

Upcoming Varsity Games

Friday December, 8

Boys Swimming
@ Winnetka

Girls Gymnastics
@ Glenbrook North

Girls Basketball
@ Winnetka

Boys Basketball
@ Niles West

Boys Wrestling
@ Maine South

Saturday December, 9

Girls Fencing
@ Culver Academy

Boys Fencing
@ Culver

Boys Wrestling
@ Prospect

Boys Swimming
@ Hinsdale Central

Girls Basketball
@ Winnetka

Sunday December, 10

Cheerleading
@ Stevenson

Girls gymnastics team shines on beam

Girls gymnastics take home early season win over Maine East

by Alyssa Pak

On Thursday Nov. 30, girls gymnastics competed against Maine East at their first meet of the season, taking home a win with an overall score of 141.0-117.1.

While the team was largely successful throughout the meet, they had three teammates who were injured and unable to compete. However, this was an obstacle the team was able to overcome.

Sophomore Maeve Murdock said after the meet, she realized that the team is very deep. "A few of our best girls are injured right now, and we still managed to put up a 141 at the first meet, so I know that no matter what we can fill in for each other and make it work."

The team had exceptional performances from gymnasts on beam, which is one of the most challenging events, as it requires a lot of focus and confidence.

Both the coaches and gymnasts were proud of the way beam went, as the team looked particularly strong.

Sophomore Rachel Zun, who won both floor and bars, said that last season's beam rotation was inconsistent, but being able to start off this season with such a strong rotation boosted the team's confidence.

One of those standout beam



Gymnastics beat Maine East with a score of 141.0 | Jen Pistorius

performances came from junior Zoey Spangler.

Senior captain Emma Rohrer, commented on Spangler's stellar execution which awarded her a score of 9.45.

"She did her two back handsprings perfectly. The last time she did that skill she took a fall, injuring her knee, and she was out for the season. But she landed them and I was so proud of her."

Spangler said that she was thrilled because this was one of her best beam routines so far.

Murdock also had a great routine on beam, scoring a 9.55.

Senior captain Caroline Hartman noted that Murdock is consistent at this event. "She's the state champion on that event and has hit the last 10 routines or so," said Hartman. Hartman also said that it is unusual to see scores as high as Spangler and Murdock's so early in the season.

After a strong first meet, the girls were able to pinpoint what they

wanted to work on, which was being less nervous and more consistent.

"We just need to keep supporting one another and build each other up so we can compete confidently and be solid on each event. I think this will come with more practice and as we get back into the swing of season," said Hartman.

Murdock agreed, saying that a lot of nerves came from this being the first meet of the season.

Hartman also added that this meet was relatively low-pressure, since Maine East doesn't have as strong a team this year.

"I think everyone just wanted to go out and do their best and get the first meet jitters out of the way, especially since many of us were debuting new routines with upgrades from last year," she said.

Rohrer said she had one big save on beam, earning a score of 9.2. After this meet, she also planned to work more on her consistency.

"I am going to try to do more

pressure routines during practice, so it will not be as nerve wracking during competition."

It was also due to the more relaxed environment that the gymnasts could fully support and cheer for another throughout the meet.

"We weren't very focused on the outcome of the competition which gave everyone a chance to relax and have fun. The atmosphere was also really great, we have a really close team this year," said Zun.

Among those who were injured was junior Darcy Barkal who came to the meet to support her teammates. While some teams have difficulty starting the season off with energy, that didn't seem to be a problem for the gymnastics team. Barkal noted that the meet was packed with energy.

"I was really proud of the team because even if someone fell everyone cheered super loud and it really didn't affect us," she said.

While Barkal is no newcomer to the sport, this is her first year on the school team.

"I learned that high school meets are a blast and all about team spirit. I feel like we had a really strong start to the season and it's only going to go up from here."

After an impressive first meet, the team is ready to continue honing their skills for what appears to be a promising season.

"We are getting into the heart of season so we are running lots and lots of routines to get more consistent," stated Hartman.

