

## Three Stars of the Week

Alex Grant, senior



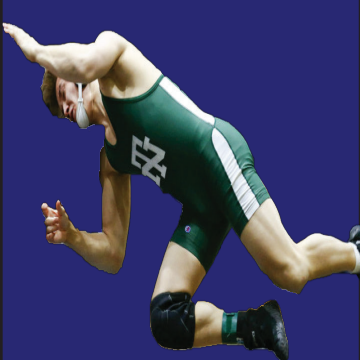
He won the 50 free at last week’s duel meet against Evanston, and has been crucial to the teams undefeated season as a member of two relays. Look for Grant to make a big impact at upcoming conference, sectionals, and state meets.

## Ivy Dynek, senior



Dynek has been a leader for the Trevians all season, who head into the state tournament ranked third overall. The St. Cloud State commit represented New Trier on the Girls High School All State team, Feb. 9.

## Luke Iida, senior



Iida, a four year varsity wrestler, won regionals on Feb. 7. Wrestling in the 138 weight class, the senior is looking to continue his success at sectionals and possibly an invitation to state.

# Trevian girls control the glass in Evanston win

by Kate Eberle

New Trier Girls Basketball crushed Evanston 50-25 at New Trier Gates Gym on Friday, Jan. 23. The Trevians also defeated Evanston earlier in the season, on Dec. 9, 62-43.

Intensity, energy, and teamwork all led to New Trier's success over their longtime rivals. With a 33-7 lead at halftime, defensive organization played a role in New Trier's win against the Wildkits.

Assistant Coach Eric Duffett additionally noted that New Trier's ability to rebound was imperative.

"I was really impressed by our ability to pressure the basketball, to make them uncomfortable, and finish possessions by getting the rebound. It was the best we've rebounded all season," Duffett said.

Senior forward Alana Bercu explained that New Trier's rebounding has improved greatly throughout the season.

"Evanston out rebounded us our last game so we made sure that we got every loose ball this time," Bercu said.

In addition to better rebounding, The Trevians knew what to expect and came into Friday's game with a plan. Senior forward Grace Gagliardi



Seniors have been crucial to girls basketball’s success this year |Facebook

explained,

"We were more experienced, we had a better game plan this time, we came out really well."

Gagliardi elaborated that New Trier knew what Evanston was going to do defensively, had confidence in their abilities, and capitalized on their strengths. With all this in mind,the team had a clear vision for what they needed to get done. Strong defense and intensity were evident right from the tip-off.

The team had a clear vision for what they needed to accomplish: maintaining strong defense and keeping up their high level of intensity through the game.

## Wrestling heads to regionals

by Liz Byrne

The varsity wrestling team placed third overall in the CSL Conference Tournament. on Saturday, Jan. 24

New Trier received 153.50 points overall, with senior Alec McKenna placing first in his 132 lb. weight class. The team also had two second place wrestlers, three third place wrestlers, and six sixth place wrestlers.

Marc Tadelman, head coach of the varsity team for seven years was proud of the tournamentsresults, saying it was one of the most successful tournaments New Trier has participated in all year.

"Everyone worked hard and it was a great way to end the season," Tadelman said.

Junior Jack Alcantara placed third in his weight class at the CSL Conference tournament. Alcantara felt nervous at the start of the season due to the losses New Trier wrestlers experienced.

"It was a little nerve wracking because coach had scheduled some really tough meets for the beginning of the year. Thankfully, those meets prepared us really well, so we were able to pull out a good result," Alcantara said.

The Trevs had an overall record of 13-5 this season.

"We wrestle a very competitive schedule and some of our losses are to the best teams in the state and even the nation. We try to wrestle the best teams to get better," Tadelman said.

As the team heads into the post-season hoping to qualify for state, an old rival Maine South may cause problems. New Trier had placed higher than Maine South at the final CSL conference meet with Maine South placing fifth overall.

Only once in the last four years has New Trier placed first in conference, with Maine South in second. Maine South traditionally has placed first with New Trier coming in second. Tadelman hopes to continue the streak this year.

Evanston surprised the Trevs this year with a big improvement from last year during

the CSL Tournament, increasing their ranking from seventh place to second overall this year.

"This year, Evanston had one of its strongest teams in a while and we had a fun match against them. In year’s past we have beaten Evanston pretty easily, but this year they have had a competitive spot,” Tadelman said.

