

Upcoming
Varsity Games

Friday, March 2

Girls Track
@ Glenbrook North

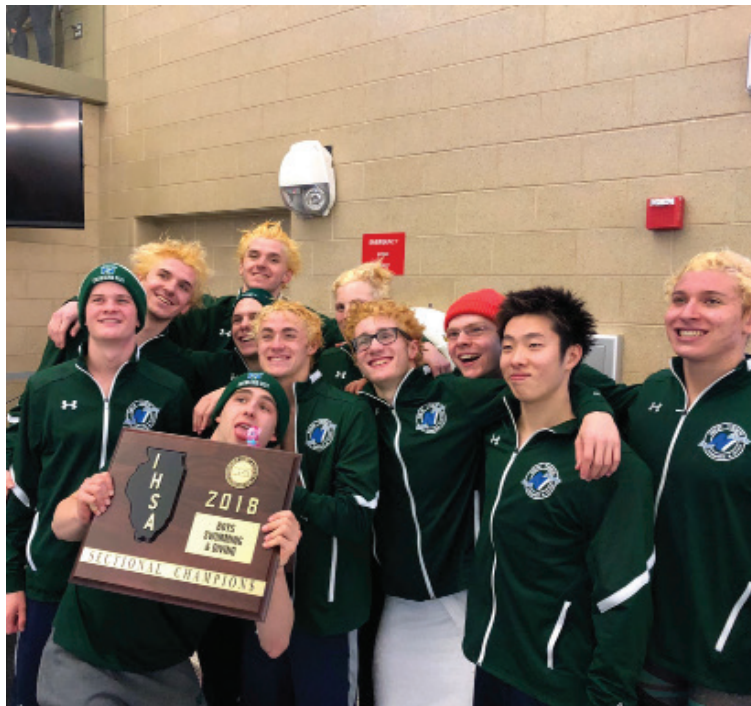
Boys Basketball
@ Winnetka

Saturday, March 3

Boys Track
@ Maine East

Girls Track
@ York

Swimmers break record at sectionals on way to state



The team broke six pool records as well as the state record | **New Trier**

Swim team reaches state, breaking state record in 200 medley relay

by David Heiman

New Trier Boys Swimming won sectionals and a handful of swimmers qualified for the state championship on Feb. 17.

The swimmers who qualified were Charlie Scheinfeld, Patrick Gridley, Ryan Gridley, Ean Vandergraaf, Tommy Hackley, Nick

Torre, Tony Bavas, and Pearson Oh. “We don’t just have one or two good swimmers like we had in previous years or schools. We have a great range of depth and everyone has worked so hard for this moment all year,” said senior Michael Grant.

Another senior, Jacob Hagist, said, “We won sectionals and swam out of our minds. I think before we were swimming fast enough to just win our meets but on Saturday we swam to not only beat but crush our opponents.”

The swim team also set a new state record for the 200 medley relay.

Leadership team member and senior Kian Nematollahi said, “Last year we broke the state record in the 200 medley relay, which Lyons Township broke 10 minutes after our swim. This past week at sectionals we broke that record again, and hopefully break it once more at state.”

Along with breaking the state record, the team broke six pool records at sectionals. The state meet was February 23-24 at Evanston and the team hopes to ride their momentum and capture a state title.

A key player on the team is senior Charlie Scheinfeld, a commit to the University of Texas-Austin for swimming.

“Charlie has tremendous speed and personally the fastest breath stroke that I have ever witnessed. I can’t wait to see what he does at state,” Grant said. Scheinfeld is a three time state participant.

Another reason that the team is prepared to do so well at State was because of the way that they are coached and trained throughout the season.

“Our coaches pushed us to get faster and really work on our technique and practice at a state quality level every single time out there,” Nematollahi said. Grant also added, “Practicing 2 times a day over winter break sometimes breaking 10,000 yards, it’s ridiculous, but it’s all part of the tradition.”

Lastly, the team focused on bonding this year, to ensure that everyone felt a part of the team. “This year we bonded over Clash Royale.

Our clan is at over 35,000 trophies and we’ve never missed a 10/10 clan chest,” Hagist said.

Nematollahi said, “We focused on really developing our strong team and building each other’s strengths in and out of the pool. We bonded well, we had a lot of fun hanging out with one another after practice each day to.”

While the team was put in tough situations for practicing, even practicing on New Year’s Eve, they never quit or let their teammates down.