Wrestling goes 3-0 at East Leyden to start season on the right path

NT beats Leyden, Buffalo Grove, and Crystal Lake South

by Lexi Shoup

The New Trier wrestling team went 3-0 on Saturday Dec. 1 at the Farina Fieldhouse at East Leyden's campus.

The Trevs beat Leyden 38-25, Buffalo Grove 59-9, and Crystal Lake South 42-18.

Leyden was New Trier's biggest competition at the meet. "We did pretty well considering that we've had trouble with Leyden in the past. We definitely had a strong shot offense. We finished our shots well and came out on top," said senior wrestler Russell Sanchez.

"On the other hand, I think we can improve on being more aggressive in the beginning of the match."

According to Varsity Head Coach Marc Tadelman, the teams at the quad were well matched. "It's a well-rounded quad. Usually Crystal Lake South and Leyden are the two tougher teams there. Last year we beat two of the three so it was nice to come in this year and beat all three teams."

Tadelman attributes the team's success to working hard in each match, especially the seniors, many of whom got all three wins on Saturday.

Senior Jack Tangen went 3-0 individually in the meet, "I think as a team we need to work on a lot of little things. If we pay attention to detail while we are at practice we can be



Senior Jack Tangen (right) went 3-0 at Saturday's meet | Guthrie

much better," Tadelman said.

Some of the wrestlers that are new to varsity need time to adjust.

"It's a little different wrestling JV and freshman than getting into varsity. The kids are more skilled and pick up the intensity," said Tadelman.

Though this meet doesn't count for conference, it's a good way for the team to get into the season after their first conference meet which was on Friday Dec. 1 at GBS.

The Trevs beat GBS 62-18, "It was our first conference dual and I think it sets us up well for future conference duals," said Tangen.

Tadelman said the team wrestled hard and after the first match the team was going out to get pins. "It was nice to start off conference with a win," said Tadelman.

The win against GBS helps the Trevs toward their goal of winning conference, "We have been conference champs for the past several years and we hope to continue this goal. So far, we had a good start to our ambition by winning against GBS," said Sanchez.

The team has both individual and team goals going forward in the season, "I'm excited for the rest of

the season. We have a tough schedule so that we will be more prepared when the state series starts. My goal this year is to win an individual state championship and as a team our goal is to win our regional and qualify for team sectionals," said Tangen.

The Trevs have a tough schedule coming up.

"We'll have some team losses but the intent is to get guys challenged so they improve and work hard in practice and get better for the end of the year," said Tadelman.

The team's next meet is on Friday Dec. 8 vs. Maine South at home in G110.

"Maine South is a big meet for us as they are also contenders for a conference title and they are a big rival," said Tangen, "I'd like to get a large student section for that meet because wrestling never gets any students at the meets."

Tadelman is confident that New Trier will do well at Friday's meet,

"I see no reason why the team shouldn't win if we wrestle the same style we did last week. We just have to stay consistent and keep going hard like we've been."

Girls bowling strikes down competition

by Arjun Thakkar

The bowling team had two 9-0 victories last week, beating Evanston on Nov. 29 and Loyola Nov.30.

The pin total against Evanston was 2286-2109, and the pin total against Loyola was 2471-1605.

Senior captain Ellen Noeh has been on regional varsity since she was a sophomore. She played in all 3 games for both competitions.

"I didn't do so well during the Evanston match but improved for the Loyola match. I struggled against Evanston with 1-pin spares which are crucial to getting good scores," said Noeh.

Michelle Ellis, the other captain for the team, explained how they've been developing the team's cohesion and its impact: "As much as bowling is one person at a time, it's a team sport."

"It seemed close after our first Evanston game, then Ellen and I decided to bring our cheers back. The moment we got our main strike cheer back, we were all rolling strike after strike," added Ellis.

Coach David Hjelmgren explained how one of the team's goals is to raise the pin total up to 2800.

Some points that the team thought they needed to work on were technical. "I think we need to work on picking up our spares. Having an open frame or multiple open frames can set you back in terms of your score," said Noeh.