

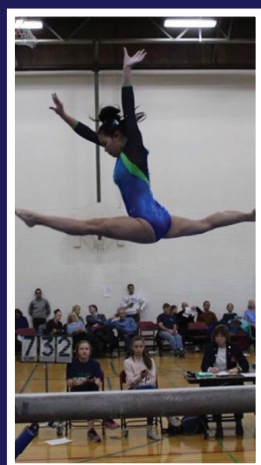
Three stars of the week

Sam Silverstein



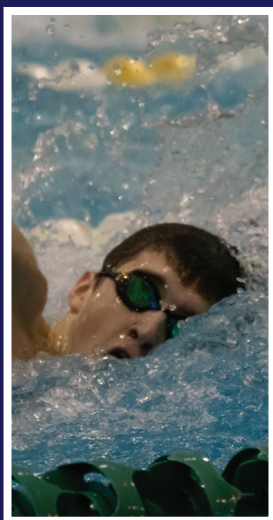
Starred for boys basketball, sadly suffered season-ending injury. Get well soon, Sam!

Zoey Spangler



Senior gymnast who qualified for state

Lucas Blake



Sophomore on boys swim/dive, swam 4:58.91 500 freestyle

Trevian wrestling sends three to sectionals

Janczak, McKenna win regionals but none qualify for state

by Jack Soble

New Trier sent three wrestlers to the sectional meet at Barrington on Feb. 9, but none made the cut for a state qualification.

Under the leadership of head coach Marc Tadelman, senior Tyler Janczak, Junior Matt McKenna, and freshman Jack Cummings all came up short in their respective weight classes. Two of them entered the competition as regional champions, but they couldn't quite get the job done at sectionals.

"I won against a Rockford East kid in the first round, but unfortunately lost in the second and third round," said Janczak. "I felt like I could have won my third place match, which would have guaranteed me a spot to wrestle at state."

He advanced mainly by working his headlock, which is a common move especially for heavier wrestlers like the 195-pound Janczak, in almost every match on his way to a regional title. Cummings won there as well at 165 pounds.

"It was my first time ever winning regionals in IHSA," said Janczak, proud of his accomplishment after a four-year Trevian wrestling career.

McKenna took third at 145 in regionals and lost his first match at sectionals, but he battled back to the point of nearly qualifying for state.

"In the first match, I was getting my shots and getting to my



Junior varsity wrestler, Matt McKenna, takes on a Maine South wrestler at a home competition | Stuart Rodgers

opponents' legs, but I got caught on my back and pinned," said McKenna, a three-year starter whose brother Alec now wrestles at Northwestern. McKenna said that he has plans to wrestle at the collegiate level as well.

He pulled out a hard-fought victory over a wrestler from Deerfield, which he said was extra satisfactory because he lost to Deerfield at the conference tournament. In the third-place match, McKenna fell into a five-point hole, only to come back and tie it up. He eventually fell by a score of 8-7.

"I feel like I made the wrong decision in the third period, but I can't blame my loss on that. I was one match from state and reaching my goal," he said.

Assistant varsity coach Michael Clough was proud of his wrestlers their performance at regionals and effort at sectionals, especially regarding Cummings, who took first place at regionals as a freshman.

"We figured [Cummings] was probably going to make it into the lineup," said Clough. "He struggled a little bit at the beginning of the year, because he's a freshman at 165 and those are usually juniors and seniors. It really came together towards the end and in 25 years of coaching, I think he's the first freshman I've seen win regionals."

Cummings, as well as Janczak, pinned their way through the regional tournament. Pinning an opponent means forcing him onto his back, with both shoulder blades on the mat, and is an automatic win.

The other way to emerge victorious from a wrestling match is to score more points than the other wrestler; points are scored by takedowns, escapes, and nearly pinning the opponent for a certain amount of time.

Falling just short of a sectional qualification was Michael Miralles, junior who like McKenna had been

wrestling at the varsity level since freshman year. He finished fourth, and was frustrated afterwards.

