

New helmet stickers unveiled for every game, celebrating history

Stickers on football helmets introduced each game to raise awareness for school history

by *Charlie Burton*

For the first time in school history, New Trier football will be wearing nine different historic logos on their helmet for every game this year.

The different logos range from the Porta Nigra symbol to the cowboy star and the Indian arrow for New Trier West and East.

"I think the logos create new enthusiasm for the games," said senior wide receiver Jack French. "It is cool to learn about the history of New Trier. It's like going through a time machine." The throwback logos were varsity head coach Brian Doll's idea in order to bring some fun energy to the game. The logos were made into thick stickers that can be peeled off every week.

The Trevians opened their season displaying the Porta Nigra logo on their helmets. The Porta Nigra sign is the the original school logo dating all the way back to the school's opening in 1901. The symbol contains an image of the Roman gates in Trier Germany.

In the Trevians home opener against York, they debuted the iconic Indian arrow which represents the 1948-1949 season when New Trier East officially became the Indians.

The Indian arrow not only teaches players and fans about New Trier history, but also about the history of the North Shore. New Trier East became the Indians because of it's location, but also representing the origins of Native Americans in Winnetka.



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"We wanted to create an exciting atmosphere around the school on game days," said senior safety Aris Loukis, "and I think the different logos just give the people another reason to come to the games."

The next week the Trevians did not wear a logo representing the history of New Trier, but rather a patriotic logo honoring the victims of September 11. The sticker is a normal New Trier logo except that the colors are red, white, and blue.

For the next two weeks, the Trevians will replace the patriotic logo with two different cowboy logos in honor of the New Trier West Cowboys.

New Trier West became a four year high school in 1967 and lasted until 1981. The Trevians helmets displayed a star when they played Palatine on Friday September 16 and the next week they traded a star out for a cowboy riding a bronco.

Coach Doll thought it was important to teach the players about

the logos and the history of New Trier so he had Assistant Principal Peter Tragos talk to the players about the history of every logo.

"It was much more interesting to learn about the school's history than I thought it would be," said French, "New Trier has a pretty fascinating past with the rivalry between the Cowboys and the Indians."

After the Trevians pay homage to the New Trier West Cowboys, the team will return to being the Trevians.

On Friday, Sept. 30 the team will wear the Trevian logo of a roman soldier from Trier, Germany. This is the logo that was used for a period of time between 1981-1990 when the two schools combined to become the New Trier Trevians.

The team will also wear a pink ribbon to raise awareness for breast cancer in the month of October. The team will return to the Trevian head that the fans saw all last season.

Revised Code of Conduct reduces consequences

New code emphasizes consistency across all extracurriculars

by *Lindsey Burns*

The extracurricular code of conduct has undergone several changes this year, making it more consistent among athletics, performing arts and student clubs.

The most important revisions were in the consequences.

Now, a first offense violation results in suspension for up to 25% of a season or school year which is down from the previous 50%. The second offense is now 50%, and only after a third offense can a student be expelled from an activity completely.

The administration reserves the right to impose harsher penalties in more severe cases.

The code covers offenses involving tobacco, alcohol and drugs, as well as assault, bullying and disobedience. It applies to academic misconduct, and includes the broad category of "conduct unbecoming of

a New Trier student."

According to the set of rules that went into effect this school year, the Code applies to students who participate in voluntary, school-sponsored activities that are not part of an academic class.

Athletic Director Augie Fontanetta explained that one of the reasons the Code was changed was to keep students involved in extracurriculars and make it possible for students who have made mistakes to return to their activity.

"We understand that kids make mistakes," Fontanetta said. "There need to be consequences but we also want students to learn from their mistakes and be able to come back from them. If you're a freshman and you mess up, it doesn't mean that you will never be a leader in our school"

Thomas Nugent, a senior athlete, thinks the new Code takes the right approach. "By decreasing the punishment on the first offense, kids have the opportunity for a second chance to learn from their mistakes without getting into a lot of trouble," Nugent said.

Georgia Cienkus, a senior, agreed. "I also think that people make mistakes so the lighter punishments

against the students allow us to better ourselves and get back to the activities we love," said Cienkus.

The Code encourages students to make the right choices, Fontanetta said, and it emphasizes that layers of consequences come with the not-so-great choices students may make.

Under the revised code, there is consistency between everything from clubs to teams, which solidifies the importance of the Code. Fontanetta said, "There is complete uniformity across all the extracurriculars."

Katie Lofdahl, Girls Tennis captain, appreciates the new Code. "I think it is fair to have a Code of Conduct for all extracurriculars because you are still representing New Trier no matter if it's athletics or not," Lofdahl said. "I feel either all extracurriculars should use the Code of Conduct or none of them because it is unfair to apply the code to only certain activities and not others."

