

Upcoming  
Varsity Games

Friday, March 9

Boys Track  
@ Evanston

Boys Waterpolo  
Tournament  
@ Palatine

Girls Waterpolo  
Tournament  
@ Fenwick

Boys Basketball  
@ Maine East

Saturday,  
March 10

Boys Waterpolo  
Tournament  
@ Palatine

Girls Waterpolo  
Tournament  
@ Winnetka

Girls Soccer  
Scrimmage @  
Northfield

Boys Track  
@ Evanston

## New Trier Swimming captures 24th state title

400 free meter relays cement first state title since 2013

by Hans Schmidt

New Trier won the Illinois Boys Swimming title for the 24th time at Evanston Township High School on Feb. 24.

Before the last event, the 400 relay, Lyons Township was in first place, then Charlie Scheinfeld, Ryan Gridley, Patrick Gridley, and Ean Vandergraaf won the 400 free relay.

It was the team's first title since 2013, after coming in 3rd place in last year's state meet and fifth in the two years prior.

Boys Swimming Head Coach, Joshua Runkle, said that the goal for his team was to do well on Friday to put themselves in a good position to win the title.

Senior Ryan Gridley said the team tapered for two weeks to avoid soreness and also shaved their heads in preparation for the state meet.

"Over the course of the season we have different phases of training and each phase's goal is to help you set up for state," said Scheinfeld.

Senior Tommy Hackley said the team had to prepare as much mentally as they did physically.

"We also needed to be conscious about eating healthy and getting a lot of sleep."

"Our goal was to win the state championship. That's been in our eyes since freshman year, when we realized we had a pretty strong class," said Gridley.



NT placed first followed by Lyons Township and Hinsdale Central | Scheinfeld

Hackley said he wanted to get as many points for the team as he could so that he could add to the team scores. Throughout the season he and his teammates worked hard in both the weight-room and the pool to reach the ultimate goal.

"When you add it all up, the outcome is worth it."

Some highlights of the meet include Scheinfeld winning the 200 individual medley (1:49.42), and the 100 breaststroke (53.72).

Additionally Patrick Gridley came in second-place in the 100 backstroke (49.08) and fifth in the 200 individual medley (1:51.01).

Ryan Gridley finished second in the 100 free (45.12), and New Trier won 1st place in the 200 yard medley

relay, Patrick Gridley, Charlie Scheinfeld, Ryan Gridley, and Pearce Bailey.

The team finished fifth in the 200 free relay (1:24.41).

Scheinfeld became the third swimmer to win the 100 yard breaststroke three times at the state finals with a time of (53.72). He will be swimming at the University of Texas next year.

"The whole team performed really well all weekend," said Runkle.

Senior Patrick Gridley said that they have been preparing for the state meet since the start of the season. The team worked hard to "create a strong sense of community so everyone enjoys the sport and trusts each other. Once you have that, with a bunch of

other guys, you can work together to do anything."

Patrick Gridley said swimmers had to stay focused because Lyons Township had a "super strong team" as well. New Trier finished with 161 points, Lyons Township came in second with 150.5.

The standings at the state finals were: New Trier (161), followed up by Lyons Township (150.5), Hinsdale Central (116.5), St. Ignatius (107), and Stevenson (78).

Runkle said "next year will be a transition, we will be losing a lot of very talented kids and good people." He also said "we will have a pretty strong group coming back." Runkle named Nick Torre, Tucker Shepherd, and Pearce Bailey as his team's primary leaders for next season.

"Swimming for New Trier is awesome because you get to represent the school and the community. It gives you a sense of camaraderie with your teammates. You're all competing for a common goal," said Ryan Gridley. He hopes to have the same team dynamic next year at Northwestern University.

Patrick Gridley was happy to end his high school career on such a high note. "To be able to end my high school career winning state gives me a ton of satisfaction. Knowing my four years of hard work showed, that will be remembered."

"I'm pretty sad that it's all over but I'm also very happy that I was able to make the friends and memories that I did. I am proud to represent New Trier swimming, and I will always remember all the fun times I had," said Hackley.

## New Trier captures first regional title in 5 years

Boys Basketball defeats Prospect High 53-35 after close first half

by Jack Soble

New Trier Boys Basketball, for the first time in five years, claimed a regional championship on Mar. 5 in the Gates Gym.

The Trevians defeated Prospect High School 53-35, albeit after a tightly contested first half. New Trier went on a run in the third quarter that in essence put the game away, and will move on to Sectionals as a possible favorite.

"Being regional champs feels really good," said Junior starting power forward Spencer Boehm. "After losing in my freshman and sophomore year, and finally coming back Junior year and winning, it feels great. I know we haven't done it in five years, and it feels better than ever to do it this year."

The Trevians were led statistically by star Junior center Ciaran Brayboy. Brayboy led the team with 14 points and 8 rebounds, including an emphatic putback dunk midway through the second quarter that got the already enthused New Trier crowd roaring.

"Our preparation for the game was extremely detailed thanks to the [coaching] staff's time spent scouting our opponents and we knew exactly how to play them to their weaknesses," said Brayboy. "One of their big weaknesses is the defensive paint and our coach put great emphasis on getting the ball inside

which helped me tremendously."

Brayboy exploited the weakness inside, using his size and strength (he's the tallest player on the floor at 6'9") to gain an advantage and pick up easy points and rebounds.

Boehm (6'8") also took advantage, with six points and an excellent day on the glass and on the defensive end.

New Trier got excellent contributions from the less monstrous, in terms of size, side of their lineup. Senior Griff Ryan led all scorers with five in the first quarter, including a 3. Fellow senior Andrew Kirkpatrick was perfectly adept as a floor general, and defensive specialist Brian Conaghan was key in stopping Prospect's top player, David Swedura, from making much of a tangible impact on the outcome of the game.

Ryan and Kirkpatrick, along with Brayboy, received CSL South All-Conference honors for their work in the 2017-2018 regular season.

"We played great defense all night and in the third we started to make the extra pass for easy buckets which really opened up the game for us," said Conaghan.

New Trier's rotation went eight deep when the game was not in hand, and their three main reserves, junior guard Sam Silverstein, senior guard Matt Samuelson, and senior guard Matt Mosher did a very good job filling in when the starters needed rest.

"Coming off the bench, I think I just bring the energy," said Mosher, who made an immediate impact with a three point field goal in the first quarter. "I'll come in and give the other guys a break for a little and



Senior G/F Griffin Ryan goes to the line while NT is up 10 | Pearlman

hit the open shot if I have it. I'm not trying to score the most points. Our team as a whole just wants to win.

Midway through the third quarter, things got heated between the two teams, as you would expect from two teams battling it out for a regional championship. There was a bit of an altercation in which players had to be separated from each other and a couple minutes later, Brayboy picked up a technical foul after another monster dunk that added to the Trevians' run.

"One of the opponents was getting too aggressive with one of my teammates and I stepped in but calmed myself down before it got bad," said Brayboy.

"It was nothing to worry about,

just guys leaving it all on the floor during a regional championship game," said Conaghan.

Up next for New Trier is a familiar foe, conference rival Niles North. The Trevians face the Vikings from Skokie on Mar 7 at 3:30 pm at Maine East High School. If they win that, they will play this afternoon at the same time and location.

While the Trevians remain motivated to get deeper into the state tournament, a weight has been lifted off their backs with the regional championship. "It basically a tribute to the work we put into this and it's merely at small hurdle in the road down state," said Brayboy. "We have to stay hungry for the championship and keep working but it's a great