

# NT Green finishes regular season with Hoosier Cup win

**Strong goaltending, goals from Ashmore and Kempf fuel five straight victories**

by Melina Ressler

New Trier Hockey's Green Team heads into the league playoffs on fire after winning the fourth annual Hoosier Cup tournament on Feb. 3.

Senior Tommy Kempf scored on the power play late in the first period in the championship game against Demantha, and NTG never looked back.

They capped off a 5-0 tournament with a 4-0 victory, led by a shutout from goalie Preston Watt.

"Our goalies only let in 4 goals the whole tournament and they had to make some great saves," noted senior Patrick Chang. Watt and Owen Reger have been dominant all season.

Mark Ashmore was another star of the tournament, scoring twice in an 8-1 win against Bethel Park.

"Ashy is an all-state talent and the boys couldn't be more proud of



NTG celebrates after winning their last game before playoffs | NT Hockey

him. The combination of his mobility for a 6 foot 5 winger, his hands, and his ability to rip shots from anywhere with power is incredible to watch and play with," said Kempf.

The win against Demantha came after two straight double-headers, or four games in two days. Goals in that game were also scored by junior Brian Dolby, junior Spencer Livvendahl, and junior Ryan Gallagher.

The team had confidence going into the tournament because they had defeated one of the competing teams

before.

"We have played against York who was in the tournament and we beat them 9-0 and 5-0," said Chang. NTG beat York again this weekend 10-1.

Senior captain and leading scorer Bobby Soudan recognized his team's hard work and accomplishments by saying, "Our team is playing better than ever and is hitting its peak at the right time."

Junior Spencer Livvendahl explained the team's preparation

for the tournament by saying, "We prepared with a game and practice before the road trip to help fix the little things before we played better opponents."

Chang said that "the hardest challenge of the tournament would be playing two games in one day. It's never easy to play twice in a day and your legs get pretty tired by the end of the second."

Lifvendahl explained how he overcame the challenges on the ice by saying, "The hardest challenge of the tournament was keeping your body right by getting good sleep and eating well because you are playing a lot of games in a short amount of time."

The win gives hope for more victories adding onto their record of 55-5, especially with playoffs beginning this weekend.

Senior and Captain Bobby Soudan said, "The tournament win this past weekend was huge for our team and our momentum heading into playoffs."

Kempf gave credit for the tournament championship to his team's strong bond by saying, "The bond between all 23 of these young

men is something out of a fable. Some of these guys I barely knew before the season started, and ever since puck dropped opening night, the boys have gotten closer and closer with every team event."

The big win means a lot to the team and continues to give them hope for a victory at state. "Our regular season just finished the boys are absolutely flying coming off this huge tournament win in South Bend. We have SHL league playoffs starting this Friday vs New Trier Blue. If we win the SHL it would give us the confidence we need to achieve our final goal of winning the state tournament," said senior and Captain Gavin Randle.

The Hoosier Cup win gives NTG momentum for the weeks leading up to the state championship game. The team is working to continue their winning streak to accomplish their ultimate goal of bringing home a final win at state this year.

"We only have league playoffs and state playoffs left," said Chang, "so we are trying to maintain the success we have had this season going into these upcoming games."

## Freshman stars for Gymnastics

**Sydney Holder wins uneven bars at conf. meet, looks for more at sectionals**

by Eva Roytburg

New Trier gymnastics has had an impressive year, and out of the woodwork came a freshman to watch, Sydney Holder.

New Trier recently hosted a meet where Evanston Township, Glenbrook South, Maine South, Niles North, and Niles West competed at the Northfield campus. There were four categories at the meet: balance beam, vault, uneven bars, and the floor. Judges adjudicated the routine performed by the gymnast out of a score of 10.

Holder placed first in the uneven bars category with a score of 8.4, with Abby Milliot of Glenbrook South trailing behind her at 8.2. Holder also came in at a close second on the floor, running up behind Emma Greenlees, a New Trier sophomore

Holder has been dedicated to gymnastics for most of her life. "I have been doing gymnastics since I was two, I did the Mom and Tot classes and it's stuck with me since. It was a very natural sport to me." Her strengths in her sport can be narrowed down to a few events. "I'm pretty strong on bars and on the floor."

One of her favorite and most motivational aspects of the sport is the team component. The team stays quite close-knit and provides emotional support.

"We're a really close team so we're always cheering each other on and helping each other improve."

Ellie Winkler, a sophomore on the JV team, describes Holder as fitting in the atmosphere well. "She's a lot of fun to be around, she's really silly and its fun to be in practice with her but at the same time she takes it seriously."

