

Three Stars of the Week

Lucy Murray



Picked up ten goals and seven assists in two games

Preston Watt



Allowed only one goal in semifinal game vs. St. Viator

Kate McLaughlin



Scored game-winning goal to send team to United Center

Girls track and field racks up points at conference

Team places first in many varsity events, leading to CSL championship

by Millie Winter

On Mar. 14, the Girls Track and Field team took first place at the CSL indoor conference meet. Not only did they claim the title of CSL champions, but they swept the competition by a landslide.

The difference between first place and fifth place was a total of 118 points.

Runner up, Main South, was over 30 points behind NT.

“Winning by 36 points in total is really incredible,” said senior Ella Reilly.

Last year, the team took second in this meet, so taking first was a motivator for the runners going into their outdoor season. Each runner has their own goals and PR (personal records) they hope to meet in this spring season.

Reilly broke her PR for the 200-meter run at the conference meet. “Last year I was running a 30 second inside and now I am running a 27 or 28,” she explained.

Two seconds may not seem like a lot, but it is a matter of one to two seconds that led the team to take first in so many events.

To prepare for such an important meet took a lot of training and proper practices. But, because of the frigid winter weather, this year, training was a little more difficult.

“My teammates and I did some hard core workouts in the field house. It can be hectic training on the track inside, but our girls are always very motivated,” explained senior captain Marne Sullivan.

Since conference comes pretty early on in their season, it is essential that the girls prepare both mentally



Girls who ran in conference meet wearing their first place medals as they pose for a group photo | Reilly

and physically even before the track season starts. This element to training is a key factor for the improvements the team has conquered thus far.

“Once the season starts, I am always ready to compete. I have been training a lot pre-season so coming into this year, I was definitely much stronger than I had been in previous years,” said senior captain Sydney Kunkler.

“Weekly though, I shifted my mentality to focus on conference. When I was pushing through tough workouts, I was thinking of conference and how my persistence during practice could mean my success later during the meet,” Kunkler continued.

“I paid special attention to what we were doing in practice and utilized what workouts the coaches were giving us,” said Reilly.

While an athlete can come in as

prepared as possible, being able to calm their nerves is also important, especially for the girls going into their events at conference.

Before the gun sounds for relays, Sullivan talks to her teammates in relays “when it’s time to lace up and throw down.” They boost my confidence and calm me down.”

“I move around when I am nervous. Right before jumps, I’ll do some tuck jumps or power skips to calm myself down,” said Kunkler.

For most of the girls, the highlight of the conference meet was the 4x400 meter relay. This event is the last one of the night, and everyone gathers around to watch.

“The rest of the athletes come together to cheer on the athletes still competing. It’s always a blast and it’s so exciting to see everyone supporting their teammates on the track,” explained Kunkler.

“Everyone is standing around the track doing the wave when a teammate runs by,” continued Reilly.

While winning conference was an important title for the team to achieve, it is also a step closer to reaching their even bigger goal: state.

“I want to get as many girls as possible to state this year. Our team is very strong this year and there are so many girls that are capable of making it,” said Sullivan.

Besides achieving personal records, which every girl on the team strives for, this win is key in helping them reach their goal of bringing many members of the team to state.

“My goal is to make everyone on the team feels included and help them become invested in the team,” concluded Kunkler, “because the sport and the people who I train and compete with mean a lot to me.”

Boys hockey headed to United Center

Watt, scoring depth lead Trevians to state finals matchup with Loyola

by Alex Rubenstein

NTG hockey team beat St. Viator in the semifinal game and advanced to the state championship on March 22.

“Going into the playoffs as the first seed put a target on our backs. Our team came out ready to play knowing how big of a game this was,” Junior Danny Pugliese said. “This match would determine who would play Loyola Gold at the United Center.”

In the first period, goalie Preston Watt made some strong saves, and Mac Zelazny beat two St. Viator defenders to score a shorthanded goal, giving New Trier the lead.

Brian Dolby opened the second with a great defensive play to break up a St. Viator 2-on-1 chance.

Later in the period, Henry Freedman’s shot hit the post, but Mark Ashmore was able to score off the rebound to make it 2-0 (Tyler Baird also with the assist).

Bobby Soudan made a great move to the net and went short side putting New Trier up 3-0 (Ashmore with the assist).

Trent Kadin delivered a big hit



Jack Norehad (91) celebrates against York in quarterfinal game | Twitter

in front of the New Trier bench and student section, drawing cheers from the fired up crowd.

St. Viator started to turn the pressure up, but Watt made some big saves.

Keeping the momentum going, Tommy Kempf scored off a rebound

from Soudan’s shot making it 4-0.

Kadin was cross-checked, putting New Trier back on the power play, and Baird made a strong defensive play to take away a St. Viator shorthanded chance.

A New Trier penalty led to 4-on-4 play for 40 seconds. In the 4-on-

4, Jack Norehad beat the St. Viator defenders in front of the New Trier net to get the puck to John Kane, whose shot went wide. Watt continued to make strong saves on the other end of the ice and the penalty was killed.

However, another penalty led to a St. Viator goal and a 4-1 score with 8:45 left in the game.

New Trier was able to counter the St. Viator goal. St. Viator drew a roughing penalty with 2:17 left, giving New Trier a power play. The power play delivered with Ryan Gallagher skating in behind Soudan and scoring a goal to make it 5-1.

“Our captains have stressed all year how important it is to be positive on the bench and how to overcome adversity. Everyone is out to beat or knock off New Trier Green because we have that reputation,” said Pugliese.

St. Viator showed some frustration with a late slashing penalty and punches thrown near the end of the game, but New Trier wasn’t fazed and they finished with the win and a trip to the United Center for the State Championship Game.

According to Pugliese, “We also did a good job of puck possession in their defensive zone. This caused them to have under 10 shots on net. We have to keep up the intensity from this game and carry it over to the United Center.”

New Trier will play Loyola on March 22 at 7:30.