

Upcoming  
Varsity Games

Friday Dec. 2

Boys Basketball vs.  
Glenbrook South

Girls Basketball @  
Niles West

Boys Swimming @  
Deerfield

Wrestling @Maine  
South

Saturday, Dec. 3

Boys Fencing Meet  
@New Trier

Wrestling @Leyden  
East Campus

Boys Bowling @  
Brunswick Zone  
Hawthorn

Gymnastics vs.  
Glenbrook South

Boys Swimming vs.  
Guilford

Monday, Dec. 5

Boys Bowling @  
Classic Bowl

# Girls swimming places 5th in state

Girls swimming has a strong performance at state, winning combined title

by Arjun Thakkar

New Trier Swimming and Diving placed 5th in the Team Championship competition at Evanston from Nov. 18 and Nov. 19.

This year was different compared to previous years in that there was also a Combined Team Championship which includes both the traditional competition and events for athletes with disabilities. New Trier dominated this part of the meet, winning the first ever overall Combined Team Championship.

Over 70 teams were present at the meet. The top 3 finishers in the Team Championship were Rosary, Loyola and Oswego.

Head girls Coach Mac Guy was proud of the work the team put in and their outcome.

"More than anything, the girls did a great job competing. They absolutely gave it their all, and we put up some really fast times."

Guy also approved of the addition of a Combined Team Championship.

He said, "This portion of the competition is new, and it gives students who didn't have the chance to compete at the state meet a new opportunity. I'm really proud that we got to be a part of that and I'm proud of the way the girls competed."

New Trier produced two state champions at the meet.

Jesse Creed was the state champion in diving, earning 462.55 points. This is the fourth time a diver was a champion in the school's history.

Sela Cornell, a freshman, was also a state champion in the 100-yard breaststroke for athletes with disabilities, swimming the event in 1:28.39, which is a state record by 14 seconds.



New Trier senior varsity swimmers smile holding up first place trophy for girls swimming combined. | Instagram

Joelle Ohr, who participated in the 200 free relay with Madeleine Hines, Sophia Girgenti and Lydia O'Connell, was excited about producing a school record in the event. "Breaking the varsity record was the highlight of my weekend."

"Once Lydia O'Connell finished, we turned to look at the board, and all screamed. It was especially awesome because it was Lydia and Maddie's last high school state meet, so it was their last chance to get their names on the record board, and they did," Ohr said.

Some athletes were somewhat saddened by the fact that this is the last official competition for the season.

Vivian Wu, who was a member of the medley relay, said, "The end of the season is always bittersweet. It's sad seeing the seniors have their last practice, their last team cheer, and

their last race, especially knowing that I'll have to experience my 'lasts' next year."

Regarding her performance in the relay, Wu said, "We were seeded first going into finals on Saturday. We knew that we could be a little faster on our relay exchanges in finals, but in the end, Oak Park out touched us by .13. They went 1:43.94. Regardless, it was a great experience being able to lead off the first event of the meet."

Guy mentioned how every year, the team takes the lessons from the previous year and tries to improve upon them.

The seniors typically have the biggest role in this improvement process, and even though place-wise, the team finished at the same standing, Guy believes that there is a gradual progression from year to year.

"I'm interested to see how

things play out next year," he said.

Part of this improvement process is the work in the off season. Many of the swimmers will head into the club season in the upcoming weeks, where they plan to improve their times for next year. Some have hopes to compete in national meets.

Senior Sara Nicholas, at the end of the season, is grateful for her memories of being on the team.

She said, "I can't even begin to describe how appreciative I am for being a part of NTGS&D. Spending so much time together and training twice a day and competing almost every weekend has created a strong and irreplaceable bond with my teammates. Even beyond swimming, I know they are always there to support me. I am confident that this team will continue to grow and improve in the coming years, and I can't wait to see what they accomplish."

# New Trier Green takes victory in quad header

Four NT hockey teams played against Loyola last weekend

by Jasmine Gonzalez

Saturday, Nov. 19 marked the annual Quad Header in which four of New Trier's hockey teams face off against their Loyola Rivals. The series was held at the Centennial Ice Rinks in Wilmette.

The girl's team kicked off the games at 2:40 pm, followed by Green, Blue, and ending with the junior varsity teams.

In total 8-10 goals were scored, with only New Trier Green winning with a score of 5-4. The girls followed, tying 1-1. Both the Blue team and junior varsity teams lost with scores of 2-1 and 4-1, respectively.

The Quad Header is one of the most important events for the New Trier Hockey Club and all of the proceeds go to charity.

The games do not count in league

standings. However, according to the Girls' Head Coach Nelson Forsberg, "you would think it's a playoff game with how serious everyone takes it."

New Trier Green's head coach, Bob Melton, agreed saying, "The home Quad Header vs Loyola is the biggest game of the year other than State."

The game is a big deal, with the four teams anxiously preparing to face New Trier's biggest rivals from the very start of the year. The rivalry with Loyola makes the game all the more intense.

"Loyola and New Trier is the best rivalry in high school hockey; no other game is like the Quad Header," Senior captain of the Green Team, Jack Raith said. "You grow up playing with the guys on Loyola and then it ends up [that] they're your biggest enemies."

The girls also felt the pressure of the game, the long-standing feud setting it apart from other matches.

"We wanted to win more than usual because it was against our rivals, Loyola. We wanted a clean sweep," Junior right winger, Clare Mulhern said.

Having missed the games last

year after the Loyola girls backed out the last minute, the New Trier girls, many of whom were playing in the Quad for the first time, were feeling as excited as they were nervous.

After facing off with Loyola for the second time this year, the girls tied with a score of 1-1 with NT outshooting Loyola 28-13.

"We made a good push in the third period to generate some scoring opportunities and came close to putting the puck in the net near the end of the game," Forsberg said.

The Green Varsity team also played a tough match, going up against Loyola Gold for the third time this year.

The game started off well with Green getting in four out of their five goals in the first period.

Senior Matthew Mulhern started off the scoring early in the first period.

Later, Senior Tommy Cahill was able to score the third goal after he hit the post and put in the rebound.

Despite the presence of a profane object on the ice, Senior Johnny Huber was able to score the winning goal, earning praise from Raith.

"Johnny is always clutch, and has been since he came to [New Trier] last year. He just proved it again in the quad," Raith said.

The support from the fans filling the stadium added to the excitement of the night.

"Our crowd is always the best and I think everyone in the arena finds that out by the end of the game," Raith said.

The impact was felt even more by the girls, who usually get a smaller turnout. However, since the Green's match was set after theirs this year, the girls got to experience fuller stands than usual.

"It was nice to have fans come out to the game," s forward junior Charlotte Melgrad said.

Mulhern agreed adding, "One of the best moments was stepping out onto the ice and seeing all the New Trier fans in their Christmas sweaters."

Although there are still many games to play, this was the last Header for the many seniors on the teams.

"So happy for the Seniors and the rest of the team on their huge victory," Melton said.