A possible reason for the tightness of the team is the intense practice schedule. Holder describes the schedule as quite grueling. "We practice two and a half hours, five days a week." During practice, they'll often interchange between the four events, developing skills which will help them in competitions.



Holder completes her routine to win CSL South meet | Stuart Rodgers

When the high school season is over, gymnasts will often go to clubs in order to keep their skills sharp. Holder, prior to becoming a student at New Trier, competed at Viking gymnastics in order to build her strengths. To her, the best aspects about club gymnastics would be the environment. "I really like the coaches, and I like my teammates."

While showing clear talent in her sport, Holder describes the mental barriers as being a roadblock to success.

"It's really hard to let your mind do some of the crazy skills, that's definitely hard for me to do sometimes."

However, the right mindset is often all she needs in order to perform well. "Staying positive and focusing and visualizing my routines before I go, that always helps me not psych myself out because I know I can do it. I just have to think positively."

This positivity is not lost on

her teammates. Shelby Brachmann, a sophomore on the team, describes Holder's effect on her teammates as beneficial. "Sydney's really talented and hardworking, she's always trying to improve and she's friendly and easy to talk to. Everybody likes Sydney."

As the season comes to a close, the Girls Gymnastics team is celebrating a strong year. The team recently took first place at a meet at Glenbrook North for the first time in their history. The Varsity team is soon to compete in Sectionals, where they are hoping to continue their strong streak.

For Holder, as she looks to the summer, she has set goals in her mind to continue her performance.

"I'm really looking to stay consistent on the skills that I have gotten this year, while also trying to improve on events such as vault. I'm really going to try to develop those skills and get better."

## GBB dominates Niles North

**Goldman, Hong lead scoring in key win over Niles North as playoffs arrive**

by Alex Rubinstein

In the last game of the regular season on Feb. 7, Girls Basketball pulled out a victory against Niles North by a score of 55-31.

Utilizing unselfish play and stingy defense, the team enters the playoffs after a dominating performance over their conference rivals. Senior forward Rebecca Goldman and junior guard Tinah Hong tied for the team lead in 11 points, but they weren't the only ones who impressed their teammates as New Trier picked up assists on 17 of their baskets.

"I think Liv Becker really stood out," said junior Katie Graf. "The refs were letting it be a very physical game, and Liv was really getting physical when she was posting up. She didn't let the other players get into her head and she just kept playing her game."

"Taite Ryan did an amazing job finishing at the basket," said junior guard Ava Zaslavsky.

The team has worked hard on moving the ball around the court and being aggressive offensively in order to penetrate the other team's defense and run up the score. Throughout the season, head coach Teri Rodgers has used a clever acronym to preach their preferred style of play.

"We worked on the acronym 'SPURS' specifically. S: Supportive; P: Positive; U: United; R: Resilience; S: Selfless. As a team, we tried to implement this into all of our games and practices to make us work as a team as well as we could," said Graf.

"SPURS" comes from the San Antonio Spurs, a perennial NBA contender. The Spurs also pride themselves in unselfish, ball movement-oriented basketball.

The game came after a slight delay, due to the incoming ice storm that hit the midwest when it was supposed to be played. It was an in-conference game, which is especially important because they are what determine the conference standings. Additionally, the in-conference

teams are the ones that the Trevians will play in the first few rounds of the upcoming playoffs.

The team went 8-2 in conference games this season.

"There's always pressure during conference games and non-conference games, but specifically in-conference because the games and records will follow us for the remainder of the season."

Against Niles North, the team followed a seasonal tradition and decided to do something special for the players' parents.

"Since it was our last regular season game, we all really wanted to play well and get the whole bench in before playoffs. It was our 'moms' night" and so we had all of our moms cheering us on behind our bench. We really worked as a team and worked on new skills to prepare us for playoffs," said Graf.

With the regular season over, the team is now preparing for the IHSA playoffs. They enter with confidence, both internally and from a top ten state ranking, but they wanted to use their last regular season matchup to hone their skills for the postseason.

"In this game, I think we really focused on working on skills that we would be using during playoffs. We worked on plays that needed some tweaking and worked on the full-court defense that we would be utilizing in the coming weeks," said Graf.

"I, along with the rest of my team, are going to work on stronger passes and how to avoid turnovers as much as possible," added junior forward Colleen Floyd.

The team faced the winner of Maine East and Chicago Mather in their regional bracket on Feb. 12. If they won that, and based on the seeding (NT is the fourth seed, Maine East is the 13th seed, and Mather is the 20th seed) they certainly expected to, then they played the regional championship yesterday (Feb. 14).

Zaslavsky said, "Moving forward into playoffs we are going to have to practice really hard and stay focused throughout these games. These are the most important ones because once we lose we are done, and no one wants the season to be over."