

An athlete's season never stops

Offseason training is key for an athletes' success in season

by May Paddor

Fall and winter sports competitions are long gone, but athletes can still lace up their sneakers for off-season training.

Athletes can break a sweat throughout the rest of this winter and in the spring, by running in the field house or bench pressing their max load in the Strength and Conditioning room.

Brittany Benson, the field hockey and softball Strength and Conditioning coach, said, "The off-season is a very important time to work on specific skills and work towards goals to accomplish in the upcoming season. The best athletes will take the time during the off-season to prepare for their sport."

The former Trevian and two-time State field hockey champion stresses that there are more ways to train for your sport than just practicing.

"Strength training is a great way for an athlete to increase their endurance and physical work production," she said.

However, athletes need to be careful not to get carried away.

"Most strength and conditioning groups at New Trier meet 2-3 times per week and athletes will incorporate other training methods in between. It is crucial that athletes rest while training. An athlete needs to listen to their body when it's screaming for downtime," said Benson.

The Strength and Conditioning facilities at both campuses offer students and athletes alike the chance to workout before school and after school.

Benson said, "Each group follows its own specific timeline that



Senior Alex Fowkes training for the upcoming sailing season | Scherman

is centered around when an individual wishes to achieve peak performance. Therefore, we do not have sessions only for certain teams or certain athletes."

Athletes can go to Strength and Conditioning on their own free will.

"Due to Illinois High School regulations, we cannot require anyone to be here at any time," said strength and conditioning coach Alex Nadolna. "If a team wants to come in, then they have to organize it themselves."

The Strength and Conditioning program is an uncommon luxury for high school athletes. "A lot of schools don't even have a program to begin with," said Nadolna.

Cross training in these next seven months aren't limited to lifting. Boys head soccer coach, Wes Molyneaux, said, "I hope that all the boys play soccer somewhere else during the nine months they're not playing for the high school. If you're not playing soccer, the ability to improve is going to go down."

Skipping off-season is a great way to stand out on a team in the

worst way.

"The natural consequence of not doing off-season training is not making the team you wanted. The other natural consequence is injury. If you aren't playing during the off season and you're not using those muscles, when you come out to a tryout in the fall that increased workload may feel greater than it is for the guys who have been playing," said Molyneaux.

Coaches can easily tell which athletes have been training on the off season. "Sometimes coaches are happily surprised with the development of certain players. Likewise, I think there are also times where boys come back after the winter, spring and summer and you're a little surprised that they haven't improved," said Molyneaux.

Missing out on off-season training doesn't mean that an athlete can't make contributions to their teams. Mac Guy, the head girls swim coach, said, "If a kid doesn't train in the off-season it doesn't necessarily mean that they don't take it seriously."

NT Figure skaters glide to a second place finish

Co-captain Eric Steinhart led the way for New Trier

by Caroline Fix

Figure skating is an under recognized sport, yet in 2015 in the Illinois High School Competition, our figure skating club placed second.

The club trains year-round for the event, which took place this year on Feb. 21. Following last year's strong showing, the club matched its high expectations by coming in second at the competition, held at the Oakton ice arena in Park Ridge.

Sophomore skater Natalie Ye said, "I was excited for the competition because last year we did really well, and I wanted to keep up the legacy."

The club also trains for an annual ice show, an event that requires everyone's participation.

Beth Lopiccolo, co-sponsor of the figure skating club, said the coaches work with all of the skaters to put the number together.

"I enjoyed last year's glow in the dark performance," said Ye. "It was amazing hearing the audience's reaction to our glow in the dark costumes."

New Trier's figure skating club meets every Sunday evening throughout the year. "At the beginning of practice the co-heads Rachel Klem and Eric Steinhart teach the group a number and run through it," Hill said. "Sometimes we will do a little bit of improvisation if our co-heads are stuck at a certain point and want input from the rest of the club. Once the number is finished, we try to perfect the routine."

Senior skater Haley Wint

added that everyone's input is important. "The community that the club creates is very inclusive and welcoming," Wint said. "It's fun to spend time with fellow figure skaters, especially when working on a routine together."

Lopiccolo said skaters start at the alpha level and work up.

The majority of skaters in the club are freestyle 4-8 with the highest level being freestyle 9. Skaters in freestyle 1-9 begin to add more complex moves in their routine such as single jumps, triple jumps, and spins.

Depending on their level a skater spends months training for competitions, and the team spends around eight months training for competitions.

