

Caroline Fix sprints to success

Fix aims to improve in her last track season with the support of her team

by Amelia Lytle

Senior Caroline Fix shines on the track and cross country teams as one of the fastest runners at New Trier, but also as a strong leader.

Although running may seem like an individual sport, Fix explained how vital team cohesiveness is to everyone's success.

"We try to work together as a pack and use one another during the race. We might take turns leading so we can push one another and stay encouraged during the race."

She said that watching her teammates accomplish a goal feels just as good as personal success because of the hard work everyone puts in at practice.

Part of a successful group dynamic includes strong leaders, another area in which Fix stands out.

"Caroline leads by example. She consistently makes an effort, especially during hard workouts, to help maintain the strength of the group through positive self-talk," said senior teammate Natalie Marsh.

Head Girls Track Coach John Burnside said, "Caroline is a quiet yet meaningful leader. Her encouragement is extremely genuine and timely. Other athletes respond to her example and her encouragement."

Along with leading by example, Marsh highlighted how important Fix was to the team leading up to the state cross country meet.

"When our varsity group was struggling to work together in workouts and in races, Caroline offered a lot of ideas that had an impact on everyone and strengthened the way our pack relied on each other in races."

Fix is able to give advice and



Caroline Fix took 6th in her division at the 2016 cross country sectionals meet | Varsity Views

encouragement to the team due to her experience and success in her races.

One standout race in her high school career was in the 3 mile at state, where she ran a 17:17 and placed 27th. This race placed her in the top 5 Trevians of all time.

"She developed from a standout freshman to one of the top runners in the history of the program," Burnside said.

Fix's improvements from freshman year have come from her work ethic and determination.

"Out of anyone on our team, she's always the most focused on what she needs to be doing at practices and at meets in order to reach her next goal," Marsh explained.

Fix's determination and mental focus on her sport is what makes her achieve such success.

Fix clearly puts in the work during practice to improve, but she also inspires her team while doing so.

"She's so mentally tough and effortlessly pushes through the hardest workouts which is so inspiring to be a part of and makes me and other teammates want to push harder also," said senior teammate Grace Fagan.

Another aspect of her running career that has helped with her success is the support from her

teammates and coaches.

"I respect Burnside so much and it is incredible knowing how much he believes in me and wants me to succeed. Part of what makes him such a great coach is that he wants everyone to achieve their personal goals, no matter how fast a runner they are," said Fix.

Currently, Fix is focusing on her upcoming track season after finishing cross country on a disappointing note.

"Running is very much a mental sport and it can be hard when you fall short of your goals. However, I am even more determined to succeed during my track season," she said.

One of Fix's motivational quotes she lives by is, "Don't think about what can happen in a month. Don't think about what can happen in a year. Just focus on the 24 hours in front of you and do what you can to get closer to where you want to be."

This quote clearly illustrates her tough, focused mindset towards her upcoming season and achieving her goals in general.

Looking to the future, Fix plans on continuing her running career in college. "I really like the idea of running at the University of Minnesota, but I haven't committed to anything yet."

Athletes tackle arduous recruitment process

Committed athletes see advantages in college recruitment

by Mimi Cassato and Daniel Kogan

As seniors begin to make the difficult decision of where they will be spending their next four years, some are getting a head start.

Junior Sophia King has been developing her love for lacrosse since sixth grade, which led to her commitment to the Division I College of William and Mary.

King is one of the eight million students participating in a high school sport and one of the 480,000 students playing a NCAA sport in college, according to NCAA.

During February of King's sophomore year, she closed the deal with William and Mary to be a part of their 2018 girls lacrosse team. According to King, the process was far from easy.

"Oh my god, I hated it, it was so stressful. I just wanted to commit so I could be done with the process," King said. "I went to the camp and ended up really loving it and they contacted my coach," King explained.

That was only the beginning of her four month interaction with William and Mary. After, Sophia had a phone call with the school, went to another camp, a campus visit, and then finally committed.

Senior Tommy Solberg's recruitment to Denison University for cross country and track and field in December was much different.

"All I had to do was get in on my own and then I could run at the school for DIII, it was more relaxed than usual," Solberg explained.

The rules of college recruiting are very complicated and according to Deborah Ofcky, Assistant Athletic Director at New Trier for 15 years, are always changing. Ofcky explained how New Trier coaches are allowed to advise students regarding the commitment process with a presentation about recruiting.

King's club lacrosse coach, Claire Danta, was most dominant in closing the gap between King and college coaches. Division I schools can not have direct contact with players, but they can speak to the player's coach.

Like King, junior Anthony

Calarco committed to Northwestern his sophomore year for baseball. He said that head varsity baseball coach Mike Napolean was helpful in the process along with his club coach.

Ofcky said she has seen an increasing number of student athletes turning to club teams to make the recruiting process easier. However, since no club teams exist for running, Solberg sent her times to the Denison coach on her own.

King was not hesitant to share her concerns involving her early decision, "Do I really want to play all four years of lacrosse? But then I always go back and think, 'it's going to be so fun and I can't really regret once I'm there.'"

