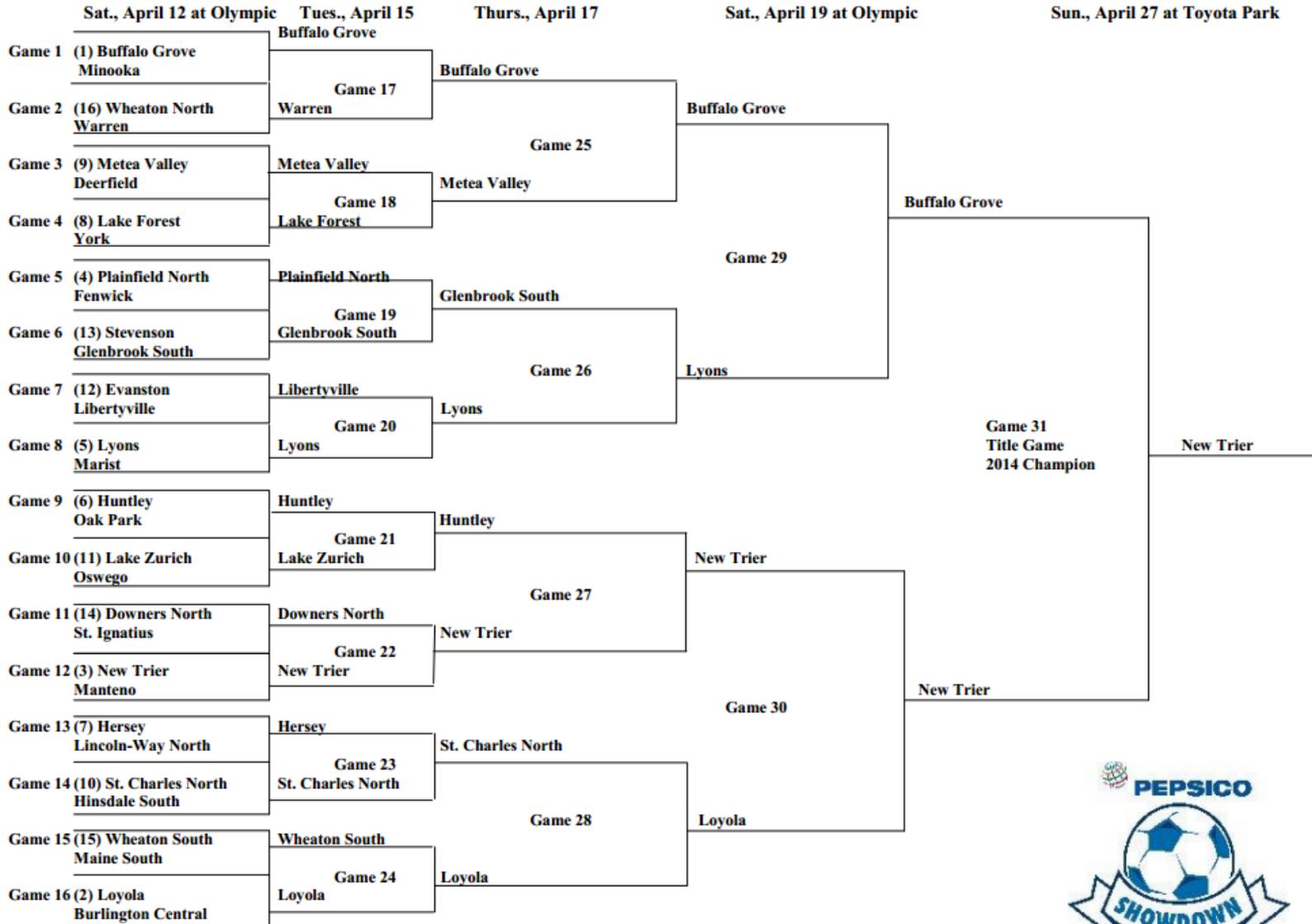


# 2014 Girl's Tournament

## 2014 PEPSICO SHOWDOWN BRACKET PRESENTED BY STUFTPAK.COM

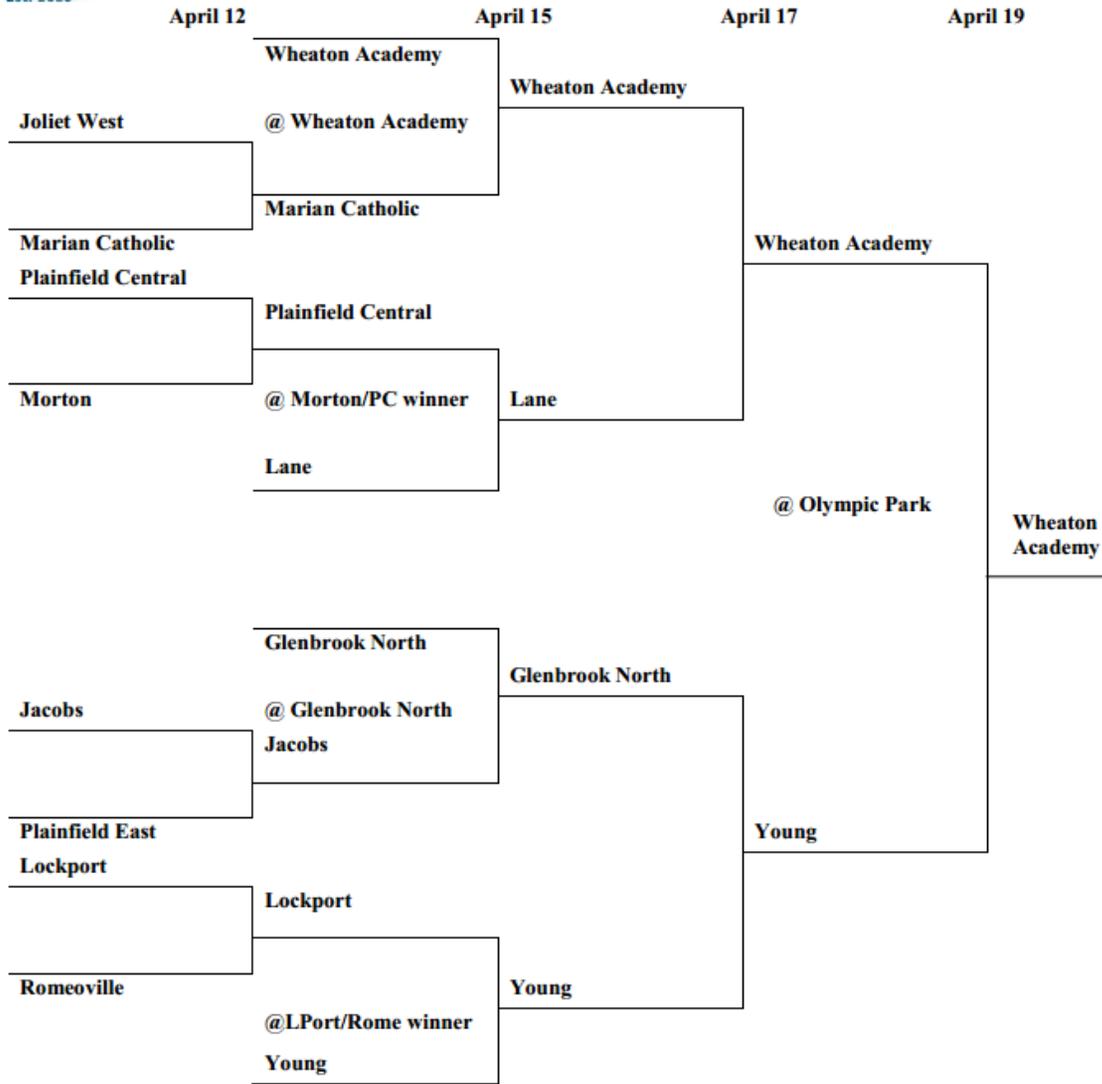


\*Higher seeds hosts on 4/15; Higher seed hosts on 4/17 as long as opponent has hosted. If both teams have not hosted, higher seed hosts



# MUSCLE MILK BRACKET

PRESENTED BY [STUFTPAK.COM](http://STUFTPAK.COM)



**APRIL 12 RESULTS****Field 1**

Plainfield Central 1, Morton 0  
 Wheaton South 2, Maine South 1  
 St. Charles North 2, Hinsdale South 0  
 Hersey 1, Lincoln-Way North 0  
 Young 2, Wheaton Academy 1

**Field 2**

Buffalo Grove 5, Minooka 0  
 Warren 2, Wheaton North 1  
 Metea Valley 4, Deerfield 1  
 Lake Forest 4, York 1

**Field 3**

Huntley 2, Oak Park 0  
 Oswego 1, Lake Zurich 0  
 Downers North 1, St. Ignatius 0  
 New Trier 2, Manteno 0

