team had to win. Though Mundelein is a team on the rise, the Trevians are one of the best teams in the state.

Junior outside hitter Patrick Condon said, "I think that our team's talent is unparalleled, and that combined with our chemistry and our bench pressure make us a very tough team to beat."

The Trevians collected themselves after the first set. They came into the second set with a fiery mindset, focusing on putting every ball down and getting tough on defense.

In the second set, the game plan was executed to perfection. "We

built up a big lead and were able to get some guys in who don't normally play which is always nice," said senior middle blocker and captain Eli Lieberman.

The Trevians easily won the second set 25-10. The third set was a bit closer at 25-18, but it was still a solid win.

"We handled adversity very well," said Condon. "We made adjustments, took control of the match, and never looked back."

This season, the Trevians have legitimate state championship aspirations. The team features dynamic underclassmen, as well as great senior leadership.

"With strong coaching and strong leaders across the board, I think we have what it takes to hang a state banner at the end of the season," said Schatz.

Players and coaches alike felt that losing the first set in the match against Mundelein was an important early season challenge. To develop the core team identity needed to win a state championship, a team needs to face some adversity early on in the season.

"The match against Mundelein was a challenge for us. And that's good. Challenges early in the season help us find out who we are," said Doll.

If this current group of Trevians win a state championship, their victory will be the culmination of many years of volleyball improvement at New Trier. The tireless efforts of Head Coach Sue Ellen Haak and countless current and former players are why the team of today is elite.

Doll said, "when I talk about us being at a high level, I mean that [Head Coach] Haak has built the program to a level where every year we come in and expect to be competing for a state championship."

But, for now, the team just wants to enjoy the season and progressively get better. They know they will get where they need to be if they maintain their current path and work hard.

"The match against Mundelein was a good win, but the completion is only going to get better from here. We're happy to head into break 2-0 and excited for our first home games against Lake Zurich and Loyola," said Lieberman