Skaters participate in the Ice Skating Institute (ISI) or the United States Figure Skating Association (USFSA), depending on their level and preference, with USFSA being the more competitive organization.

"All of our skaters compete at ISI," Hill said. "Typically once you get to freestyle 7 or 8, skaters start participating in the USFSA realm. Skaters may do both, although some skaters who skate non-competitively stay with the ISI."

"USFSA has a standard way of judging based on the level and moves performed as well as the quality of the move," Hill said. Certain moves on the list of possible jumps or spins for each level get more points because they are harder to execute.

One of the skaters who competed at a highly competitive level is senior Eric Steinhart. "Steinhart competed in nationals, which is an amazing competition," Hill said. "He competed at the senior level, which is the highest level skaters can compete at."

LeBron James may not be the king much longer



LeBron dunking against the Philadelphia 76ers earlier this year | AP Images

Despite his success, LeBron is among NBA's most ridiculed

by Will D'Angelo

Since entering the NBA as a high school graduate in 2003, LeBron James has redefined what it means to be a true superstar.

"There is a lot of pressure put on

me, but I don't put a lot of pressure on myself. I feel if I play my game, it will take care of itself," James has said.

With his dominance, however, has come plenty of hatred over his actions and an enormous amount of "pressure," both on and off the basketball court.

I respect LeBron for what he's accomplished on the court. With a career statline of 27.2 points per game, 6.9 assists per game, and 7.1

rebounds per game, LeBron-in his twelve years in the league-has earned each and every penny of the \$126 million in team salary alone that he has received for his play.

A first overall draft pick, LeBron was selected by his hometown Cleveland Cavaliers and immediately began contributing to his squad, winning the NBA Rookie of the Year Award in 2004.

His first stint in Cleveland, a seven year reign, saw LeBron take home hardware including NBA All-Star selections and even the NBA MVP Award as well as make a name for himself off the court.

Because of his success story and the various accolades he received as a result of his on-court play, LeBron became the face of the NBA through endorsements by companies like Nike and McDonalds, as well as achieving fame throughout the celebrity community. He has hosted several award shows and starred in films such as "Trainwreck" and "More Than a Game."

Despite all these wonderful achievements--achievements that have made LeBron one of the most influential athletes alive today, and also (according to ESPN) the third best basketball player of all time--LeBron has received an abnormal amount of flak from basketball fans or observers since he departed from Cleveland in 2010 to join the Miami Heat.

"The Decision," or the nationally televised TV special where LeBron announced his decision to leave his

hometown and beloved Cavaliers to head to Miami to form "The Big 3" with Dwyane Wade and Chris Bosh, was the point in LeBron's career where he became the scapegoat that he is today.

I can recall the moment I heard that LeBron was leaving the Cavs for the Heat. While I never followed the NBA that often, I was blown away by the fact that the man who symbolized hope and optimism for a city like Cleveland could run away from the pressure to chase championships in another city.

By running away from the expectations and leaving the place where he was expected to be "the guy," the man who held the basketball world and all of American sports in the palm of his hand became the most hated athlete in sports.

LeBron won two championships with Miami before his contract expired and he returned back to Cleveland, but his reputation has never returned to its former glory.

The self-proclaimed "King" who is even considered "the chosen one" is undeniably one of the best players the nation and the world has ever seen.

He has been compared to Michael Jordan and Magic Johnson, and now young players are drawing comparisons to him. Anyone you ask will know who "LeBron" is, and his aggressive, physical playing style (attributed to his size and unparalleled strength) has redefined the game for players, both young and old.

So why does one of the greatest

players ever get so much hate?

LeBron has been roasted for everything from his receding hairline to his frequent whining to referees, but players like James Harden or Kobe Bryant even--who both are superstars in this day and age--who act the same way are often treated with less malice than LeBron.

LeBron is the scapegoat of our generation because he has been the center of attention on the basketball since he made national news as a skinny, high-flying teenager in Akron, Ohio.

Because everything he says or does gets blown up by news outlets (and social media platforms), anything he says or does gets blown out of proportion.

Due to the combination of LeBron being a drama queen and being so hyped because of his super-human abilities on the basketball court, he has been hated with such an intensity that his ego and character depend on more than just what he produces on the stat sheet.

Do his accomplishments take away from his play? Absolutely not.

It is a testament to his devotion to the game and his physical attributes that he has performed so well for so long.

But with a new generation of stars rising, like Steph Curry or Kristaps Porzingis, perhaps it's time for LeBron to begin turning the podium over to the future, and give up his place on the throne of the NBA.