**Field 4**

Marian Catholic 2, Joliet West 1

**Field 5**

Lyons 3, Marist 0  
 Libertyville 2, Evanston 0  
 Glenbrook South 4, Stevenson 0  
 Plainfield North 2, Fenwick 1 PK

**Field 7**

Loyola 9, Burlington Central 1  
 Jacobs 2, Plainfield East 0  
 Lockport 2, Romeoville 1 2OT  
 Lane 4, Glenbrook North 2

**TUESDAY'S RESULTS**

Buffalo Grove 5, Warren 1  
 Metea Valley 3, Lake Forest 1  
 Glenbrook South 3, Plainfield North 1  
 Lyons 1, Libertyville 0 PK  
 Huntley 2, Lake Zurich 0  
 New Trier 7, Downers North 1  
 St. Charles North 1, Hersey 0  
 Loyola 2, Wheaton South 0  
 Wheaton North 1, Minooka 1  
 Evanston 2, Marist 0  
 Oswego 1, Oak Park 0  
 Manteno 4, St. Ignatius 3 PK  
 York 5, Lincoln-Way North 1  
 Maine South 3, Burlington Central 0  
 Lane 3, Plainfield Central 2  
 Glenbrook North 6, Jacobs 2  
 Romeoville 2, Joliet West 0  
 Plainfield East 1, Morton 1  
 Wheaton Academy 4, Marian Catholic 0

**WEDNESDAY'S RESULTS**

Young 1, Lockport 0 OT

Hinsdale South 1, Deerfield 0  
 Stevenson 2, Fenwick 0

**THURSDAY'S RESULTS**

Buffalo Grove 2, Metea Valley 1 2OT  
 Lyons 2, Glenbrook South 1  
 New Trier 1, Huntley 0  
 Loyola 2, St. Charles North 0  
 Evanston 2, Stevenson 1 OT  
 Hinsdale South 1, Wheaton North 0 PK  
 Manteno 5, Minooka 0  
 York 6, Maine South 0  
 Oswego 1, Downers North 0  
 Hersey 2, Libertyville 0  
 Joliet West 1, Morton 1  
 Jacobs 1, Lockport 0  
 Plainfield East 8, Romeoville 0  
 Young 2, Glenbrook North 1  
 Wheaton Academy 2, Lane 0  
 Plainfield Central 2, Marian Catholic 0  
 Plainfield East 8, Romeoville 0  
 Plainfield North 5, Burlington Central 0  
 Oak Park 1, Lincoln-Way North 1  
 Lake Forest 2, St. Ignatius 0  
 Deerfield 0, Marist 0  
 Lake Zurich 4, Fenwick 0  
 Warren 1, Wheaton South 0

**APRIL 19 RESULTS**

Lockport 1, Morton 1  
 Glenbrook South 1, Lake Forest 1  
 Buffalo Grove 4, Lyons 3  
 Wheaton Academy 3, Young 1  
 New Trier 1, Loyola 0  
 Oak Park 4, Deerfield 2  
 Oswego 1, Hinsdale South 0  
 St. Charles North 1, Huntley 0  
 Libertyville 2, Manteno 0  
 Metea Valley 1, Hersey 0  
 Burlington Central 0, Fenwick 0  
 Glenbrook North 8, Romeoville 0  
 Plainfield Central 5, Jacobs 0  
 Evanston 4, York 3 PK  
 Plainfield North 5, Warren 3  
 Wheaton South 2, Minooka 0  
 St. Ignatius 5, Joliet West 1  
 Lincoln-Way North 2, Lane 0  
 Marian Catholic 0, Plainfield East 0  
 Lake Zurich 2, Maine South 0  
 Downers North 6, Stevenson 3  
 Wheaton North 2, Marist 0

## **2014 MVP/All-Tournament Team**

### **MVP**

New Trier's Maddie Mulford, Sr., Forward.

She had six goals in five wins over Manteno, Downers North, Huntley, Loyola and Buffalo Grove. Also scored in title game to help the Trevians win their first PepsiCo Showdown title in their second title appearance.

