

## Three Stars of the Week

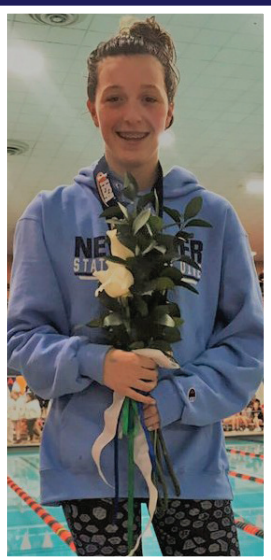
### Taite Ryan



Twitter

18 points, 8 rebounds, 2 steals, 3 blocks in win over Lyons

### Kaelyn Gridley



Twitter

Took first place in backstroke at state as a freshman

### Noah Osher



Twitter

10 points, including 3 3-pointers, and 4 assists in win over Maine South

# Girls Swimming and Diving takes third in state

## Hard work pays off as NTGSD claims high state ranking

by Millie Winter

The New Trier girls swimming and diving team placed third overall at the state meet at Evanston High School on Nov. 16-17.

This was the highest NTGSD has placed in two years. They took third behind Neuqua Valley (first place) and Rosary (second place).

"I am very pleased, and I am very proud of this group's accomplishments," explained coach Robert Guy, "but I'm excited for what's next with this group as well."

One of the highlights of the state meet was how well the freshman girls placed. Going into state, freshman Kaelyn Gridley took first place in the 100 meter backstroke and was one of the members of the 200-medley relay team at the Glenbrook North championship meet, which preceded state.

Gridley swam in three events at state: 100 breaststroke, 200 medley relay and 200 free relay, and won the state championship in the breaststroke, finishing fastest in team history.

With strong finishes from different age groups, it was clear that their preparation leading up to the meet was successful.

"Going into state, we taper for 1-2 weeks before hand," senior Ceola Halloran, who participated in the 500 meter, explained. For the swim and dive team, tapering means they ease up on their hard work to reduce the high levels of anxiety and stress



The team poses for a group photo with their third-place trophy after a successful state meet | Twitter

before an important meet.

"We cut our morning practices to get more sleep, we do less yardage, and our lifting is less of weights and more of stretching and rolling out," continued Halloran. "[In the pool], we spend a lot more time sprinting or doing pace, and working on little things like our starts, turns, and finishes so we can perfect the little things that make a big difference come sectionals and state," she said.

The girls placed fifth overall last year, and improved on that finish in 2018.

"We all want to improve individually, but we support each other with their success and pick each other up if we don't reach our goal," said senior Carly Jennings.

Gridley, who was one of the youngest girls to swim at state for NT, was calm and content going into

her races.

"I've gone to stressful meets like state before so I prepared the same way I have for other meets," she said. Suffice it to say, she knew what she was doing.

Before leaping off the block, the nerves intensified for most. Senior Kasey Venn, who swam the 200 medley relay, 200 and 100 breaststroke, explained, "Usually cheering for everyone else helps me kind of forget about my own race to keep me from over thinking everything. State is perfect for that because there's never a moment you can't cheer for someone."

For every girl on the team, this is not their first rodeo of stressful meets. Many of them have swam several years for club teams.

"Being in the high school season was so much different than anything

I've ever done before," said Gridley.

The team bonded in and out of practices, they became very close as friends and has teammates.

"The week before the meet to calm the teams nerves, we get manicured, we have a state dinner at our coaches house, and we get spray tans. These have been traditions for so many years, they're so much fun, and really bring the team together and keep us relaxed," explained Halloran.

As the seniors transition into college, and some continue their swimming career there, it is clear that state was a great note for the girls to end on.

"I'm going to miss swimming the most out of everything when I go to college, because I've made my best friends on this team," concluded Venn, "and I don't know what I'd do or where I'd be without them."

# Rebounding hurts GBB in tough loss to Evanston

## Ryan's strong play, Goldman's scoring fall short as Kits take down Trevs

by Jack Soble

After a blazing start to the season, New Trier girls basketball cooled off with a 54-40 defeat at the hands of the Evanston Wildkits on Nov. 29.

The Trevisions' home loss was their third defeat in four games, capping off a rough stretch that followed four straight wins to begin the season. The team shot well from long distance (36.4 percent from three), but they needed to be better on the glass in order to beat a tough Evanston squad (out-rebounded 41-25).

"We got out-rebounded. That was the number one deficiency in that game. They got 15 offensive rebounds to our three," said head coach Teri Rodgers. "It's good information to have. It helps us practice; we can make those drills a little more urgent."

Coach Rodgers thought the Trevisions did a good job handling the ball and limiting their own turnovers against Evanston, and that the one issue was their letdown on the boards.

"We do a nice job spacing the floor and running in transition. Those both can improve even more, and if we keep practicing, we will get even better," said senior forward Rebecca Goldman, who was New Trier's leading scorer against the Wildkits. "We still need to improve on rebounding and boxing out," she



NT's Goldman fires a jump shot over an Evanston defender | NTGBB

added, again acknowledging what caused their defeat.

New Trier likes to play a fast-paced brand of basketball, predicated on creating pressure and forcing turnovers. That did not happen against Evanston, who only gave it away 12 times, but the team has piled up steals at an acceptable rate this year.

"We've played really well together as a team this year, and we have been doing some really great stuff, but we need to improve on playing that way consistently for a full 32 minutes," explained senior

guard Kate Sawdey.

"Though this is still an area of improvement, we have done a good job at putting more pressure on the ball and forcing turnovers," said senior forward Jessica Kalis. She went on to explain that sometimes, fast-paced basketball can have its faults. "Many times, we feel rushed and just have to see who's open rather than trying to force a pass or shot."

The Trevisions bounced back nicely with a win against Lyons two days later, continuing to shoot well and battling harder to get key boards throughout the game, and forcing 25

turnovers. As of Dec. 7, New Trier sits at 6-3 with a couple of important in-conference matchups coming up against Maine South and Niles West. Coach Rodgers was proud of the team for rebounding (both figuratively and literally), against Lyons.

"We lost to three of the best teams in the area, so playing on a Saturday at 11 o'clock, against a team that we don't really know, it would've been easy to walk in there and be a little tired. I was so pleased with how the kids responded."

New Trier was much closer to Lyons than Evanston in the rebounding total and they were ultra-aggressive on defense. The team picked up 14 steals and five blocks, of which player of the game Taite Ryan had two and three, respectively.

Ryan was also named player of the game (per NTGBB twitter) against Evanston, scoring 11 points and stealing the ball three more times against the Trevisions' arch-rivals.

With the early four-game win streak, Coach Rodgers picked up her 500th career victory over 21 years of coaching high school basketball. The team was proud of their coach and grateful for her guidance over the years.

"She cares for the team as a whole and how we develop and play together, but also for each player individually on and off the court," said Sawdey.

"Our entire program is really proud of her, and it shows us how much time and effort she's put into making this team successful," said Kalis. "She does a great job at pushing us to reach our full potential, as well as making this team a family."