

Intense game ends with loss

Boys Soccer loses to Evanston 4-3 in their final game

by Charlie Burton

In an emotional rollercoaster of a game, New Trier boys soccer suffered a heartbreaking loss to Evanston losing 4-3 in penalty kicks.

The match went into four rounds of sudden death penalty kicks after the score remained the same after the initial five kicks.

It didn't look good for the Trevians after two New Trier players missed the net on the opening, kicks of sudden death. But the Trevians junior Goalie Sam Rutherford gave the team hope with two incredible saves to keep their season alive.

"Nothing is going through my mind when facing a penalty kick," said Rutherford, "All I do is stare down the shooter and try to focus on him."

In the next round of sudden death penalty kicks, both New Trier and Evanston buried their shots, but in the fourth round the Trevians player missed, and the Wildkits took advantage of their opportunity and ended New Trier's season with a pretty goal.

"Penalty kicks were tough," said senior captain Matt Gallo, "All of our kicks found the goal frame and we were just unlucky that a couple of them didn't find the back of the net."

"Despite the loss I am definitely satisfied with our season this year," said Rutherford. "We accomplished a lot of goals that we set at the beginning of the year. Winning conference and winning regionals was especially huge because of last year's early exit."

Evanston started off the scoring with a goal off a long free kick in the 35th minute to make the game 1-0, but New Trier responded quickly when senior Kenji Nii tucked a goal away in the low corner to equalize.

"Our plan was to really go at them off restarts because we knew their defense was weak in that area," said Gallo, "Kenji made a nice run that lead to a breakthrough that was huge for us."

The rest of the game remained



Senior Kenji Nii celebrates after scoring a goal against Evanston | Shaw

scoreless in regulation time but both teams had a number of chances to put themselves in the lead.

Overtime was a back and forth battle between two teams refusing to quit. With seven minutes remaining junior Ryan Kruger drew a foul in the penalty area and senior Alameen Salako converted on the penalty to give the Trevians a 2-1 lead.

However, the Wildkits wouldn't go down without a fight, with seven minutes remaining in the second overtime they scored on a 17 yard volley to tie the game and with 3 minutes remaining they scored again on a penalty kick to take control of the lead.

"It was quite the emotional rollercoaster, it's just cruel that one of these teams had to walk away with a loss"

Immediately after, the Trevians went into desperation mode and pushed everything forward trying to save their season. With just 39

seconds remaining in the game, Salako drew a penalty and Nii converted to tie the game at 3.

"I would hesitate to say there's another game of soccer this chaotic, this special, with that many types of swings," said first year head coach Matt Ravenscraft, "It was quite the emotional rollercoaster. It's just cruel one of these teams had to walk away with a loss."

The Trevians ended their season as co-conference champions with an 11-7-4 record even though they had one of the hardest schedules in the state.

"Obviously it is really tough to go out the way we did but it was an incredible season," said Gallo, "Winning the Central Suburban League South and then beating Maine South in the regional finals on our own turf are going to be memories we can hold on to forever."

The Trevians look to return next year as one of the top teams in the state. With a year of experience under his belt and nine returning players, Ravenscraft hopes his team will continue the success that they had this year.

Carb fests fuel teams

Carb loading helps athletes prepare for competitions with team bonding dinner

by Lindsey Burns

Here at New Trier, many teams engage in carb loads, also known as carb fests or simply "carbos," a day before competition.

These carb fests occur when teams get together and eat, and then eat some more until they are stuffed full of pasta, bread and pizza.

The intention is to eat a lot of carbs the night before a big game and save up energy the next day to perform your best.

Most people agree that the idea of a team getting together after practice for dinner encourages team bonding, but the real question is if carbos actually serve their purpose of fueling a team for their competition.

Carbs are the basic energy source for humans. According to "Feeding the Young Athlete," by Cynthia Lair, "Carbohydrates are used to create energy. Foods that contain carbohydrates work the quickest to transform into muscle glycogen—primary fuel for muscles."

By eating a maximum amount of carbs, the hope is that your body will convert the carbs to glycogen and your body will access glucose used.

"The point of carbo loading is to provide the raw materials necessary to make energy," said Michael Clough, a biology teacher, wrestling and football coach. "You pack your muscles and your liver full of those the night before the game so then the next day when you need that energy, you break down the glycogen and then the glucose molecules are available for energy."