King has also openly recognized the benefits of her lacrosse talent "No, I don't think I would be able to get into [William and Mary]. Honestly, it's so much harder and it being such a small school, I don't think I would have heard of it," she admitted.

Calarco also believed he wouldn't have been able to attend Northwestern without the help of baseball.

Ofcky has been heavily involved in sports since high school, playing and coaching for D1 schools, and she currently coaches girls golf and badminton.

She is adamant when describing the benefits of being part of a team has on students as well as herself.

And Ofcky's experiences with athletics give her perspective, "I personally feel that an early commitment, especially if you're a freshman or sophomore, isn't healthy."

"While it may take some stress off the process down the road, there's so much personal growth between your sophomore year and senior year that it can backfire," she said.

Ofcky added that a student's academic preferences change throughout the years, which can affect which college might best fit the athlete.

After committing, King needed to keep her current grades and score relatively well on her ACT to continue her plan of officially signing to William and Mary her senior year. King, Solberg, and Calarco all showed confidence in their choices.

"I'm super excited and grateful for everything and everyone who's helped me. The girls in my class are genuinely the best people ever and I know that I've made the right decision," said King.

Night League dribbles into playoffs

Night League teams prepare to compete for the coveted Golden Shoe

by Robert Pettas

The NHL has the Stanley Cup, the NFL has Lombardi Trophy, Night League has the Golden Shoe. Three of the most iconic and coveted trophies in the sports world.

With the playoffs beginning next week, the race for the Golden Shoe is heating up.

A front-runner in this race with high expectations is The U. Over the offseason, Senior JP Sheridan was recruited by The U, and after leaving his old team in a very Kevin Durant-like move, his addition cemented The U as a dominant team.

At 8-0, The U is looking to remain undefeated, capture their second golden shoe, and leave high school on top.

"JP was a key offseason acquisition. In our high-low offense, he can either drive with the ball, or hit shots from behind the arch. He is always in the mix and has a high basketball IQ," said senior Kyle Retondo of The U.

While The U may be expected to win it all, The Bronski Boyz have a

different outcome in mind, "We have good chemistry and fundamentals," said senior Cam Klineberg.

With their athleticism, chemistry, fundamentals, and having won the championship last year, the Bronski Boyz are by no means underdogs. Expect the Bronski Boyz to turn it on during the playoffs.

On the losing side of last year's championship was Loyola Girls Basketball. Michael Mogentale of Loyola Girls Basketball said, "I feel that we have a good shot of winning this year. We were going for our first Golden Shoe last year, and the game was intense and getting chippy, but that's what makes Night League great."

The physicality of the Night League games shows that these athletes are ready to lay it all on the line for a shot at the Golden Shoe. Yet, the games can get physical at times.

In last year's championship game, senior Max Rosenthal went up for a rebound and came down awkwardly, tearing his ACL. "It was terrible, but I injured myself in the championship game, I was giving it my all. When I heard we had won the game, though, it eased the pain a bit," he said.

A possible dark horse in the upcoming playoffs is the 5-3 Bruntyardigans. "We're definitely the dark horse in the playoffs this year.

We're going to upset a team that's not going to take us seriously," said team member Charlie Blackwell.

In other news, there will be a secondary night league tournament for the Silver Shoe (not to be confused with the coveted Golden Shoe).

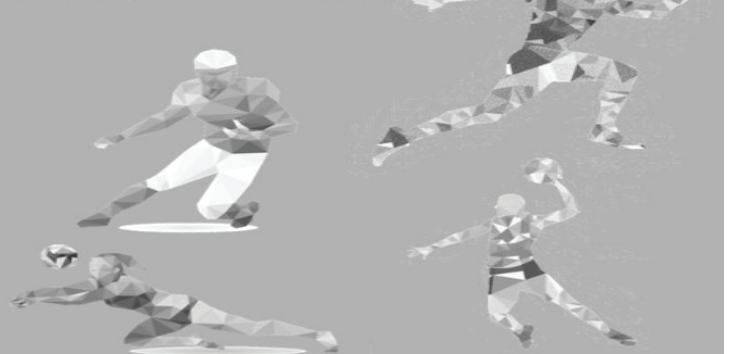
The Weiyiyaya will be competing in the secondary Silver Shoe bracket with a 1-7 record. The subpar record could be due to a lack of regular attendance. However, senior Aris Loukis said, "We try to make teams adjust by playing 4 on 5, just give them a look they're not used to. It hasn't work out too well to this point. But, we're going to give it our all in the playoffs."

That's the difference with the Golden Shoe. Throw out the records, anything can happen out on the hardwood. The players compete for the love of the game and the teammate next to them, not for the fame or the endorsement deals that come with it.

From the hard early morning workouts in the gym, to hitting the showers with your teammates after the game, it's all worth it for that final sweet moment of raising the Golden Shoe, as a champion.

With playoffs rapidly approaching, all of New Trier waits with baited breath to see who can capture the Golden Shoe. It'll be a wild ride, so buckle up folks.

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