

3 Stars of the Week

Robbie Abuls, senior



The forward scored a career high 30 points against St. Ignatius in a Thanksgiving tournament. He shortly followed his incredible performance by committing to DePauw University.

Ryan Pettersen, senior



The forward scored the game winning goal with only 20 seconds remaining for the Trevians in the Quad Header.

Jeannie Boehm, junior



The junior has been a force for the Trevians on offense and defense. Boehm scored 16 points and tallied 10 rebounds in a win over rival Loyola.

Girls swimming falls short at State



Swimming and diving dominated their conference all season | Facebook

by Willem Kupets

Girls swimming and diving finished their season on Saturday Nov. 22nd, after placing 2nd at Sectionals and 11th at State.

Although New Trier finished as the runner-up to Loyola at sectionals they only placed 11th at State.

The Trevians sent ten athletes to the State competition in an effort to defend their state title. New Trier expected fast times from their athletes against stiff competition.

However, Loyola finished on top, winning the state competition which ended New Trier's four year

winning streak. Many swimmers stepped up to fill the shoes of last year's powerhouse team, who saw a significant number of swimmers graduate.

"Very few get challenging opportunities before competing on varsity," commented Bruce Kimball, the diving coach for New Trier.

After last season's seniors left the team, the majority of varsity swimmers were swapped out with a relatively young squad. Only three seniors had previously competed at State, leaving seven sophomores and juniors to follow the experienced seniors.

New Trier Green gets redemption from last year's Quad Header loss

by Kate Eberle

New Trier Green hockey defeated Loyola Gold 3-1 at the annual Quad Header on Nov. 22.

Senior Graham Soman scored during the first period, giving New Trier a 1-0 lead early. Half way through the second period Loyola scored to tie the game at one and the score stayed there for the rest of the game

Senior Ryan Pettersen scored New Trier's game winner with just over 20 seconds left to give NTG the lead.

Both senior Captain Matt Boscow and Senior Jared Merens agreed that Pettersen's goal was the turning point in the game.

Senior Ben Laukkanen solidified the win for NTG during the third period, when he intercepted a pass from a Loyola defender in the Loyola zone. He scored an empty netter stretching the lead to 3-1.

Boscow said, "The most crucial moment of the game had to be when Petty scored the game winner off the Loyola goalie's head." Merens added that, "killing their 5 on 3 power play in the third period when the game was still tied 1-1 was huge."

"We were able to kill of some penalties that put us in vulnerable positions at times, which gave us an opportunity to stay in the game," said Boscow.

Senior goalie and alternate captain Jack Junge also agreed that Pettersen's goal was a game changer.

"As the third period was winding down, I was preparing myself for a shootout," Junge explained. "Once Ryan scored I was so shocked and excited that I jumped into the bench to celebrate."

The annual Quad Header, held at the Winnetka Ice Arena, is a highlight event for New Trier. Fans and students alike. Four club New Trier hockey teams play four club Loyola hockey teams. Fans pack the stands and surround the glass.

Boscow explained that the exciting atmosphere in the rink played a large role in the team's

performance.

"The crowd was nuts. The rink was full before we even got out there for warm-ups, so having our fans screaming for us right from the beginning got us even more hyped up," he said.

Merens, however, offered a different perspective. "It's hard to play with a crowd. Nerves come into play, and the game tends to become less skill based and more focused on emotion," offered Merens.

Head Coach Bob Melton agreed with Merens, and he added that the crowd makes the game difficult to coach.

"The crowd makes for a great atmosphere; however, the players are very nervous during that game and most times play very uncharacteristically. Lots of crazy things usually happen," he explained.

Persistence, according to Melton, earned New Trier their second goal, late in the third period.

"Loyola has a very good goalie. We needed to keep putting pucks on net and eventually one went in," said Melton.

NTG lost to Golf at last year's Quad. The biggest difference was definitely experience. With 18 returning players, Green knew what to expect at the Quad this time around.

Melton believes the biggest difference between this year and last year was actually Loyola's team.

