

Three Stars of the Week

Rachel Zun



Top all around gymnast in GBN invite on Dec. 7

Ciaran Brayboy



Led team with 12 points in win over GBS

Patrick Chang



Scored twice in 6-0 victory over Stevenson

# NT sweeps Evanston in 100th annual swim meet

## Boys swim & dive team claims victory in 100th ETHS duel

by Millie Winter

For the past 100 years, NT has gone head to head with Evanston in an annual boys swim and dive meet. This year on Dec. 15, the Trevs completed a clean sweep of the competition against the Wildkits.

NTBSD has had such a long-lasting rivalry with ETHS, making the match significant.

“To me, it’s an opportunity to compete against a quality program,” said head coach Josh Runkle.

Senior Matt Ghiselli added, “This meet means a lot to our program and our coaches because it’s a milestone for two very historic programs in Illinois.”

The rivalry is one they still anticipate today, but it is clear the teams go so far back because of their positive turnouts and success in meets.

“Evanston and New Trier are traditionally strong programs, and being so close to each other, it makes sense,” said Runkle.

Being able to compete against the Wildkits for 100 years now has strengthened the boys and improved the team overall, the forever feud is one to be thankful for.

“ETHS has a great program, great swimmers and coaches that always give us their all which make



NT boys swim poses in front of pool wearing ETHS vs NT meet gear | Twitter

them great competitors,” explained senior Topher Shepard.

Although the Wildkits come out strong each year, NT has taken the win home in recent meets.

“The past few years New Trier has won almost all of our meets against Evanston,” said Shepard.

Besides that fact, Evanston still puts up a strong fight.

“Evanston always competes hard and never gives up. We set the tone at the beginning of the meet and hold that throughout,” said Ghiselli

Runkle agreed, “No matter how strong or weak each team is, I think both tend to get up for this meet.”

With the high title meets (Conference/Sectional/State) coming up in February, the team uses this meet to decide what aspects need to be improved when the time comes to train.

“Our goal is to be our best in February. This will serve as a good early season test to see where we need to improve,” said Runkle.

Going into the meet, the boys

prepared as they would for any other competition.

“We’re approaching this as another meet. The significance of the 100th isn’t lost on anyone, but we are looking at it as our first conference dual of the season,” said Runkle.

“We just go through our practice routine as we would normally,” said Senior Nick Torre, explaining that the nerves can’t over rule the team.

But with such a well known rivalry, NT obviously went into it craving a win.

“Beating ETHS means a lot to me because I also play water polo and last year Evanston took us out of sectionals. I would love to beat them in swimming and water polo later in the year too,” said Ghiselli.

“No matter how strong or weak each team is, I think both tend to get up for this meet,” explained Runkle.

With the win under their belt, the 100th annual meet between the two took on even more significance.

“I felt very honored to be leading New Trier to one of the most historical meets in New Trier history,” explained Shepard.

This win against the Wildkits helps propel the team going into future meets and allows them to feel a sense of pride for taking out as much as they could from the rivalry.

“The rivalry is still important because year in and year out we are two very competitive program,” added Ghiselli. “We are swimming for more than each other, we are carrying on a historic legacy.”

# Trevian Gymnasts earn top prize at GBN

## Barkal, Zun lead team to first ever victory at GBN invitational

by Jack Soble

New Trier gymnastics took first place at the Glenbrook North invite on Dec. 7, building off of a string of impressive performances for the team.

Led by a trio of all-arounders (gymnasts who competed in all four events) - senior Darcy Barkal, junior Maeve Murdock, and junior Rachel Zun - the Trevians won the competition at GBN for the first time ever.

Barkal in particular accomplished something special: she set a school record in the vault event with a score of 9.77.

“This is not something I thought would ever happen,” said Barkal, thrilled to receive an exemplary total.

Barkal was featured in the NT News’s “Three Stars of the Week” last week for her accomplishment.

“We have a record board in our gym and I’ve tied with people for a few records, which is a huge honor, but I never thought I could get the highest score. This year, though, I did make a goal for myself to get higher than a 9.6 on vault, so I’m happy I beat my goal and I want to continue making more goals for myself,” she said.

Gymnastics consists of four events: balance beam, vault, uneven bars, and the floor. Each participating gymnast performs a routine on anywhere from one to all four of the events, showcasing their skills in strength and gracefulness. Each routine is scored on a scale of 1-10, and the highest total team score wins



Darcy Barkal (center) holds the first trophy at the GBN invite after breaking vault record with 9.77 score | Twitter

the meet.

Each meet also has an individual champion, and for the GBN invite, that was NT’s Rachel Zun.

“I have never won the all-around at an invite, so being able to do that at the GBN invite was really awesome,” she said.

The GBN invitational has a slightly different scoring system than most other gymnastics competitions, because every score counts, as opposed to each team keeping their best performance on each event. This means that everyone on the team has to receive a respectable score in order to keep up with their opponents, as Zun explained.

“We have been practicing every day after school since the season started to get our routines to where they are now,” she said, proud of her teammates.

Zun finished in first place individually in all-around scoring

at New Trier’s most recent meet on Dec. 15, a “quad” (where four teams, including NT, compete).

One of the other teams at the quad, Carmel Catholic, is one of the Trevians’ “biggest competitors,” so winning that meant a little something extra to them.

“We had to score an average of a 9 to win,” said senior Zoey Spangler, who did well on the balance beam at the GBN invite. “So there was some pressure to hit all of our routines.”

New Trier’s team score was the highest it’s been all season on Saturday, at 147.25. They finished just ahead of Carmel, who placed second with 146.05 points in a tight battle for the top spot.

Barkal won both the vault and the floor routine at scores of 9.45 and 9.55, respectively. Zun tied for first in the balance beam and, of course, won the all-around first place medal with 37.55 points. Murdock, the third all-

around, finished third in total points with 36.8.

The Trevians say that their biggest area, for improvement are in consistency and confidence.

“We’re all great gymnasts and we can do amazing things, but we do have nerves sometimes. Our main goal is to just get everyone to a point of being super comfortable competing and just having a lot of positive energy,” said Murdock.

“We had been doing a lot of reps in practice to get everyone’s confidence up,” she added, confident in her team’s ability to continue their superb stretch.

“We haven’t hit 16/16 routines yet, so that is a big goal of ours for the next couple weeks,” said Zun. “There are also some injuries and illnesses going around the team, so we are looking forward to seeing what we can do with our full lineup.”