

# Girls Hockey dominates quarterfinals, awaits Loyola rematch

All-state defensive pair leads Trevs in attempt to repeat as state champs

by Jack Soble

New Trier Girls hockey has reached the state semifinals once again, easily defeating Lake Forest in the quarterfinals on Mar. 3 by a score of 7-2.

As defending state champions, the Trevisions have felt a target on their backs throughout the 2018-19 season. It hasn't mattered, as they entered the playoffs at 20-3-1 with an astounding goal differential of 171-55.

"Being defending champs also comes with everyone wanting to beat you," said sophomore forward Ella Huber.

"Our games, especially against Fenwick or Loyola, have a higher intensity and a lot more physicality," added senior defenseman Sarah Herd. "I have definitely noticed other teams shortening their benches against us and playing only their best players."

Herd singled out Fenwick and Loyola without prompting, and with good reason. Those two teams account for two of New Trier's three losses and its lone tie. Unsurprisingly, Fenwick and Loyola

also account for two of the other three teams in the state semifinals, and the Trevisions battled the Ramblers yesterday (March 7) with a chance to play at the United Center (the home of the Blackhawks and a terrible basketball team which hosts the state championship) on the line.

Despite their remaining opponents having a history of playing them competitively, the Trevisions remain confident about their chances on Thursday.

"Entering the playoffs, I'm very confident in our repeat as state champions,"

"We have a very talented roster this year and I believe that if we play our game and everyone puts forth their best effort, we have a good chance at repeating" echoed senior defenseman Maddie Babnik, who took home the Cammie Granato Illinois Female High School Hockey Player of the Year award.

When she graduates, Babnik will continue her hockey career at Ohio State.

"This is also a very talented team with high expectations. I hope during my time there I can help the team win a National Championship," she said.

While she had an outstanding season, Babnik was not the only one to win a prestigious award this season.



Five skaters celebrate a goal in NT's 7-2 victory over Lake Forest | Rodgers

Head coach Lenny Munson was named Amateur Hockey Association Illinois' Coach of the year for his work with the defending champs.

New Trier boasts a talented senior class, especially on the defensive end. Babnik and fellow senior Addie Buddington were vital on the while the team was shorthanded in last year's state championship. Per Pioneer Press, they shut down Glenbrook South for the duration of seven penalties, killing them all.

"We definitely do have a reputation to uphold," said Buddington. "In the hockey world, we're known as the 'All-Star team,' so we really are expected to make

it to state and win again. I'm fully confident we'll achieve that goal."

Senior goaltender Abby Wieczorek, also a starter on the 2017-18 team, made some crucial saves in that game as well. She is a key part of the current squad, contributing five shutout performances so far.

Babnik and Buddington helped represent New Trier at the All-State game back in February, along with junior forward Kate McLaughlin, junior forward Julia Laden, sophomore forward Sarah Shvartsman, and Huber, NT's leading scorer. She in particular has starred, especially for first year on the Varsity team.

"Our team is filled with some talented players, a number of whom also play Triple-A club hockey. So if everyone plays their role and works together, I believe we can accomplish what we want to and come on top," explained Huber.

Sophomore forward Hadley Freedman, while not named to the All-State team, has been successful on her first year on Varsity as well, currently sitting as one of New Trier's top scorers.

"I have had a ton of fun on and off the ice," she said about her debut season. "I have put forth my best effort, and it does pay off."

When the Trevisions faced Loyola (they do so after this writing but before the date of publication), they know that the Ramblers will be out for revenge. New Trier beat them in double overtime, thanks to a game-winning goal from McLaughlin, to send themselves to the United Center last season. The semi-final rematch is expected to be exactly as competitive.

New Trier, however, remains unphased, reiterating that their roster remains loaded.

"I'm confident in our ability to repeat as champions," said Herd. "We've lost some good players since last year, but this is the most talented team we've ever had."

## Season ends after regional finals loss

Injuries too much to overcome as NT Boys Basketball falls to Schaumburg

by Melina Ressler

NT Boys Basketball's season ended after their 61-45 loss to Schaumburg on Mar. 1.

The team accomplished a great deal, like ending the season with a 23-7 record, and they had to face major obstacles as many players became injured towards the end of the season.

"We were all very upset but this one game doesn't define us as a team. We had a great run," said senior guard Noah Osher.

"Injuries hurt us tremendously this season. As something you cannot control, it is just terrible to see so many injuries affect our season especially towards the end," said senior forward Spencer Boehm.

"We always could've done better, but we I think we did great and I had a great time with the team," said senior center Ciaran Brayboy.

Brayboy had been out for the past couple weeks after suffering a concussion, but he was able to make a comeback for Friday's game.

"It was great to have Ciaran back to full strength," said senior Chuck Sweat. "He absolutely dominated in the first quarter. He's the reason we were up one at the end of the first. He was an absolute beast in his final game."

Senior guard Sam Silverstein was out for this past game after taking a fall at another game and breaking his wrists.