While Scheinfeld makes waves as a commit to Texas, he is not the only one who is extremely important to the team. Twins Patrick and Ryan Gridley, Northwestern commits, are both standouts in the 200 IM and the backstroke, two key individual events that help boost the team’s overall scores for meets. Those three, along with the rest of the guys going to state, each thrive in their own special waves, can thrive in individual events or team events, and can go with short or long distance swims to.

While most of the team consists of seniors, New Trier Boys Swimming has proven time and time again to retool every year and compete for a state championship on a yearly basis.

The team has fought so hard this year and hopes to top another great year with a state championship, along with breaking state and pool records along the way. Hagist said it best when ending it with, “Seawolves strike as a pack.”

Gymnastics team sticks a top five landing at state

Gymnastics ends season 4th in the state with a score of 146.275

by Alyssa Pak

On Saturday, Feb. 17, the girls Varsity gymnastics team competed at State finishing in 4th place with a score of 146.275.

The team was edged out of third place by Glenbrook South with a score of 146.60. The tournament included teams from Glenbard West, Maine South, Glenbrook South, Carmel, Prairie Ridge, Wheaton, and Warrenville co-op.

Senior captain Caroline Hartman stated that at a meet as competitive as State, the atmosphere is always intense.

“We tried to keep positive vibes throughout the meet and to focus on ourselves, as opposed to the competition. Since there’s no defense in gymnastics, no way of stopping the competition, we just had to focus on what we could do,” said Hartman.

While the team did not win, they had several strong events. Every girl who competed on bars scored above a 9.0.

“My favorite part of the meet was sticking my dismount off bars because it felt good to do my last bar routine and end with a stuck landing,” said senior captain Emma Jane Rohrer.

For junior Darcy Barkal, this was her first state meet. She did all around and had an outstanding performance despite being injured throughout the week before the meet.

“She landed a beautiful vault and scored a 9.6. It was crazy because



New Trier girls gymnastics celebrate finishing fourth overall in the state championship on Feb. 17 | **New Trier**

she wasn’t even able to warm it up because she was in so much pain,” noted Hartman. The day after, they found out that Barkal’s ankle was fractured.

“We never knew the intensity of her injury and we are all so proud of her for competing,” said junior Zoey Spangler.

Spangler commented that she was inspired when watching her other teammates as well. “Watching the other girls getting fired up to hit on vault was really amazing and

inspiring. They all came together and delivered some of their best vaults. They knew that it was our last chance to medal, and they all wanted to make our coach proud, and they delivered,” she said.

Even if some parts of the meet didn’t go as well for the team as they would have liked, such as the beam, they trained the hardest they had all season for it.

After sectionals, the team really wanted to concentrate on getting their consistency up, according to

sophomore Rachel Zun.

“If everyone had seen our practices and previous meets, they would have known we were one of, if not, the strongest team there,” said Hartman.

In order to prepare for the meet, the team would do pressure routines, even bringing random people into the gym to make sure they were ready for all the people that would be watching them compete at State.

Leading up to the highly competitive meet, Spangler worked

on the specific event that she knew she would be competing in, the beam.

“I really wanted to perfect that event so I could do my part for the team,” she said.

For some, state was bittersweet, as it was not only the last meet of the season, but also the last meet ever for many seniors.

“Once I landed my second vault it hit me that I will never do gymnastics again. I immediately started crying. It hit me all at once and I realized how much I am going to miss my team, but I wish them all the best,” said Rohrer.

Spangler, who has been competing with Rohrer for the last 10 years, admitted to getting emotional during Rohrer’s floor routine.

“There’s this part where the beat drops and she points to the judges. But in her routine she was right in front of her mom and she pointed right at her. It really hit me then and there that it was her last meet, and the reaction from her mom when she pointed at her was so cute. I couldn’t keep it in and started bawling my eyes out,” said Spangler.

Like Rohrer, many seniors on the team have been doing gymnastics for most of their lives, but will not continue in college.

“There was that moment when it just kind of hit me that it was the end, that my gymnastics career was over. I’ve been doing gymnastics nonstop for 10 years. It’s been an amazing season and I’ve had so much fun over the years, but I’m sad to let it go,” said Hartman.

Zun said that she’ll miss the seniors because they’ve been such an integral part of the team.

“But I think that being so close to getting a trophy lit a fire under us for next year, and we are all already planning for next season,” she said.