"I had qualified for sectionals freshman year, but not sophomore year due to a knee injury and the goal was to come back and make it again on my second try. I fell short of that goal and I lost a couple matches that I shouldn't have," he said.

Though he was disappointed with his own performance, Miralles was proud of his team's improvement throughout the course of the season. He plans to return next year as a senior and attempt to qualify for sectionals again, as well as help his team win head to head matches and tournaments throughout the season.

"We were and are a young team, but many of us improved and proved ourselves at times this season," he said. "I'm solely focused on coming back next season and reaching our goals."

Cheerleading makes moves and gets the ball rolling

Cheer team, coming off of a successful year, earns respect around the CSL

by Millie Winter, Cleo Pool, Simren Dadwani

In past years, the cheerleading team was just seen as the students with pom poms on the side of the field. Their image changed after finishing their successful season.

On Jan. 10, the team took third in the CSL meet. Leading them to Sectionals on Jan. 26, where they took 10th.

Especially this year, it has become a sport in which students are passionate about competing.

"I really want to try to turn the program around here" said Head Coach Kelsey O'Kane.

O'Kane has worked with the team for two years. She walked into New Trier with plenty of experience, prepared to change the program for the better.

Cheerleading has only been considered a varsity sport for four years here.

"So [being recognized] in itself is a huge step forward to start being recognized within the rest of the schools and the rest of Illinois," explained O'Kane.

Cheerleading is something in which any student that participates needs to be committed and passionate about. Sophomore Eleanor Reardon wants people to know there is more to cheer than what meets the eye.

"Everyone thinks cheerleading is just you run around in mini skirts waving pom poms but it's so intense," said Reardon. "So intense that at a competition in Buffalo Grove, three athletes threw up in one routine," she



The team cheers on girls basketball at their senior night | Stuart Rodgers

see during a competitive season," O'Kane said.

Recently, the team has been taking on the Trevs forever feuds, and finishing strong.

"The school generally likes to beat Evanston and Loyola, and as of last weekend at the Buffalo Grove Invitational on Sunday, we did beat Loyola, so we were really excited about that," O'Kane explained.

For cheer routines, there are points given based on the level of difficulty of each skill. A lot of times teams will win or lose by just a tenth of a point.

"You have to pack all of the skills you can show within a three minute time frame," said O'Kane

For many cheerleaders it has changed their lives, and O'Kane hopes to spark more interest within the students here.

Specifically a changing moment and one of the most memorable parts of their season was competing at the CSL competition in Springfield, IL.

"The highlight of my season was going to Springfield because the team got so much closer just in those two days. Although we did not do our best in this competition (placing tenth), we all learned from our mistakes and rose above them," explained Freshman, Mimi Wagner.

It is safe to say the cheer team is growing by the motto of acknowledging their mistakes, improving on them, and moving forward. And clearly this is working for the team.

Sophomore Tara O'Brien said,

"It felt amazing placing so well in sectionals. I am so proud of how far we have come and how much better we have been this year."

The team's high placement in competitions is mostly because of their determination in expanding their skills and perfecting new stunts to rack up the points in the end game.

"It is mind blowing to say that at the beginning of the season I could barely do a prep, but now at the end of the season, I am doing quarter switch ups," explained Wagner.

When it comes to any sport, physically improving the team's skill comes with mental preparation. Building a strong bond between the cheerleaders was a key component in changing the way Trevs look at cheer and their extensive improvement.

"I feel like our teams connection really helped us. We are all really tight, we work better together and we were able to get a lot done during practice and that really helped us," said O'Brien.

Similarly Wagner added in that, "The program not only improved skill, but has gained some new members. The cheerleaders on the team are a family and a close-knit group. I am so excited to see how much further this team is going to go."

Going forward, the team has goals and changes they would like to make to improve upon the program and keep the ball rolling.

As a Freshman, Wagner emphasized, "One of my goals is to have a Junior Varsity team and a Varsity team. But with this, it is important we continue to grow as a team in stunting, tumbling, and our sportsmanship."