Cienkus agreed. "I think it's better to keep everything equal for everyone," she said. "I've been involved in all of these groups at New Trier and it makes it a lot easier to stay in check when they're all under the same rules."

Spirited athletic traditions encourage team bonding

by *Emily Wong*

In a big school like New Trier, with some sports supporting over 200 athletes, team traditions seek to create a tight-knit environment for participants of all levels.

Both during and outside of the season, many teams organize bonding activities, either with the whole sport or in smaller groups. Field hockey captain Isabelle Sennett described the team's annual trip to St. Louis. "St. Louis is a 5 hour bus ride so we usually bring funny DVDs like Shrek and blankets and pillows," she said. "Friday night we go to dinner at CPK and then play 'Never Have I Ever' in one of the hotel rooms."

Many teams also make an effort to spend time together outside of practice and games. Junior Jojo Farina on the boys' soccer team said, "On Saturdays, we go to someone's house and watch a soccer and eat breakfast."

Similarly, Sennett said their team met at Homer's for ice cream after a home football game and will sometimes get together for movie nights.

Most sports also get involved in pregame dress-up days. Mikaela Ritchie, captain of girls' tennis, saw a strengthened team dynamic when planning their dress-up day. "It creates a sense of community," she said. "This year, I really loved USA. Some people didn't have stuff for [the theme], so other teammates stepped up with extra clothes to lend."

She also talked about their group picture before every game. "Every dress up day, we meet in front of the girls' locker room at 8:05," she said. "We congregate, and someone takes a picture. Then we use the picture in the banquet slideshow at the end of the season."

Every team seems to have a different approach to dressing up before games. Sennett said, "On game days, we usually wear one of our shirts and either skirts or shorts. The senior group chat blows up the night before trying to decide but it ends up being super comfortable."

She also looks at dressing up as a fun way to increase attention for the games. "People ask about our game so we can get more fans," she said.

Dress-up days are also just as

popular for boys' teams as for girls'. "We do a theme day before every meet," said Warren Blood, captain of boys' cross country. The day before this year's Palatine Invite, the team wore running shorts with dress shirts and ties.

Farina said that boys' soccer also regularly dress up. They typically wear their uniform jerseys or dress shirts but also dressed in a Hawaiian theme once this season.

However, there are still some teams in which dress-up days are less common. Fencing captain Isabel Greiner said that their team doesn't typically have any collective theme, and wearing their uniforms to school would be less convenient than for other sports.

Regardless of the sport, almost every team has strong traditions for the end of the season. Each year, boys' and girls' cross country host a joint "gag gift carbo." At this event, the captains present funny gifts to different members of the teams in a tradition carried on over many seasons. "It's been around since [my] freshman year," said Blood.

According to Greiner, the fencing teams have a similar annual gathering. "At the end of every season, we have this big sleepover," she said. "We have this big present-giving service for all the captains. The captains will give funny gifts to their students and the students will give more specialized gifts to the captains."

Some teams even have traditions they follow outside the season. Although the boys' soccer season is in the fall, Farina said, "In the spring, when the girls are playing, we decorate the shed before a big game."

There can also be activities before the season even starts. "Before the season, [some runners] will get together and discuss goals for the season," said Blood. "[We talk about] how we can improve the running aspect and also the camaraderie and teamwork."

All the captains agreed about the importance of these traditions to better the dynamic of their team. "With a big team, it's important to get to know each other," said Ritchie.

Blood, with a team of over 100 athletes, agreed, saying that these traditions "make a big team seem a little bit smaller."

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injury have only been found in collegiate, professional and very few high school athletes, and research is lacking of the long term effects of head injury on youth athletes. But Dr. Omalu, who discovered CTE prevalence in professional football players, still warns that children under the age of 12 should not play any contact sport according to an article from CBS New York.

Dr. Omalu also advised the NFL, "to admit wholeheartedly and openly and sincerely that playing football can damage your brain permanently. That is the truth."

"Let people know, just like we do with smoking, that if you play this game, not just football, high-impact contact sports—boxing, ice hockey, mixed martial arts, rugby—there is a risk of brain damage," Dr.

Omalu said to CBS New York. "Let people make up their minds, but we shouldn't let children play. It is our duty to protect our children from any risk whatsoever."

Despite Dr. Omalu's plea, junior Joey Artinian will continue to play, because he believe the positives from the game greatly outweigh the negatives.

"Playing football has brought me closer to my friends and my teammates," Artinian said. "I've played football since I was a little kid and I love the game. The risks are minimal when playing the game right."

Fontanetta mirrored Artinian sentiments, "I like to think that football is going to be around—the Friday night lights are a very attractive thing."