

Three Stars of the Week

Brendan Chestnut



Victory Views

Scored four goals and assisted on one in win over Glenbard West

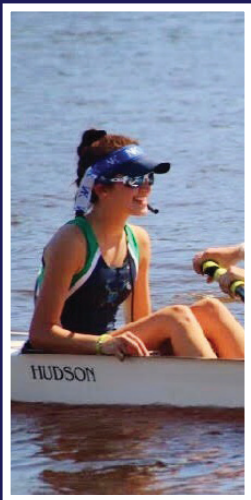
Peter Brown



Rodgers

Had an absurd 10 kills in one set to beat Loyola

Rachel Rane



Rane

Led Girls Crew to successful trip in Cincinnati as coxswain

# Sailing team undefeated at Baker Pre-Q

Regatta win brought out the best in sailors' tactics

by Millie Winter

On April 13, the New Trier Sailing Team placed first with a finishing score of 12-0 at the Central Baker Pre-Qualifier at the Chicago Yacht Club.

This specific regatta was a team racing regatta rather than a fleet race. In team racing, each team has 3 boats. A fleet race would have only one boat for each team for each race.

Because of the collaborative aspects of team racing, communication and teamwork was essential during the regatta.

Senior captain Izzy Cox explained how "constant communication among teammates is very important: We're talking about where other boats are, where our boats are, the wind, and communicating with other members of the team."

Cox raced with senior captain Nathan Whisner during all twelve of the races. Other varsity pairs included senior Noah Barton and junior Alex Adams, junior Dylan Hardt and sophomore Sarah Trunsky, and junior Anna McBride and senior Quinn Keenan.

Despite the team's delayed season start date due to the long-lasting Chicago winter, they pulled through undefeated at the regatta.

"It's frustrating not to be able to get on the water because of the ice. Fortunately we had the training trip in March so we were able to get on the water a week or two before we could get on the water in Chicago.

We were able to have the full regatta in Virginia for four days," said Cox.

Luckily, weather conditions were perfect for the Baker regatta.

"Yesterday was an ideal day for us. The weather was beautiful, with lots of wind and a nice temperature," explained Trunsky.

The team placed first in all twelve of their races over the weekend, gaining the essential first and second spots in every race. Key aspects such as the "wrecking ball" helped the sailors place at the top every time.

"Usually, the strategy is to have two boats on one team vying for first and second place, while the other boat's purpose is to be the "wrecking ball" and mess with the other team so that those first two boats can cross as first and second," explained Cox.

This method emphasizes how much of a team sport sailing is.

The wrecking ball tactic proved its success in many key races. During one race, "Nathan and Izzy sacrificed their place to let Quinn and I sail ahead to win the race as a team instead of boat by boat. Nobody planned that. They just did it for us because we weren't winning in the beginning," said Hardt.

Besides that wrecking ball moment, Cox explained another highlight of the day was, "beating our biggest rivals (Latin School of Chicago)." According to Cox, Latin "put up a big fight," and finished second overall in the regatta.

"With a round robin-style regatta like this weekend's, the biggest moments always come in the races against our rivals. This weekend represented all of the top teams in Illinois who we're very familiar



Whisner and Cox (9) sailing alongside Keenan and McBride (8) | Merrilees

with at this point. The Latin School of Chicago has been our toughest competitor in-district over the past couple years, so beating them in the middle of the round-robin was a real turning point. It was all downhill after that," added Whisner.

The double round-robin format has each team racing against each other team twice. With seven teams, that's a total of twelve races per team.

"The regatta could not have gone better for New Trier. We performed just as we had hoped and practiced, sailing smart and clean. We adopted a really simple strategy for the weekend that emphasized speed and simplicity above all else," said Whisner.

"We sailed faster and we sailed smarter," added Hardt.

This success comes from practice in and out of the water. "This season has been very good, although

different from past seasons. We've been in the classroom a lot learning on paper, taking notes and listening to our coaches before applying our knowledge on the water," explained Trunsky.

Another reason for the big win was the support the varsity sailors had while sailing.

"Our JV kids show up to support us. It's a really cool team dynamic. It's a sport that doesn't have sidelines. To commit to coming to a regatta is to commit to being on the water all day," said Cox.

Going forward, the team has a lot of success pushing them into Baker National Qualifiers and Nationals themselves.

"I'm so proud of the team's performance and how far we've come over the course of my four years, and I'm excited to see what lies ahead," concluded Whisner.

# Rugby team takes on Ireland competition

The boys go to Ireland for a chance to try their skills out overseas

by Melina Ressler

New Trier's rugby team traveled overseas to take on some of Ireland's finest teams for a once in a lifetime spring break opportunity.

Thirty-three of the players traveled to Ireland with the intention of upping their playing skills and they did so by playing teams native to where the sport began. They went up against players from Dublin, Galway, and Limerick over the course of the trip.

"Being able to experience that community was a life altering experience. Rugby is a game we all cherish but participating in the "real" rugby culture showed us how our sport is bigger than individual teams and truly the world's largest fraternity. We are extremely grateful for that opportunity," said senior and three-year team vet Beau Yaccino.

"It wasn't really a tournament, more just games to get better at rugby and there's no better way to do that than by playing against Irish teams," said senior Robbie Werd.

Werd joined the team as a junior and has been thriving since.

New Trier lost the three games played against Dublin, Galway, and Limerick, but senior Finn Mabie said, "they were all very close, only a one or two try difference."

Though they did not win against the Irishmen, they still put up a good fight with outstanding plays by senior Terry Zapf.



Yaccino (far left, facing camera) attempts to join a scrum - one of the staples of Rugby - in Ireland | Yaccino

"I would say Terry Zapf made the most outstanding plays because he had some very long runs in almost every game and the Ireland kids just couldn't figure out a way to bring him down to the ground, they were scared to tackle him," said Mabie.

Senior captain Michael Endre was also recognized by fellow teammate Yaccino.

"Our most outstanding player of the tour was Michael Endre, Big Mike is incredibly fast and has the ability to change the game whenever he likes," he said.

The team began preparing for the trip by practicing during the two months prior and attending team meetings at various players' homes. Even with their preparation, the team couldn't have foreseen the level at which their opponents played.

"They were not faster or bigger than us but knew how to play the

game at a higher level. We had to switch our playing style to match the speed they play the game at," Yaccino explained.

"I think the hardest challenge of the tournament was just adapting to the new land, playing games after barely sleeping and being very jet lagged as well as adjusting our level of play to be on par with theirs," said Mabie.

Besides playing on the field, the team also had the chance to explore all Ireland has to offer. Senior Terry Zapf recalled the times they got to spend off the field, "We went to two castles which were really cool and we saw lots of animals."

"The highlights of the trip was taking a ferry to an Island off the coast of Ireland and biking around for a couple hours. Also the Cliffs of Moher were really cool," said senior David Kugler.

After returning, the team went up against three time reigning state champions, Neuqua Valley. New Trier fell short, but the team is still hopeful for a successful season.

"I believe we have the strongest varsity team in the last four years and we are expecting a successful season," said Yaccino.

Kugler noted his eagerness for the season's progression by saying, "this is my first year so I'm looking forward to playing more rugby and seeing how the teams around here compare to the ones in Ireland."

"I'm looking forward to the whole team progressing and being able to win some games," said Zapf.

Win or loss, the trip was still a success.

"Everyone was really nice over there and it was a once in a lifetime trip and I'm so glad I got the opportunity to go," said Werd.