

Three stars of the week

Paige Baldwin



Scored goal in state championship game

Jonah Rane (3)



Led Boys Rowing to 4th place at Head of the Charles regatta

Macy Zaban and Ashtin Hara



Reached quarter finals at state tournament

# NTFH brings state title home for the Trevs

## Girls field hockey shuts out Lake Forest for 2018 state championship

by Millie Winter

On Oct. 27, NT Girls Field Hockey snatched the state championship from Lake Forest with three goals and strong goal keeping, winning 3-0.

Although the girls shut out Lake Forest, it didn't mean that the Scouts had fewer scoring chances.

"In the first couple minutes of the game, the opponents had a flurry off shots on goal, including a corner," said head coach Stephanie Nykaza.

Lake Forest is a very strong team, as one would expect in the state championship. After the initial onslaught of chances, this was where the girls really had to bear down

Nykaza said, "We had the capability to win the game, but the switch had to be on. Sometimes the switch isn't on, or they turn it on too late, but the girls turned it on at the perfect time."

And turn it on they did. Their focus came from a lot of practice and a focused mindset, but they followed through.

Senior Lucy Murray stated, "We were always focused and working hard because we had our eyes set on our end goal and that was state. We knew the only way we would get there is by putting the work into practice."

While the idea of playing

in a state game brings along a considerable amount of pressure, the girls knew how to contain it and add the right amount of energy.

Junior Amy Griffin said, "As a team we always get pumped on the bus beforehand and blast music on the way there. The morning of the state game we also had a team breakfast, so we were together pretty much all day."

"For a lot of players, the music and dancing helps them shake their nerves and get loose before a stressful game," added Murray

The sectional game the team played on Thursday ended in a win, but Nykaza said it was not one of their best games. The girls came in not as prepared and too tense in this game. So, Nykaza knew the best way to prepare the girls mentally for state.

"I was not tense towards the players because I knew they had to relax. It was clear that when game time rolled around, they were much less tense than the start of their previous game," said Nykaza.

Lake Forest has been a recurring nemesis for the Field Hockey team.

"When I was a freshman, the team lost the game in the last four minutes to Lake Forest and it was super devastating, so it is great for the program to be back on top," Griffin explained.

Before state, the girls were ranked 20th in the nation, and 3rd in their region. After claiming the state title, their ranking should ascend even more.

Goalie Emma Lauber, made some intense saves that kept the Trevs in the game. Then the offense



Senior Lucy Murray and Junior Amy Griffin kiss the state trophy | Instagram

turned it around.

"I think that the highlight of the game was the first goal. It really set the tone of the rest of the game and gave us a sense that we could really win this," explained Griffin

Nykaza added that "the scoring output" was by far the highlight of the game.

When the clock ran out, all of the players were ecstatic.

"I have now played in five state championships and before this past weekend had lost every one of them. When the final buzzer sounded I was

honestly shocked and so incredibly happy to finally be on the other side," explained Murray.

"It was very exciting and it was a great feeling. It was rewarding to know that we did what we needed to do all season," concluded Nykaza.

The players have been with each other through the ups and downs this year.

"We were really connected as a group," said Griffin, "and we created bonds that will last far beyond the season."

# Girls Tennis earns top-four finish at state

## Benedetto, Zaban/Hara shine but rain ruins chances at third place

by Jack Soble

New Trier's Girls Tennis team finished fourth at the state tournament in Buffalo Grove on Oct. 20, but efforts to place higher were halted by inclement weather.

