

Upcoming
Varsity Games

Friday, May 11

Boy's Water polo
@ Glenbrook South

Boy's Tennis
@ Evanston

Baseball
@ Duke Childs

Boy's Volleyball
@ Vernon Hills

Girl's Soccer
@ Fremd

Girl's Water polo
@ Glenbrook South

Saturday, May 12

Boy's waterpolo
@ Glenbrook South

Boy's Tennis
@ Evanston

Boy's Volleyball
@ Vernon Hills

Boy's Tennis
@ Nielson

NT Badminton moving forward to sectionals

Trevs place second in conference behind Glenbrook South

by Rhea Mech

The New Trier varsity badminton team took second place behind Glenbrook South at the CSL invite tournament at Winnetka on April 27-28.

Other schools that competed include Deerfield, Evanston, Glenbrook North, Maine East, Maine South, Maine West, Vernon Hills.

While the entire team placed second overall, each athlete placed first, second, or third in their individual events, which contributed to the success of the last tournament of the season before sectionals and state.

"I think it was a good last tournament because more people got to play than usual, so there was more going on," said junior and team co-captain Holly Fessler.

Like many sports, after players finish their matches, they watch and support their teammates.

"When we're not playing, we're always cheering or giving tips to teammates," said senior and captain Eleanor Cheng. "Half of badminton is a mental game and the constant support helps us keep our cool on the court."

Other players agree that hanging out with the team makes games better, like junior Tess Fallon who said "the best part about tournaments



Every NT athlete placed in the top three of their individual events | Chen

is being able to hang out with the team, especially when there's a lot of waiting between matches."

While some highlights from the tournament were playing well and having fun as a team, players faced challenges mentally.

Badminton tournaments typically last close to nine hours, according to Fessler, who said that she and her partner, Fallon, struggle to stay focused during long games.

"My partner and I got off to a slow start Friday night, because we sometimes overthink each point when really need to calm down," said

Fessler. "Throughout the night we were able to get back to playing like ourselves though."

Due to the short season, "we don't have a lot of time to work on each fundamental issue for a long amount of time," said Fessler. Nevertheless, all the girls on the team put in so much work throughout the season and I think it really paid off this weekend."

Team captains also credit the teams experience for their performance this weekend.

"Our team is very young this year, with 5 sophomores and 3

juniors on varsity," said Cheng. "I think the team was just shy of coming in first place because of our lack of experience."

Because of this, however, in the next few years "this team should be very strong, as these young players train to reach their fullest potential," Cheng said.

Coming up, the varsity girls are preparing for sectionals where they hope to qualify for state again.

"I expect our team to do just as well at sectionals, because our athletes for the doubles and singles events are strong this year," said Cheng. "Last year we won the sectionals tournament, so we hope to make it two in a row."

Although the team doesn't typically take home first place trophies each year at state, "we use state as an opportunity to experience and learn from high level badminton players," said Cheng. "It's always cool to see so many people in one place with the same passion and dedication as you."

While the varsity team was competing at home, the junior varsity team competed in their last tournament of the short season at Deerfield.

"We placed third in conference, but I'm not at all mad about that since I saw my fellow players play their hardest," said junior Esther Park.

"Overall, I thought that JV played the best we have this season, since I got to see tremendous improvement from my younger teammates, especially from the freshmen."

Girls water polo beats Evanston in CSL conference

Trevs look forward to sectionals, anticipate competitive Loyola matchup

by Jack Soble

New Trier's girls water polo team has state championship aspirations, but they had to take care of business in the Central Suburban League South first, taking home the conference championship.

The 17-7 win had the Trevians defeat Evanston 8-6 to win the CSL South and now have set their sights on taking down a different rival, this one in much closer proximity.

The Trevs have a 2-1 record against Loyola and according to Head Coach Matt Wendt, "We will likely see them in the Sectional Final. We are in a good state of mind and the girls are feeling confident about the future," Wendt said.

The Varsity team brings a healthy mix of upperclassmen and lowerclassmen to the table, or rather the pool, than perhaps any other New Trier sport. They have four sophomores, five juniors, four seniors, and a lone freshman, defender Emily McKenzie.

McKenzie knows the tactical nuances of the game as well as any other player, "At the start of the season, we wanted to focus on having a strong defense and fast counter attacks. This so far is the strongest aspect of our team. In the future we hope to be smarter with our offensive maneuvers and to better communicate as a team," said McKenzie.

While McKenzie, senior Alaina Vivian, and fellow senior Allie Larkin

provide the defense, the Trevians don't lack offensive firepower,

"Megan Frentzel has a great outside shot," said Wendt. "Kasey Umlauf and Carly Jennings are our Centers who take a lot of punishment in the middle."

Vivian agreed, iterating that their best shooters are Frentzel and Caywood, "Jennings and Caywood hold their own and are both getting better and getting a lot of goals from set," said Vivian.

The team's strong classes of sophomores and juniors will assuredly keep improving, as twelve of them are in line to compete and play across the Atlantic, in Hungary, in competitive matches and training this summer.

NT's future is bright as well. According to Wendt, the feeder program of Youth Water Polo at New Trier Aquatics is "thriving" with immensely strong participation rates.

While water polo is a sport that can go under the radar in high school athletics, it is arguably the most physically demanding. No part of any player's body is allowed to touch the floor of the pool, so the sport requires its athletes to tread water the entire time they're out there.

As one would expect, the training is intense and often borders on over the top.

"During some practices we have to wear weight belts that are around ten pounds while we are passing," said McKenzie.

"Whenever we drop the ball during our passing exercises, we have to do jumps, which is when you tread as high as you can up to your waist without touching the bottom."

"It's definitely a lot of legs," said Vivian. "We lift usually twice a week and condition in the pool at least once



Girls waterpolo scoring on Evanston in eventual 8-6 victory | NT Twitter

a day, while also doing a swim set a few times a week. We work hard to be a conditioned team so that we are not out of breath in the last few minutes of game, and we can play hard the whole time."

Wendt concurs, saying that the team does "a lot of weight training like deadlifts, squats, and box jumps to strengthen our legs. Eggbeater is the name of the alternating breaststroke kick with which we use to tread and elevate out of the water. Leg Strength is crucial to every

aspect of play in water polo."

As the team turns its attention to a matchup with the dreaded Ramblers in the Sectional Final, Wendt and his players are confident in his team's odds to reach high school water polo's version of the Final Four.

"Once at state, we just hope to do the best we can," said Vivian.

"There are some very good teams this year with very good players, and right now we are just focusing on what is nearest and are just going to try our best from there."