

Upcoming
Varsity Games

Friday March, 23

Boys Waterpolo
@ York

Boys Tennis
@ TBD

Saturday March,
24

Boys Waterpolo
@ York

Girls Lacrosse
@ Northfield

Girls Softball
@ Beecher

Boys Volleyball
@ Loyola
University

Boys Tennis
@ TBD

Girls Waterpolo
@ Glenbrook North

Boys track has impressive showing at conference

Team prepares for outdoor season after strong indoor year

by Hans Schmidt

This past Friday, Mar. 16, New Trier Boys Track & Field ran in the CSL South Indoor Championships at Evanston Township High School.

This was an opportunity for New Trier's best runners to face off against the best runners from other schools in the same conference.

Head Coach Mark Wukas said his team had a series of meets at the start of the season which helped determine the team's best runners and who he wanted to bring to the CSL Indoor Championships.

He said his team has "been working their butts off since the start of the second semester."

Wukas said his main goal for the team going into the meet and throughout the season is to win. He also wants the team to learn from competing and show improvement from meet to meet.

Before the meet the team tries to prepare mentally throughout the day by setting goals and getting some nervous energy going. They start warming up about an hour before the

race starts with jogging, stretching, and some short sprints before the race, said Senior distance runner Ethan Jakob.

New Trier's Freshman and Sophomore team won first place at the meet, scoring 176 points. Maine South and Evanston were in second and third place scoring 148 and 72 points respectively.

Jakob placed fourth out of the 12 runners in the 800 meter race to score points for his team. He finished in 2:07.8 which is his new personal best and almost beats his fastest outdoor time.

"I have been running the 800 meter at most meets this year, so running in an event that I was familiar with really helped. I ran two 800 meter races (the week prior) and was able to run the same time for both of them. That was a huge confidence boost and it showed I was fast enough to run a faster time at conference," said Jakob.

Senior, Albert Yen, ran the 55 meter hurdle, winning first in both the prelims and the finals.

Another Senior, Ryan Struckman, scored valuable points for his team placing 2nd in the 800 meter run.

New Trier Varsity Track & Field came in second place behind Evanston. New Trier scored 852 points, Evanston had 1771.



The freshman team took top honors at the invitational | @AthleticsNTHS

Wukas called Senior captain Albert Yen and Senior Wei Chen the team's "brightest lights."

According to Wukas, New Trier has one of the biggest Track & Field teams in the state with 240 guys. Because of the size, many good runners are on the Freshman and Sophomore team, whereas at other schools they would be on Varsity. This causes the New Trier team to be more competitive at the younger level.

Wukas is excited for the future, Sophomore Adam Bull broke the 40 foot barrier in the triple jump. Bull placed 5th in the Varsity competition but he has shown improvement and his coach thinks he has a lot of potential for next year.

Wukas was also proud of Sophomore Jesse Yang's performance at the meet. Yang was first in the 55 meter dash (7.17), second in the 200 meter dash (24.71), and first in the 400 meter dash (54.44).

"It's hard to run fast outdoors, so hopefully with more training I shave a few seconds off that time by the end of the season," said Jakob.

Jakob said his role as captain is to lead practices along with the five other captains in other training groups. "As a captain on the distance squad, I lead the guys in warm-ups and dynamic stretches at the start of practice everyday and help organize a core or upper session after every workout."

Freshman makes varsity baseball

NT baseball adds new teams, allowing younger players to play at higher level

by Ezra Wallach

New conference trends have led to numerous changes within the New Trier Baseball program, including the rostering of a freshman on varsity for the first time in two decades.

New Trier implemented a new Junior Varsity team and Freshman-Sophomore team in addition to the existing Varsity and Freshman teams.

"It was definitely the trend that we saw our conference going in. It's easier for me to keep more juniors in the program and develop players by giving them more playing time on different teams," said Varsity Head Coach Mike Napoleon.

Because New Trier has many feeder and travel programs, baseball has had no trouble filling their two freshman teams in the past.

"I think the new teams help us keep good players in the program." Napoleon added, "Instead of selecting certain players based on age, we can place them based on skill level and fit. It gave us the opportunity to place a freshman on varsity without worrying about cutting juniors."

Being head and shoulders above his peers at the freshman and sophomore level, Alex Calarco gave the baseball coaches plenty of reasons to give him that varsity spot.

"Alex has been fitting in well with the guys and we're showing him how things are done both physically and mentally," said Junior Henry Pelinski. "It's a privilege to be on this team and he has definitely earned it. He's gonna play a big role for us this season."

Napoleon had been reluctant to place a freshman on the varsity roster but saw Calarco's potential.

"We were seeing that Calarco was getting along with the other



Senior Anthony Calarco (l) and freshman Alex Calarco (r) @

players on the team early on, some of which can be attributed to his older brother who is a senior on the team. Most importantly, he is one of the best catchers in our program; he can compete at the highest level with our other varsity players."

This opportunity was well deserved; Alex has spent countless hours working on his game to put himself in this position.

"I practice daily on my baseball skills and I started weight training this offseason. I've had a lot of good role models in my family like my brother Anthony, who has set a good example on how to train and work," Calarco said.

"I really owe it to my parents and coaches for working with me to get to this point."

The time commitment for baseball can be even more demanding than for other sports.

For a freshman on varsity, it can take extra effort to deal with the

demands of a varsity sport at New Trier.

"The hardest part is probably balancing the academics with morning practices. I've had to adjust to waking up at 5:30 for practice, then still going to school and performing to the best of my ability in both."

Despite being the youngest player on the team, Alex understands the common goal that New Trier baseball is trying to achieve this season.

"We've been putting in the work offseason and now in practices virtually every day of the week. I feel that we will be the most physical team out there at we have a really good shot at winning State."

After a deep playoff run just last year, players are excited for what this new season may bring.

"No excuses, no plays off, and be ready for your opportunity," Pelinski said, "We're ready to get after it."

Girls soccer defeats HP

by Danielle Kurensky

NTGS beat Highland Park 2 - 0 as they picked up their second win of the season on Mar. 17.

After winning their season opener on Mar. 15 versus Prospect, the Trevians looked to continue their success.

The Trevians faced difficulties adjusting to the new team dynamic.

"It was our second game of the year and we're just getting comfortable playing together," said senior forward and midfielder Nicole Kaspi.

Nerves were also heightened as New Trier has not faced Highland Park in recent years.

The victory was in large part due to their belief in themselves and their abilities.

"We know we're a good team and if we play to our strengths, we have a good chance in any game," said Kaspi.

The nerves began to calm after sophomore midfielder and forward Emma Weaver scored the first goal of the game for the Trevians.

"Before [the goal], we didn't really know how the game was going to go, but once we got that goal we could get into a comfortable rhythm," said junior forward Fallon Warshauer.

This goal was hard earned as the Giants were able to contain the Trevian offense to only two goals.

"Our greatest challenge in this game was creating good scoring opportunities," said Kaspi.

Junior forward Lily Frentzel was able to break through the Giants defense later in the game, doubling the Trevian's lead.

The goal solidified the Trevian command for the rest of the game.

"Extending the lead gave us confidence and helped secure the win," said Kaspi, "I think if you're confident and trust in your abilities as a team, you can do great things."