

Softball looks to improve this season after two losses

NT softball remains optimistic despite season record of 1-4

by Eleanor Kaplan

The Trevian softball team had a tough trip to Normal, Illinois this spring, dropping two games to Lincoln-West while the rest of the scheduled games were rained out.

Despite their losses, the team is proud of their performance and anticipates a strong season. "We faced the fastest pitching we've seen thus far but our bats were still strong in the first game," said senior captain and pitcher Alicia Bagan. In the shortened second game, ten out of eighteen batters struck out.

Softball season started only a few weeks ago, and the team is still working on communication and building trust. "We're playing some of the top teams in the state and we're still trying to figure out who we are as a team," said head coach John Cadwell.

The first game showed strong



NT Varsity team poses during their spring break trip to Normal, IL | Pavlik

defensive play and powerful pitching. Junior pitcher Eloise Trout pitched a strong game and Lincoln-Way East "struggled hitting off her," said Bagan.

During the fourth inning, down 0-3, Bagan doubled, resulting in senior captain and shortstop Gillian Gossard taking third base. Bagan's hit gave the offense a boost, leading to two runs later that inning, said Trout.

Although they scored two runs, the team lost the game with a final score of 4-2 after Lincoln-Way East scored a run during the seventh inning.

However, the team is pleased with their performance. "In the first game, we had some excellent defensive play, both our outfielders and our infielders," said Cadwell.

The team got off to a promising start in the first inning of the second

game, sending five batters to the plate, but they only scored one run. Freshman Kayla Okininski drew a walk, stole second, and scored later that inning by an error by the third baseman.

Senior captain Caroline Kelly dove through a mud puddle and still managed to catch a ball hit to right field. Although this daring play gave the team momentum, it wasn't enough in the 11-1 loss.

Before the trip, the team had won one game against Lane Tech and lost two to Whitney Young and Fremd. Although the trip puts them at a record of 1-4, Bagan emphasized that the team is still young and gaining experience playing together. There is one freshman and three sophomores, so for some, it is their first year playing on the varsity team.

"We're still getting used to playing with each other and don't judge the success on the tournament based on wins and losses," said Bagan.

Although the weather caused four games to be cancelled, it left the team with plenty of free time. Sophomore Abby Carpenter said, "We used the downtime that we had

at the hotel to do some team bonding activities and get to know each other better."

The team believes that the relationships built off the field will translate onto the field, causing the team to have stronger trust and communication.

Many players emphasized this year's team's strong motivation and high energy. However, the temperature tends to have an affect on the team's performance, said Carpenter. "Our energy tends to go down when the cold gets to us, which is what damages our momentum."

With the weather getting warmer, the team hopes to have more opportunities to practice. Cadwell noted the need for further practice for situational hitting and an overall need for greater confidence during games. Pitching, he noted, will also improve with this additional practice time.

Bagan believes that this team, with a little more time and practice, has great potential. "People may not see us as a threat right now, but we'll prove them wrong."

Hockey team's state win one of many for long-time coach

Melton credits past coaches and experiences to his coaching success

by Alyssa Pak

Coach Bob Melton led the New Trier Green Team to a win in the championship game on Mar. 17, with a record high of over 11,000 people in the stands.

"Training for the state championship game is a process over the course of an entire season. We try to play as many of the toughest teams and competition throughout the year so that we're ready to go," said Melton.

Melton has been the coach of the boys club varsity hockey team for the past twenty years, and throughout his overall 26 years of coaching, this is not the first state championship that one of Melton's teams has won.

Melton has led Green Teams to over eight state championship wins. He explained that one of his favorite moments during his career was while he was still in his first year of coaching the team. It was 1998, and he was able to win the championship by a score of 1-0.

This year, he led the Green Team to a 4-2 win against Providence. "The game featured us as the number one seed versus the number two seed, Providence, so it was the best two teams in the state battling it out head to head."

Another one of Melton's favorite moments as a coach was coaching his son Kyle to a state championship win his sophomore and senior year.

He expressed how proud he and his family were when Kyle scored the winning goal of the game his sophomore year in 2011, Melton's 14th year of coaching the team.

After graduating from the University of Illinois at Chicago, Melton's coaching career began when he was 26 years old.

One of his friends had asked him to be an assistant coach, so in 1993, he started at the Winnetka Hockey



Melton goes through the game plan with the 2009 NTG team | NT Hockey

Club. Melton enjoyed coaching, and five years later, when the green team coach position opened up at New Trier, he interviewed for it and got the job.

Growing up, Melton said his father was one of the most prominent influences on his activities, including hockey.