Feeding the Young Athlete notes that glucose stored in muscles and the liver is the "preferred fuel for athletes working at moderate to high intensities."

Athletic Trainer Kristin Romani explained that to properly carb load you do need to increase your carb intake to about 60-80% of your daily food intake. When doing so, you also need to maintain a balanced diet.

"You still want to be eating a fairly normal diet," Romani said. "You want to make sure that you're still keeping your blood sugars balanced with some fat and some protein even though you will be eating less of that."

She explained that even though what people usually associate with carb fests are pasta and bread, fruits and vegetables are carbs too.

They are extremely important in maintaining a balanced diet.

"You should increase the carbohydrates but that's not always just your pasta and your grains, fruits and vegetables and fruit juices all have carbs in there as well that are going to help you too," she said.

The amount of carbs athletes need depends on two things, the athlete and the activity they are preparing for.

"How much depends a lot on how much you weigh if you're a bigger person, a big football person is going to need more glucose than someone who is more petit.

Then, you also have to look at how long the activity is occurring. If it's a short sprint or you're running a hundred yard dash, as opposed to running a distance race for the track or cross country team, then you're obviously going to need more," said Clough.

In the end, carb loading the night before a high school competition is not going to make or break an athletes performance.

Carb loading is "better for long endurance activities. For shorter activities and shorter workouts, just your normal diet is enough energy to succeed," Romani said.

Andy Milne, health and KW teacher, emphasized that the main benefit of carb loading is social.

"Although there is some biological benefit, I don't necessarily think that's your biggest aim for a carb load. I think it's more the team bonding experience, getting together, getting hyped up for a game, and getting excited. You will remember the carb loads for that more than the seconds it shades off your performance in a sports event."

Head shaving builds team spirit

Boys teams shave their heads before games in long-standing tradition

by Maya Kowitz

Among the multitude of traditions rooted in New Trier's athletic culture is the honorary head shaving in preparation for a significant upcoming match.

One of the most prominent examples of such a renowned tradition is exemplified by New Trier Green (NTG) who shave their heads for the Quad Header against Loyola.

This year, Senior Michael Graham will be participating in both his second Quad Header and second head shaving.

"Everyone on the team has to shave their heads, it's part of being on Green," said Graham. "The senior returners choose designs and give awful haircuts on Thursday night. Then, the team goes to school with them on Friday. After school on Friday, we all get buzz cuts for the Quad on Saturday."

In terms of his personal experience



Seniors Tristan Jones and Michael Graham get heads shaved by returning seniors before Quad Header | Burton

with such a tradition, Graham said, "Last year, the seniors thought it would be funny to shave a yarmulke in my head, but it didn't end up looking much like one at all."

Alongside NTG, varsity soccer player Matt Gallo said that the Boys Soccer has been doing Mohawks for their playoff run since the 2006 state championship. Gallo explained that the Mohawks symbolize a change in atmosphere and, "help us get mentally prepared and focused for a deep run into the state tournament."

Although Gallo believes the

Mohawks substantially increase camaraderie and team mojo, he clarified that the tradition is completely voluntary.

"If anyone is uncomfortable shaving their head, there is no pressure to do so. However, everyone usually partakes in the Mohawk tradition."

The only sport where athletes go completely bald is Men's swimming. Similar to the NTG tradition where they alter their hairstyle before the big shave, male

swimmers bleach their hair a week before their final meet.

Then, right before their final meet, they shave their heads completely.

Graham shared that he finds it to be sexist that girl athletes don't have to shave their heads for big sporting events.

JV swimmer Sarah Caywood contends that although girls may not shave their heads, they do partake in shaving their legs.

"Girls let their leg hair grow out

during the season, and then for the final meet of the year, they shave their legs. The leg hair during the season builds up a drag, so you're swimming with more weight.

When you shave your legs, it feels as though there is no barrier between your body and the water, so you feel like you're going faster and nothing is holding you down," Caywood said.

The New Trier Boys Soccer team has been doing Mohawks for their playoff run since the 2006 state championship.

As for athletes who don't take part in the head-shaving tradition, most don't seem to mind. However, the symbolic importance of such a tradition is clear.

Senior and varsity basketball player Joe Akason said, "Although it's not part of our tradition, if we beat Evanston, I will shave my head, and I know my team will support me."