

Upcoming
Varsity Games

Friday, October
27

Girls Swimming
@ Winnetka Campus

Saturday, October
28

Fencing
@ Winnetka Campus

Boys Rowing
@ Upper Arlington

Crew

Girls Rowing
@ Upper Arlington

Crew

Girls Cross Country
@ Lake Park

Boys Cross Country
@ Lake Park High
School

Field Hockey
@ Glenbrook South

Football

@ Loyola

Boys Soccer
@ Northfield Campus

Girls golf wins state title, sets record

Trevians set team record at state, Tir wins individual title

By Lexi Shoup

The New Trier golf team finished first at the Class AA girls golf state championship in Decatur on Saturday Oct. 13, with junior Penelope Tir winning the individual state title.

New Trier had a 36-hole score of 603, giving them a ten stroke lead over Barrington's 613, and setting a state record in the process. Tir's individual two-day score of 144, even par, won her the individual title.

The Trevs had tough competition going into the twelve team tournament. "I would have to say there were three other schools that were very strong this year: Barrington, St. Charles North, and Hinsdale Central," said varsity head coach Scott Fricke.

"We went into it thinking we had a chance to win. This is one of the strongest teams that New Trier has ever had."

"We shot a 303 day one and a 300 day two, which was the state record. We were the best team in girls golf history in the state of Illinois," said JV head coach Andy Horne.

Senior golfer Rachel Rhee said going into the second day, the team knew they had a lead, but still had to play their best to finish it off. "We've had our chances at winning, but this year we all played great golf. Even though nerves set in, all of us

knew our game and swing and we went there and tried our hardest."

Junior Penelope Tir was the individual state champion, shooting an even par score after getting 73 on Friday and 71 on Saturday for a total score of 144.

The coaches and players were focused on the team score, until Tir's birdie on the 17th hole.

"Once she hit the 17th hole she took a lead individually. That's when I thought OK, she could possibly win now," said Fricke.

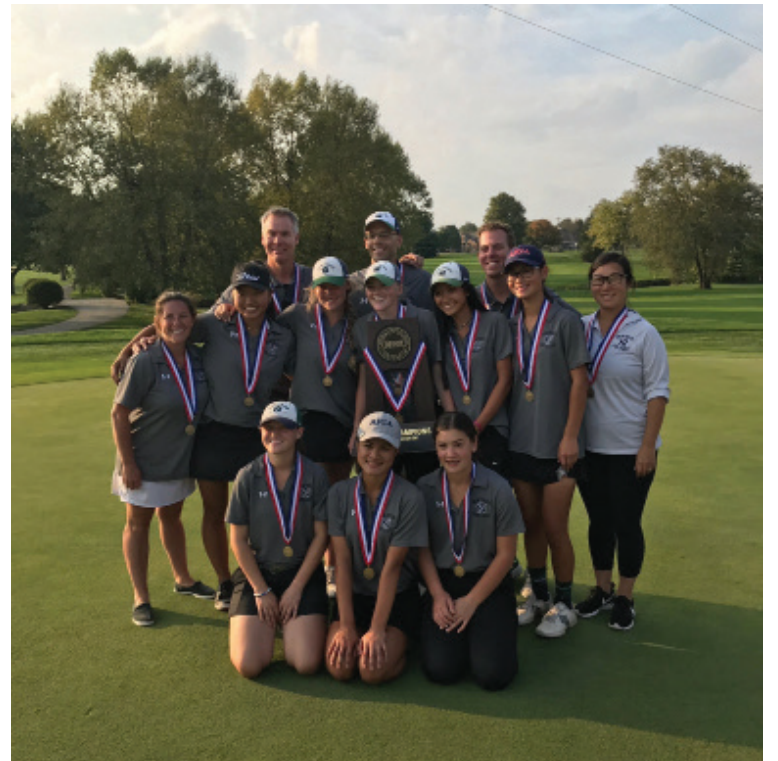
Horne didn't know if even she knew at that time but thought she had a feeling she was in contention. "That putt she drained for birdie on 17 was the difference," said Horne.

Tir's key to success was not getting too overconfident. "I was confident in our abilities to score well, I made sure that I wasn't too confident, so that I could focus on my own game and not get ahead of myself," she said.

The girls have learned that they count on each other as teammates and as friends. "We can really rely on our teammates to have our back if we had a bad day. If someone wasn't playing their best, we had other players that were playing better," said senior Megan Gabor.

