

The demanding schedule of two successful athletes

Insight to the lives of triathlete Andrew Flynn, and tennis player Alli Zipoli
by Connor Caserio

In some ways, sophomores Andrew Flynn and Alli Zipoli are typical students.

They have demanding athletic and academic schedules, but they still find time to relax or hang out with their friends. On a day to day basis, they deal with issues we can all relate to—grades, homework, friend troubles, etc.

But when it comes to athletics, Flynn, a triathlete, and Zipoli, a tennis player, have had far from typical high school experiences. They have both achieved incredible success on some of the biggest platforms in their respective sports.

Flynn's victory at the USA Triathlon Youth Elite Boys National Championships last summer is his greatest athletic accomplishment to date.

"I came into it as as the underdog, but I kept a positive mindset throughout the race and was able to break away and win," said Flynn.

Zipoli's superb play on the blue-chip tennis circuit demonstrates her athletic excellence. She is a five star recruit and plays in prestigious tournaments.

"I just came back from internationals—I was in Florida for a week and a half," said Zipoli.

Flynn and Zipoli are naturally talented, but other factors have been instrumental to their athletic successes.

In part, Flynn and Zipoli have been successful because of the support from their families. This support allowed both of them to begin competing at a young age. Flynn began competing in triathlons when he was eight. His mom was on board from the beginning.

"I started to swim when I was around five or six and started to run with my mom when I was around six or seven," said Flynn.

Zipoli began playing tennis when she was seven. The game is in her blood.

"I started playing because my mom played tennis on a full ride at UNC, so it was kind of in our family," said Zipoli.

Personal drive for athletic improvement is another important factor in their success.

During the summer triathlon season, Flynn practices two triathlon

parts every day. On Saturdays, he does all three. In the fall, he is on the school cross country team. During the winter, he competes for the school swimming team.

Zipoli takes early bird chemistry, which allows her to leave school at 2:00 P.M. every day.

She describes her training schedule as "fitness from 2:30 to 3:00 with my coach, hitting with my coach from 3:00 to 4:00, and then hitting with my mom and brother."

These training regimes requires unique focus and dedication. To reach their current levels of athletic achievement, Flynn and Zipoli have had to forgo much of the free time enjoyed by most students.

However, Flynn and Zipoli are not training-obsessed sports robots. While they train hard, they also enjoy their free time.

"I spend a lot of time with my friends. My friend makes really good brownies so I like to go over and eat them," said Zipoli.

Flynn also tries to get the most out of his limited free time. "I like to spend my free time with friends or just hang out and relax," he said.

The business of Flynn and Zipoli's schedules also means they have to walk a careful line when balancing athletics and academics.

Flynn made it clear that his (and



Triathlete sophomore Andrew Flynn, in the midst of running a race | Trujillo

Zipoli's) daily priorities are a lot different from the average student.

"As a student-athlete, I always value academics over athletics, but I also try to find time for my athletics, since I value that so much," said Flynn.

Zipoli missed 25 days of school last year. "I find [missing school] really easy. It's just time management...doing stuff when you're gone," she said.

Both Flynn and Zipoli say they partly continue with their busy athletic schedules to improve their academic future.

Flynn said "I feel like I could go into college competing in athletics," while Zipoli said her ultimate goal is "to play college tennis."

Flynn and Zipoli are both less certain about competing after college.

"I don't want to go pro because I want to have a normal life and a normal job," said Zipoli. Flynn is more open to future competitions.

"I don't know where triathlon will take me. I could become an Olympian, or maybe I just won't continue with the sport. But I feel like I want to continue...then, I can decide what I want to do," he said.

Boys T&F takes third place

Personal record from Zaph, strong relay not enough to top Wildkits

by Jack Soble

New Trier's Boys Track and Field team placed third in the conference meet on March 15, a mark they feel is just scratching the surface of what they can accomplish.

Third place was a successful day for New Trier, but arch-rival Evanston took home the top prize and the equally-hated Hawks of Maine South came in second.

The Trevians finished second in the 50 meter dash, second in the 200 meters, third in both high and low hurdles, and second in the four by four relay.

"The team performed well and it was a good midway check, but it only showed a fraction of our potential," said captain Patrik Kaufman, who ran both hurdles and the four by four relay.

The 50 meters and the 200 meters were completed by Adam Kunny, who along with Kaufman was one of the highest scorers of the day for NT.

The second-place finish in the four by four relay was particularly hard to swallow, even though it was a more than respectable outcome. They lost by less than a second, keeping pace with Evanston nearly the entire time and finishing at a three-minute, 33.33-second clip.

"We are definitely very excited by the potential of the four by four and where we can go this year," said Kaufman, who ran the relay with Jacob Steigman, Henry Plante, and Jesse Yang.

Other "standout performances," as fellow captain Ryan Haggerty put it, on the track side participated in the long-distance portion of the competition. Ford Baker, a cross-country star who placed third in the mile, and Tyler Ackerman, who ran a "very strong" two minutes, seven

seconds in the first leg of the four by 800 meter relay.

For the "field" part of track and field, two Trevians set their personal records. Gabe Klewin excelled in the triple jump, while Terry Zapf did the same in the shotput, finishing fifth in the competition.

The shotput is a bit of an outlier among track and field events. While most of them require great speed and/or agility, the shotput involves pure size and strength over all else. This makes Zaph, a 6'6", 280 pound offensive tackle (who will play college football for the D-III Williams Ephs), a perfect fit.

Two of NT Track and Field's more important athletes, Haggerty himself and Johnathan Taylor, were unable to participate, perhaps hindering the Trevians in their efforts to get by the Wildkits.

"We were missing our main point-scorers due to injuries, so we were not at full strength," explained Kaufman.

Haggerty stated that he is recovering from a couple of lower body injuries, though he'll be a key piece of the team when he comes back.

"I participate in the jumping events, mainly in the high jump," he said. "When outdoor season starts, I will also focus on discus and the 400 meter race."

Taylor, however, was more specific.

"During a race, I strained my hamstring," he said. This is by far the most common injury in track, because of the strenuous workload that running demands of the lower body, especially the hamstrings.

New Trier will need both healthy if they want to take down the Wildkits, but as the season progresses into outdoor competitions, they feel confident about where their team is headed.

"I thought everyone competed well and showed that we could compete at a high level," said Zaph. "I think the whole team is ready and excited to move to the outdoor season."

Annual PESO basketball game



New Trier ELS students competed against Lake Forest on March 15 in front of cheering fans. Students involved were Ben Berlin, Steffi Rohwer, Anastasia Dronen, Will Ryan, Daniel Smith, Mark Shaw, Kyle Snellback, Becco Beto, Kai Moore, Aeden Salama, Blake Banas, Mia De Carrier, Alex Mekhitarian, and Hayden Rosen

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