He started playing at five years old, and learned how to skate at an outdoor rink in Northfield. He and his friends would play street hockey after school almost every day, which Melton believes is where he learned most of his skills.

From first to eighth grade, Melton played hockey for the Northbrook Bluehawks; as a freshman in high school, he made Glenbrook North's varsity team and became the team's leading scorer. As a sophomore, he played AAA hockey, and as a junior, he played junior A, where he won his first national championship.

Melton played again at Glenbrook North his senior year with his brother, and they won the state championship in 1985.

After high school, Melton played Division 1 level with the UIC Flames. His sophomore year at UIC, he was the ninth leading scorer in the league.

In addition to his father, Melton had two other significant coaches:

one in high school and one at the AAA level, which is where he gets his coaching techniques.

"My philosophy is that what you put into the sport, as far as work ethic, you will get out of the sport in the end. There are no shortcuts to being a champion or being the best," Melton said.

He also acknowledged that in addition to hard work, some kind of luck is necessary along the way. Still, the players who are the most focused and dedicated to the sport are the ones that ultimately succeed.

For others who are interested in becoming a hockey coach, Melton added that the job is enjoyable, but there can be headaches too, especially when it comes to handling parents.

"You have to be able to deal with the 20 different personalities from the players and you can't treat everyone the same way. You have to find which buttons to push with each player to get the best performance out of them."

Throughout his coaching career, Melton has been successful in bringing out the best in his teams, but nevertheless said, "something I often stress to the team is to always enjoy the experience and to never let the pressure exceed the pleasure, which is something that I learned from the Cubs' manager, Joe Maddon."

Speed skater Mia Krone ends season with national title

Krone closes out her skating career at top of 17-21 age group

by Olivia Stensberg

Senior Mia Krone completed her speed skating career, earning the title of national champion for her age group, qualifying her for Olympic Trials.

Krone started speed skating when she was 10. She previously played hockey but hated it. Her dad took her to a speed skating practice in Evanston, where she put on skates and fell in love with the sport.

She now trains with Glen Ellen Speed Skating Company and at The Academy of Speed Skating Excellence in Milwaukee. Speed skaters practice and train within a club but race individually.

For races and tournaments, a skater must compete in four different events including the 500m, 1000m, 1500m, and 3k. Skaters win points in each event, and the one with the most points wins overall. Winning is not completely based on time but has a lot to do with strategy, including passing and blocking, too.

Being successful in races involves a lot of practices and training. Krone has to drive to Glen Ellen twice a week, and on Thursdays and Saturdays she drives to Milwaukee for practice.

Though all her hard work has paid off, she said it is hard to not be home often on weekends.

"I don't get to hang out with my friends as much as I want," she said.

Through her travels skating, she has met people from every part of America which she thinks is a major perk of the sport. "Some of my best friends live all over the country and because we've been training and racing together often, we really get to know each other well," she said.

One of her best friends from the sport also won nationals from her age group. "It was nice to finish it together," Krone said.

Krone won each distance in nationals and won overall for her age group of 17-21. At age 17, she was

one of the youngest in her age group.

After Krone's big win, her times qualified her for Olympic Trials. Though she has the times for the trials, she said it would be too competitive to qualify for the U.S. team. "The first question anybody asks is if I'm going to the Olympics, which I'm not, it's just too much," she said.

Krone was confident in her decision to not attend the trials, "I decided not to go to the Olympic trials next year because of the competitiveness for getting a spot on the U.S. team. I did decide to go to the Junior Worlds Trials, but I was one spot away."

Part of what led to Krone's success was avoiding injury this year so she was able to train throughout the season. In sixth grade she broke her back, which took months to come back from. Last year she had a concussion from July until Christmas.

"I did have a few injuries, but those were mostly from racing in practice, not from over-training as much," she said. Running track also makes Krone more susceptible to injury, but she's avoided that this year.

Being a successful two sport athlete with overlapping seasons has been stressful, but Krone manages by taking advantage of her free periods.

The Track and Field sprinting coaches helped ease the stress of two sports. "They know I'm not just missing practice to party, so they were nice about letting me go on weekends," she said.

Unfortunately, a skater can't go to college for speed skating without being both a part time student and going to college in Salt Lake City or Milwaukee.

Krone is attending High Point University in North Carolina where she won't be skating. She said she's going to miss the sport, but she is happy she's ending her competitive skating career on a high note.

Although Krone doesn't know if she'll ever compete again, she said, "I love the sport and I love the people in the sport so I might come back to coach when I'm an adult."