

Three stars of the week

Charlie Hoholik



Man of the Match against Evanston, scored goal

Sam Weber



First career hole in one

Amy Griffin



2 assists per game against Oak Park and Sacred Heart

Boys soccer shuts out long time rival ETHS

Three goals and a dominant defense led team to victory

by Millie Winter

Boys varsity soccer took on ETHS on Sept. 20, coming out with a win to continue their successful season.

Going in to the big game, each player knew how engaged they had to be to win. Captain Daniel Gunther explained, "The game has definitely been circled on our calendar all season."

Last year the varsity team lost to Evanston, so the urge to win was at its peak. With this being a conference game, "our victory means that we can clinch the conference trophy if we beat or tie GBS in our home game this Tuesday," said Gunther.

Both players and coaches agreed that the team is very connected, an important component to quality playing.

"We talk a lot about being like a family, and it really feels that way on and off the fields," Senior Jack McGranahan explained.

The team does yoga together, footy golf, and has BBQs. Head Coach, Matt Ravenscraft, explained, "It's a blast to spend time with this group of guys as well as my assistant coaches, Mr. Van Den Berg and Mr. Loris."

The rivalry is clearly known to both the team and the fans. The crowd was filled with Green Team members,



Sophomore Jeffery Urban goes up against ETHS opponent for a high ball in NT's 3-0 victory on Sept. 20 | Pearlman

parents, relatives, and boys soccer alumni, showing that the rivalry is both old and new.

Ravenscraft explained, "The day before the game, we met as an entire program to talk about the history of the rivalry and the pride we take at beating them at every level."

As a competitor, ETHS is hard-working and technically gifted. Despite this, within the span of two minutes, NT scored two goals. "Nothing beats the feeling of going up on your rivals early in the game and rushing to celebrate with the team and the fans," Gunther said,

The team used the forever rivalry with ETHS to come out strong and prove to them what kind of competitor they are. Although the boys shut out ETHS, Gunther said, "We could have done a better job making sure that we played our brand

of soccer: playing out of the back and working up the field."

"The pressure and the 2-0 lead for the majority of the game led us to playing more direct than we have been practicing," said Gunther.

Ravenscraft mentioned Seniors Charlie Hoholik, Jack McGranahan, Sean Gooze, and Dom de Boer as players who played particularly well. The team saw the opportunities and took them. The team scored three goals, and the defense held their ground leading the shutout.

With 12 minutes left in the game, Dom de Boer's direct kick goal "put the game to bed," said Ravenscraft.

Getting into the season, the boys started with their summer soccer program. Ravenscraft explained, "Over the course of our summer, we lay the foundation for our program culture as well as our technical,

tactical, and physical expectations for each individual player."

Such a strong start to the soccer season allows for the team to perform its best and come into the season as prepared as they can be. "I don't think we would have achieved what we have the last few years without a collective commitment," said Ravenscraft.

At the end of the game, the team celebrated by carrying on a tradition against ETHS: painting the once orange fire hydrant green.

"The best moment was after the game, walking over and taking back the hydrant, and then painting over it in green," McGranahan explained.

Although both teams are strong, NT came out to prove where they stand against their rival. The team will likely face ETHS again in the playoffs this the fall.

Conditioning fuels Field Hockey to strong start

An intense regimen leads to 13-1 record and overtime wins

by Jack Soble

For every sport, especially at the high school level, conditioning is required to excel.

This is evident in football, with post-practice sprints in the weeks leading up to game time, and in soccer, where the clock does not stop through two grueling 45-minute halves that demand constant motion.

The team that runs the most (with the exception of cross country and track, whose sports are exclusively running) might just be the field hockey team.

Practice usually begins with 12-15 minutes of conditioning before anyone picks up a stick.

While every athlete runs in the offseason, field hockey participants endure constant training in every single session of practice, seven days a week, throughout the season.

"We have a variety of runs that have been made up by our coaches or that they found somewhere else," said senior captain Lucy Murray.

"The run that everyone always dreads is called the gauntlet - we run a mile, rest, run half a mile, rest, run a quarter mile, rest, and then we end with two 200 yard sprints and two 100-yard sprints. It's pretty exhausting but it gets us in shape mentally and physically."

Practice usually begins with 12-



Senior Lucy Murray takes on opponent, showing the hunched position explained below | Victory Views

15 minutes of conditioning before anyone picks up a stick, and around 40 minutes devoted to running-based warm-up drills.

Even on game days, there is no break from this regimen, with a distance run of around a mile on the outskirts of the Northfield campus before the game begins.

"Being in shape is key," said head coach Stephanie Nykaza. "And endurance is huge."

Nykaza highlighted that field hockey is unique in that players are much more bent over than other athletes when they run, due to the diminutive lengths of their sticks. This would logically require more cardiovascular endurance, because when someone is gassed and gasping for air, the worst possible position to be in is with the back bent towards the ground.

Every field hockey team goes through this in some capacity, but

teams like New Trier who do it the most tend to be the most dominant. Nykaza said the top teams are generally the most conditioned.

Players can sense when they have the advantage late in games because their opponent is out of breath and they are not.

"It is very noticeable when our opponents are tired out and we are still able to push ourselves and run our fastest," said senior and fellow captain Faith Stineman.

"If we ever go into overtime with another team, we always perform extremely well because with less players on the field [as the overtime rules dictate], there is more running involved."

This showed recently in an overtime victory over Lake Forest, who is one of their fiercest rivals.

Running has been a key to building a winning mentality for New Trier. Senior and captain Julianne

Ross said it best, "Not only does conditioning get us in shape for our toughest games, but it's a huge part of our mental toughness. What's even more important [than physical shape] is training ourselves to be resilient in the face of exhaustion."

This formula has worked thus far, with the Trevians sitting at a 13-1 record as of the time of this writing.

The one loss came to a highly ranked team from Kentucky, but the team has high hopes for the season.

"Last year, we didn't finish where we wanted so everyone is very focused," said junior Amy Griffin, a center midfielder.

Nykaza stated that the team is talented and has played well so far, but must stay conditioned for the long haul.

"We know that some games might not turn out how we like them, so we have to stay in shape, keep working, and keep running."