The CSL Conference Tournament was the end of the regular tournament season for the Trevs. The next step is regionals, where individual players are sent to dual matches and then advance onto sectionals and then continue onto state.

"I hope going into the regional and state series that we are ready to compete and hopefully gain some individual medals,” Tadelman said.

All the wrestling coaches are preparing their wrestlers for the difficult matches leading up to state, both physically and mentally according to Tadelman. Some wrestlers expected to go to state include seniors Alec McKenna and Luke Iida.

Alec McKenna is hoping to continue his streak of 32-1 heading into regionals and has good expectations for the rest of the team.

"I hope to end this season personally with an Individual State Championship and I hope that we can win our regional and qualify for team state,” McKenna said.

Alcantara also has high hopes for the team as well, and goals for himself on the road to state.

"I want to improve from last season my goal is to qualify for State. As a team, we came up short last year at Regionals when we got second,” Alcantara said.

Only the top team at regionals moves onto team sectionals and New Trier missed the cut last year, placing second in regionals with Mt. Prospect moving onto sectionals. The team will continue to prepare for the team regional meet on Saturday, Feb 7.

"In wrestling if you work hard, you can be successful, no matter what your natural athletic ability is," Tadelman said.

## Girls Bowling falls to Stevenson



Seniors Aiden Stravos, Panayiota Roumeliotis, Athena Vassilos, and Sophie Rios are ready to go to sectionals |Facebook

by Grace Murphy

In what it hoped to be a strong return from finals, the Girls’ Varsity Bowling Team fell short against Stevenson in Monday’s match by an overall score of 2350-2303.

Senior Aidan Stavros bowled the highest score on New Trier’s team with a 520 total.

"It’s hard to go a week without bowling and then straight into a match,” Stavros said.

Coming in a close second place for the team was senior Sooahn Ko who bowled a 483 overall. Ko’s strategy is to completely relax and listen to the encouragement her teammates have for her. “We are competitive, but we also want to have fun.”

The girls agreed that it was difficult to have finals week right in the middle of the season. Some players utilized the bowling alley as a way for stress relief while others avoided it all together focusing on studying.

"It’s not so easy living life in the fast lane, so many bowlers took some time off to study for finals,” commented Stavros.

Varsity coach, David Hjelmgren, added, “Finals are tough for us because they fall right in the middle of our season and obviously education comes first. We fell flat Monday night which was expected after a week off.”

Before this match against Stevenson, New Trier was undefeated with a sterling record of 6-0. Earlier in the season, the Trevians took down

lose and everything to gain this time around," she explained. "So we realized that and knew that we had to come out strong."

New Trier certainly showed up ready to play. Senior guard Caroline Halston noted, "we came out right away. We came out more focused, with more energy and drive than Evanston."

On the floor, New Trier's team energy and intensity were apparent throughout the game.

Welch said that the depth of the team plays a significant role in their success.

"We always had fresh feet to come off the bench, so there was always effort on the court," Welch said. “A strong bench means the players are able to give it their all when they’re in, and the team doesn't lose momentum.”

Only giving up 25 points, New Trier's defense was solid.

Junior guard Kathryn Pedi said that their air-tight defense led to their offensive opportunities.

“Getting them to turn over the ball in the first few possessions really helped us execute our offense.”

the Patriots, which was Stevenson’s only loss.

However, Stevenson is not the team’s true rival. “Our biggest rivalry is with Evanston and this year we beat them both times we played them, which was a huge win for the team,” junior Athena Vassilos explained.

Putting up a tough fight, the team finished their season on Wednesday against Hinsdale Central. They lost the match with a total score of 2848-2602. Hjelmgren said that this was the team’s second highest match. Ko also bowled a New Trier bowling record with a 585 series.

The Trevians final record was 6-2 and they are now looking forward to and preparing for regionals on Feb. 7.

“We are also expecting to move on to sectionals for the first time as a team this year” Ko said. The whole team is very excited for the matches they will be competing in.

When asked about any team rituals or ways to prepare right before a match, the players talked about their team captains who share encouraging words and get every one ready and focused to bowl.

“We do the ‘we don’t mess around’ cheer,” said Stavros. I think it’s a great way to bring the team together and get our heads in the lane.”

Each player explained how important their teammates are during matches and practices which is crucial heading into regionals. “There’s a lot of teamwork in supporting each other and helping each other out,” concluded Vassilos.