"Losing Sam was difficult, especially in the final stages of the season, but we did all we could to try and move past that. He's a great player and it was tough not having him on the court," said Osher.

Boehm explained the team's preparation for the game without some of their all-star players.

"For any playoff game, the preparation gets taken to another



Boehm (33) and Brayboy (21) finished their NT careers on March 1 | Rodgers

level. We still get the usual two page scouting report a day or two before the game, but we went really in depth with knowing Schaumburg's sets and style of play," he said.

Boehm especially highlighted senior Pete Burnside.

"I believe that Pete really stepped up last Friday and throughout the entire season. He was a guy on our team who would do whatever was asked. He was one of the toughest players on our team and all he wanted to do was win."

Aside from their injured players, Schaumburg's team also had some advantages that NT prepared for, but they weren't able to overcome them.

"We prepared for the game against Schaumburg by doing our usual walk through and practice," said Boehm.

He continued to describe how Schaumburg was able to win.

"We had a great scouting report and practiced accordingly, but the outcome was not in our favor. Schaumburg challenged us with their size inside and perimeter players who could defend and on the other end of the floor hit threes consistently."

"Schaumburg has some really talented and aggressive guards on defense, and we just didn't make the smart passes to score effectively in the other 3 quarters," added Sweat

The players reflected on the team's successful season and noted

some memorable moments that the team will carry with them.

Sweat recalled an iconic play of the season. "My favorite play of the year was on defense when I was on the wing in our 1-3-1 zone defense and jumped up to grab a steal. After I got the ball, Silvy started sprinting to the other end where I found him for a two handed monster slam. It was only the second game of the year, but after he threw down the dunk, I remember screaming at the top of my lungs. The whole team was jacked up after that play."

The Trevisions remain proud of their accomplishments while away at their tournaments in Arizona over winter break.

"The greatest memory from this season has to be the trip we took to Arizona. We spent a ton of time as a team and created great bonds with our teammates," said senior Gabe DeGrandis.

No one could have foreseen the considerable amount of injuries that occurred, but the team believes they had a strong year.

"I thought overall our season was a success," said Boehm. "We were 23-7, ranked within the top 10 for almost all of the year, and accomplished a ton of our goals."

"We suffered some tough injuries late in the season, but I was really proud of this team," said Coach Fricke.

## Students lift full-time

Multiple NT seniors have committed to different forms of weight training

by Lily Vance

Strength and conditioning has been a fixture of NT athletics for a long time, but students have recently begun to lift or coach lifting individually and/or competitively.

Participating in Crossfit and body building competitions is a full-time job in itself. These activities require a substantial amount of time and commitment, which can include daily training and long tournaments.

Senior Ben Sklansky started lifting throughout his freshmen year after being called "the skinny kid" by friends, teachers, and coaches.

After two years of dedicating time to the gym, he decided to go down the path of competitive bodybuilding. He spends six days a week weight lifting for about an hour and a half, which includes multiple exercises using free weights, body weight and machines.

Sklansky feels the most difficult part of his training is maintaining a strong motivation at times, as well as the strict schedule that comes with the training.

"Often times it takes away opportunities to be social with your friends or family to maintain the lifestyle," said Sklansky.

Senior Daniel Park began powerlifting in eighth grade, after being introduced to the demanding sport by his older brother.

He even keeps track of his health journey through his YouTube channel and Instagram blog, which is dedicated to sharing his experience with others. As a student at New Trier, he agrees how it can be hard to keep everything in order.

"Juggling school, going out with friends, and working out every day can be a challenge at times, but having a focused mindset is key to staying on track."

Park enjoys the sport so much, he

even spends his time training others. He became a certified weightlifting coach in 2017 and powerlifting coach last October.

Along with his certification, he trains friends and other students at New Trier, educating them on a healthier lifestyle and safety precautions while working out.

"To me, there is no better feeling than helping another person reach their athletic goals and improve their overall well-being," said Park.

Senior Nathan Khomutov also spends his time training others professionally as a full paying job at multiple Crossfit locations around the North Shore.

During eighth grade, Khomutov began working out in his basement and started to want more of a challenge to get in better shape. He soon joined the Crossfit Wilmette gym to get in better shape, and immediately became attached to the comfortable vibe of the gym.

After years of working out at Crossfit Wilmette, he became inspired to take his journey a step further and become more committed, and he is now certified to coach at the gym, teaching multiple classes.

Khomutov has taught multiple classes and continues to work as an instructor during the week. He also takes classes with his best friend to work on his own physical health

"He and I did not meet because of CrossFit, but we always workout together and it brings us closer," said Khomutov.

Khomutov has also made other friends from working out and from training them, usually high school or college students from around the area.

Although juggling the two lifestyles of being a student as well as a competitive bodybuilder can bring some downsides, Sklansky says how the encouraging atmosphere of his gym has allowed him to grow stronger, physically and mentally.

"The most important thing lifting has provided for me," said Sklansky, "is a extreme sense of consistency and self-discipline."