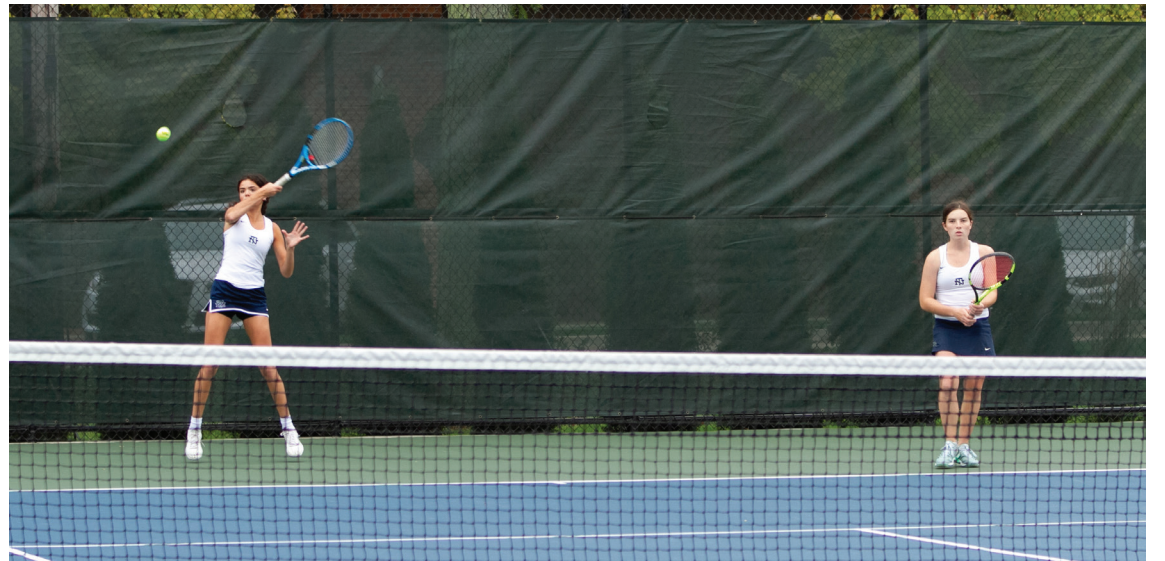
The final few matches of the tournament had to be canceled due to rain, and those matches could have awarded the Trevisions five more total points. This would have vaulted New Trier to as high as second overall in the class of 2019's final attempt at a title.

"I am not satisfied [with fourth place], none of us were," said sophomore Macy Zaban, who with her doubles partner freshman Ashtin Hara reached the quarter finals - at least eighth overall - before the tournament was called. "If we got the point from [junior] Ali Benedetto's match that she won, then we would have tied for third."

Benedetto's final match and victory did not reap any rewards for her team because in order for a match to be credited towards the team's total, the entire round has to be played. This did not happen, so it didn't count.

Benedetto still finished in the top eight overall in the state tournament, but she's more concerned about the team as a whole.

"My point put us into third so that was a bummer that they didn't count it," said Benedetto, one of New Trier's two singles players at state



Seniors Bhote (left) and Dale (right) focus on the ball at the state championship in Buffalo Grove | Stuart-Rodgers

(sophomore Emma Bhote was the other). She currently ranks fifth in Illinois with a recruit rating of four stars, according to the website Tennis Recruiting Network, and she said that she's planning on playing in college.

Zaban's partner, Hara, also expressed disappointment that they weren't able to finish the tournament.

"Our team worked so hard all season and qualified the max amount of players that could go to state and it was a shame that we didn't get to play it out," she said.

These matches were canceled and not delayed or rescheduled because no Trevisian had been still alive in the championship bracket, only in the consolation bracket.

Some, like Benedetto, made it far in the main bracket, lost, and played for a still-impressive finish in the consolation bracket, or "back draw."

According to the IHSA tennis representative Susie Knoblauch (per Chicago Tribune), "the goal is to

crowd an [individual] champion and back draw play only continues if the weather cooperates." Due to this, the team portion of the tournament was incomplete and while it would have been impossible to finish first, New Trier finished only five points behind eventual champion Hinsdale Central.

The two seniors who made the state roster were doubles partners Emily Dale and Lily Bhote. Dale acknowledges that the weather did not help but she took a portion of the blame for the team not finishing as well as they wanted to.

"We lost a close match in the consolation bracket that we could have won, which was disappointing because in the final score we were only behind third place by one point," said Dale.

She explained that the match would have put them in a tie for third overall.

"Everyone else on the team did as well as they could have, considering their draw. We were

the only ones who could have done better," she said.

Dale and Bhote won two matches at state. Dale graduates from the program as a four-year varsity tennis player, and like Benedetto, is considering playing in college.

While the team is clearly disappointed in where they finished, fourth place in the state is nothing to scoff at. It's an improvement over last season, when the Trevisions finished sixth. And it's thanks in large part to the senior class, who accounted for 12 of the 22 members of the team. Hara especially was effusive in her praise of how close they were as a team.

"I think team tennis gives you so many benefits because tennis can be a lonely singular sport," she said. "Our coaches tell us to pride ourselves in 'it's all about we and never about I.' Whether we placed at state or not, we were all pretty proud of ourselves for just getting there."