"Loyola's team last year was much stronger than this year's team. They had our number last year. This was a nice revenge game for Green," explained Melton.

New Trier changed their attitudes between the second and third period by taking more shots and picking up their play during the third. Finally, their shots paid off with Johan's goal.

Melton said he told the all senior team after the second period, "this is your last Home Quad Header." You will remember this win for a long time. Now go out and take it."

The girls swimming and diving team won State for the past four consecutive years, but 11th place does not mean failure.

"We focus on helping our athletes achieve their goals," said Kimball. That's exactly what they did.

"I got my best times at State," said Senior Captain Brittany Bishop, "So it was successful on a more personal level."

Bishop competed in the 200-yard freestyle relay along with junior Morgan Conley, sophomore Lydia O'Connell, and Nicole Retondo, earning 2nd at State.

This success gives many up-and-comers, such as O'Connell, a boost of confidence for future high-stakes meets. Seven of the athletes who went downstate had never competed at the State level, and pressure can unpredictably affect performance.

In the article "Performing Under Pressure, Patrick Cohn PhD explains, "Some athletes thrive on the feeling of pressure, whereas others crumble mentally and choke. Experience, confidence, and beliefs play a vital role in how well an athlete will perform under pressure."

This season's State group marked the youngest team in years, but that will most likely pay off next

season. Instead of having three State returners, the team will have seven State returners.

Bishop, Retondo, and senior diver Rebecca Stern, wrapped up their New Trier Swimming and Diving careers at State.

Additionally, junior Sophie Conley placed 12th in the diving finals. Retondo earned 5th in the 100-yard breaststroke consolation race, and junior Julia Green, sophomore Mia Haggerty, Retondo, and Bishop won the 400-yard freestyle relay consolation race.

"Next year's team will be much older, and with all this racing experience, they will do much better at State," said Bishop.

Sending younger girls to State is always a large concern because, like Cohn explained, pressure can greatly affect any athlete's performance. The more they compete at high-pressure meets, the better they can cope with and utilize stress.

"The current upperclassmen never had chance to compete at a higher level, so this helped prepare other kids for upcoming seasons," said head swimming coach Mac Guy, "Our team has a long term focus, and we help our athletes set themselves up to have confidence for future meets."

Boys basketball looks to rebound

by Elizabeth Byrne

The varsity boys' basketball season is off to a rough start, but hold high hopes for improvement as the season continues.

Scott Fricke, head coach of the varsity team, has a positive outlook on the future of the team despite the recent losses.

"We are still trying to find our identity as a team and I see that improve at every practice and every game so far," Fricke said.

The New Trier-Loyola Thanksgiving Tournament proved to be a difficult challenge for the Trevians. After a promising start, beating both Lincoln Park High School, 74-20, and Von Steuben, 77-46, the team reached its breaking point losing to Loyola 53-47.



Five seniors on the team show their light-heartedness off the court | Facebook

"The team came out ready to play each game and I saw more improvement after each game despite the difficult losses," explained Fricke.

The most memorable game of the tournament was New Trier's last game against St. Ignatius. Coach Fricke identified St. Ignatius as one of their biggest rivals.

"This is a team that will probably win 30 games this season, but both of the teams came out ready to play and there was never a boring moment during the game," Fricke said.

New Trier lost 67-65, but the Trevs accomplished a huge comeback. With two minutes left in the fourth quarter, New Trier was down by 8 but the Trevs managed to tie the game in the last 30 seconds. Unfortunately St. Ignatius tipped in a shot at the buzzer, winning the game.

"Deerfield has a smaller but very skilled team. Each kid on the team can dribble and shoot. It will be a tough matchup between teams," Fricke said.

These losses may cause issues with the upcoming conference game against Evanston on Dec. 9. Evanston currently has a record of 4-2, losing only to Notre Dame and Crete-Monee.

With the Trevians record of 3-2, the team will need to step up. School-wide support might just be the push the team needs.

"We're really excited for our game against Evanston on Tuesday because it's a fresh start for us," said Hammes. "If we can go 1-0 in conference, I think that can really turn our season in the right direction."