

# Field Hockey loses in state

Field Hockey beats Loyola and Glenbard West in the playoffs but falls to Lake Forest in the State Championship.

by *Jasmine Gonzalez*



Erin Joseph controls the ball in New Trier's 2-1 loss against Lake Forest in the State Championship | **Varsity Views**

On Saturday Oct. 29 New Trier Field Hockey lost to Lake Forest 2-1 after beating Loyola and Glenbard West to reach the State Championship for the third consecutive year.

The girls beat Loyola 3-0 at home, giving them the chance to defend the state title, which they have held for the past two consecutive years.

Not only that, but head coach Stephanie Nykaza said the team has made it to the final four 25 of the last 27 years she has been coaching here.

The pressure was on and everyone was nervous due to the high stakes. "We needed to win in order to move onto the state tournament," said Captain, Senior Isabelle Sennett, who plays defense.

Despite tensions being high before the game started, captain and fullback, senior Meghan Minturn, scored a goal on a corner in the first minute of the game.

The team continued to play on offense for the rest of the game and two goals, they later beat Loyola for the third time this season. Although the score was closer than in past matches, the players were still happy with the outcome.

"It's always great to beat Loyola, especially in front of a big crowd and awesome student section in the stadium," said Sennett.

In addition to beating Loyola, the team was also extremely relieved

to move on to the semifinals. As Sennett said, "Ending our season early would have been devastating."

Now the pressure was really on as the team went up against Glenbard West on Thursday Oct. 27 at Glenbrook South. As expected, nerves were on edge once again going into the final four.

"We had state on the line. If we didn't win we would have been playing in the 3rd/4th place game Saturday, so everyone was really hyped up and there was even more stress on the game," said Minturn.

It didn't help that Glenbard West got a stroke early in the game, giving them a good chance of scoring into the first half. Luckily, it was blocked by senior goalie Therese Cooney.

By halftime, each team had scored a goal, with New Trier mostly playing defense. The stress had gotten to them and they were fighting just to stay in the game. "You see teams out of sync at this time even though everyone is supposed to be fired up," said Nykaza

Having lost to New Trier last

year at state as well as this year in early August, Glenbard West came in ready to play and were playing hard.

With the teams tied, Nykaza knew that she needed to get the girls to turn the situation around if they wanted to win. "The players needed to change their mindsets going into half-time and they knew it," she said.

After making a few position changes, Nykaza sent her team into the second half more motivated to win the game.

The changes worked and the girls were able to turn the game around when junior midfielder Jenn Kirby scored a goal, putting them in the lead. Another by junior fullback Courtney Kaskey left the team to defend and hold down the score to win the game.

Despite the pressure and rough start, the team was able to pull through and win, moving on to play for the title

However, getting to the top hasn't come easy for the team. Nykaza spoke about the fact that many people just assume that New Trier always

makes it to the final games because they have great players and it's easy for them.

"But it's not like that, we have to work hard and fight our way into the final four," she said.

She cited teamwork as one of the most important aspects of getting ahead. "New Trier has great player no doubt, but getting them to work together is a whole different story," she said.

As the season came to an end after a loss to Lake Forest in the state championship, Nykaza was confident that the girls improved and matured.

"No matter what happens coming out of this season, these players have learned what it takes to work together," she added.

As for the players themselves, they agree that despite the hardships the season was success. "I would say that overall we had an amazing season and I will miss New Trier Field Hockey so much," said senior captain and midfielder, Julia Gottreich.

## Boys and Girls Cross Country season ends at state

Both cross country teams place in the top 15 at State

by *Marie O'Connor*

"If you show up and do your job, good things are going to happen," said coach John Burnside. And that is exactly what happened for the New Trier Cross Country teams at their state meet. The girls team competed at the Peoria course, a fast and competitive course, according to Burnside.

"There was a very strong performance across the board. That's all you can ask for. You can't control if they run well, and they did," said Burnside.

The girls team finished 15th, and many of the girls ran season bests, or even lifetime bests.

According to Burnside, "you can't say, 'alright, this day we're all going to run lifetime bests. Many girls did.'" sophomore Ellie Finnegan ran a lifetime best at the meet, running a full minute faster than the last time she ran the Peoria course. Other top runners such as Grace Fagan and Caroline Fix also performed well, leading the team to their success.

"The 13 girls on our state team came together and held each other accountable in order to make sure we were all preparing for the race properly, and this was something we had to learn to do better as a team



A few members of girls cross country pose for a picture after placing 15th in the state meet | **Instagram**

throughout the season." said senior Natalie Marsh, one of the team's captains.

*"We progressed really well through the season because our training style prepares us to peak late in the postseason."*

The season overall went well for the girls team, on and off the course. It was another year of solid participation, with more than 220 girls. The team also partnered with the Bright Pink organization, and raised over \$12,000.

Burnside attributes the team's success and unity to this year's captains.

"The captains this year really

found ways to make this season better for members on the team." He continued, "I always say captains can't make teams. But these captains really made the team better. They were exceptional."

The boys cross country team finished 14th in their state tournament and in state.

Captain David Lee said, "we ended up finishing 14th which was not what we had hoped." However, this did not mean that the entire season was a bust, the team had many successes.

Lee continued, "we graduated five out of the seven of our senior runners last year, so it was considered somewhat of a rebuilding year going into the season. We progressed really well through the season because our training style prepares us to peak late in the postseason."

The performance at the state meet was underwhelming for the team. However, they proved themselves a week later at the Nike Cross Regionals.

"The guys' place at state wasn't representative of the way they've grown over the course of the season. The following week at the Nike Cross Regionals, the top 7 placed 9th and 6th among Illinois teams, which shows just how good these guys are," said captain, James Teuber.

Cooper Woolford, another of the four captains, said, "For many of us, it was our first time running in the state race and we were happy to spend one last weekend together as New Trier cross country runners. The day was filled with mixed emotions, but the memories I have from being on this team leave me smiling as I look at the stronger person I have become."

Upcoming  
Varsity Games

Friday Nov. 18

Girls Diving IHSA

State Meet @

Evanston

Girls Basketball

Varsity Invite @

Bogan Computer

Technical High

School

Saturday, Nov.

19

Girls Swimming and

Diving IHSA State

Meet @Evanston

Girls Hockey vs.

Loyola @Centennial

Ice Rink

Boys Hockey vs.

Loyola @Centennial

Ice Rink

Boys and Girls

Fencing @ Catholic

Memorial High

School

Boys Bowling @

Don Carter Lanes