Four of the six girls at state will be returning next year, juniors Lizzie Kenter, Abbie Kaestle, Penelope Tir, and freshman Audrey Tir.

The tournament was split over two days, 18 holes each day. Each of the six golfers play the course and the top four players scores are taken and added up to compose the team's score for that day. The cumulative score for each day is added to get the



New Trier set a state record with their 36-hole score of 603 | NT Golf Twitter

team's final score for the tournament.

The golf team had a successful season, winning several tournaments, their conference by going undefeated, as well as regionals, sectionals. "Those were all big tournaments going into the State," said Rhee.

Fricke is grateful for the attention winning state has brought to the team and has been surprised at the support the team has gotten from the school and the community after winning.

"It's been great, on Winnetka avenue there's a big sign that says golf state champs. They have our trophy displayed outside the athletic

director's office with pictures and we've gotten a lot of press."

The coaches are looking forward to competitive years to come.

"A lot of the schools that competed with us have a lot of people coming back too, so it's going to be a very strong year for girls golf. We're looking forward to it," said Fricke.

Horne has seen a strong group of freshman golfers come in as well.

"Hopefully we can find a way to defend our title," he said. "It will remain competitive for sure in the years to come."

Swimmers stay calm at end-of-year meet

Girls Swimming beats Niles North in one of years last meets

By Alyssa Pak

On Oct. 20, the girls swim team beat Niles North with a final score of 131-39.

"Some girls swam season best times, which was very exciting. It was also cool to see people doing really well in events they wouldn't normally swim," said senior Sophie Girgenti, a member of the leadership council, the equivalent of team captain.

Sophomore Kristin Engelking said that she was motivated to swim fast in the 100 breast. "Carly Jennings and I were racing and we were trying to beat the girl who got first, so we both dropped a lot of time."

Junior Addy Hillerbrand also acknowledged Jennings' outstanding performance in the same event. "She swam the 100 breast with me for the first time this season and went a lifetime best, impressing herself and the rest of the team."

During the meet, the lighthearted atmosphere allowed swimmers to do their best, and teammates got the opportunity to swim off events.

Girgenti explained that Niles North is a good team, but New Trier is very deep. "This means that we had flexibility in our lineup. So it was a chance for us to swim in events other than our three or four best events that we swim every week."

While Hillerbrand doesn't normally swim breaststroke, she



Girls Swimming does their traditional pre-meet cheer | Girgenti

was excited to get to swim in an off event. "I usually get really nervous before my events, but I was pretty relaxed for my races on Friday even though I gained time in all of them. I didn't really swim that well because I've been kind of sick for the past couple days," she said.

Junior Katherine Lasonde explained how most of the girls were swimming off events, which contributed to the lighter atmosphere. "However, it also meant we had to work extra hard to beat other teams," said Lasonde.

Hillerbrand stated that when

meets such as this one are less intense, the team isn't as nervous for their races, as a result, they are more relaxed, so much so that she said that "The biggest challenge for us was staying focused because it wasn't a very competitive meet."

Senior Olivia Lantry, another member of the leadership council said, "I usually swim the 100 breaststroke and the 50 free. But at the meet on Friday I swam the 500 free and all 3 relays."

Lasonde said it's hard to keep up energy and stay positive throughout a 4 hour meet. "But cheering with

team mates helps a lot," she said.

She noted there were lots of Hawaiian luau decorations since it was the Niles North senior night, but that made the meet go on longer, and the girls were already tired.

Unlike many other sports, the team wakes up early to practice three days a week from 5:45-7:45 in the morning, and then convene again later in the day from 3:40-5:30 where they will do longer aerobic sets, threshold sets, and long kicking sets.

Lantry agreed that the girls seemed to be a little more tired than usual, and Hillerbrand elaborated. "Swimming the best we could was a challenge because this past week was very intense in terms of practices both in and out of the water and we were all sore."

Because of the less competitive atmosphere, some girls still got to swim in events that they usually aren't in before the season ends.

According to the girls, they came together at the end of the meet to finish off the Friday on a nice note.

Freshman Anna Werts stated that the relays were her favorite part of the meet because everyone always gets super pumped up for them.

"A good moment was when everyone at the end of the meet got up and cheered for our last relay," said Lantry.

"My favorite part about the meet was that they played pump-up music during the 400 freestyle at the end of the meet. I have never experienced that before, so it was surprising, but it ended the meet in a really fun, positive way," said Girgenti.