### **All-Tournament Team**

Buffalo Grove's Kelli Zickert, Sr., Forward

Buffalo Grove's Allie Ingham, Sr., Midfield

New Trier's Sarah Connors, Sr., Defense

Loyola's Tori Iatarola, Sr., Midfield

Lake Forest's Lucy Edwards, Sr., Midfield

Plainfield's Heather Handwork, Sr., Midfield

Lake Zurich's Meaghan Gelinis, Sr., Midfield

Metea Valley's Jenna Kentgen, Sr., Forward

Huntley's Jessica Galason, Sr., Goalie

New Trier's Bina Saipi, So., Midfield

Warren's Alliyah Parker, Fr., Forward

## Blogs

### Buffalo Grove

4-22-2014

Skylar Groth

The Bison are back.

Despite the rugged week filled with five games in only six days, the Bison find their place in the PepsiCo Showdown championship game for the second year in a row. The Bison earned their way to Toyota park by beating two top-tier teams Metea Valley and Lyons. In both games, the Bison were down goals but amazingly fought back to the last minutes to come out on top. This shows that the Bison not only have the talent, but play with full hearts. And with a tough opponent like New Trier, the Bison will have to showcase both of these qualities. We are excited to return to Toyota Park and more than motivated to defend our title. Go Bison!

### Burlington Central

4-13-2013

Miranda Coombs

After feeling a bit down after a disappointing loss, Alyssa Hargrave (former Burlington student/athlete) reminded the team that "the toughest losses make the strongest teams." Together we agreed to pull through and correct our mistakes in time for our next game. We are very excited for game 2 and hope to have a lot of fun!

4-8-2014

Miranda Coombs

Welcome to Burlington Central's blog page! Even though we come from the middle of nowhere, we are all proud to represent none other than the Central Rockets! Sporting 5 seniors, 4 freshmen, and one sophomore- our team is mostly made up of juniors (12). All four classes, however, work hard and play together in unison as one Varsity level team. We're a small school planning to accomplish bigger and better things.

This is our first year attending the PepsiCo Showdown Tournament and we are very excited to be part of such a huge gathering! We plan to use this tournament as a way to better prepare ourselves for the postseason and most importantly- have fun participating in such a fantastic event! Ashley Ahrens, Julia Petsche, and Miranda Coombs have already demonstrated our excitement by busting a move in the "Happy" music video. Ashley Ahrens represents the face of Central in our poster.

Coaches Massimo Piscopo and Mike Gecan stress the importance of working hard on and off the field. We are proud to say that our players are excellent athletes, as well as students. Captains Alyssa Messina, Cali Andrews, Miranda Coombs, and Karina Reynoso lead the team and motivate everyone to be their best and give 110% all the time. We're ready. Are you?

## Deerfield High School

4-22-2014

Samantha Soloway

Deerfield would have been seen traveling on two white buses to get to the remaining of our Pepsico Showdown games. Our long bus drive to get to Marist was a great time for our team to get re-focused and see the necessity in giving 110% for all 80 minutes. We began to get our competitive edge back when all five seniors were put in the game. We started playing together and working off our teammates: we connected passes and got shots on net. In the end, it went into penalty kicks to determine the winner. In the end, it was almost ironic that our senior goalkeeper Bailey Bradford scored the winning PK and our other senior goalkeeper Sam Soloway saved the winning PK. To say the least, we were beyond excited about the result of our game and had a lot to celebrate. But we knew we had to keep working and capitalize on fixing our mistakes.

Our game against Oak Park taught us that we have to keep fighting. We had two amazing goals by Freshman, Mirelle Haas and Junior, Emily Kellow. Although we ended up losing, 4-2, we now know how we can win games against difficult teams.

We really loved playing in this tournament and are excited for the remaining part of our season!

4-14-2014

Samantha Soloway

The atmosphere at the PepsiCo Tournament is invigorating. We stepped off the bus onto Olympic Park and were immediately excited to play and participate in the combine testing. It was a fun day and we loved spending time together as a team.

When it was our turn to play, Metea Valley capitalized on the wind and got the win, 4-1. We had many opportunities to score, including our goal by Sydney Barber. However, Metea Valley had great footwork and was able to connect passes very well to dribble through our formation. They are definitely a great team that others should look out for.

Although we lost, we fought until the end. Deerfield is the kind of team that doesn't stop trying. We were determined to finish the game strong and give our best effort for all 80 minutes. In the next game, we are ready to make the changes necessary to come out on top. Next game, get ready for Deerfield.

Samantha Soloway

Having only five seniors on the team, Deerfield has had to learn how to work together with new players on the field. After a few games, we have realized the importance of communication, endurance and intrinsic motivation. We are ready to take on whatever competition comes our way. We obviously have our long term goals of going farther than any other team in Deerfield history has, but we are taking it one game at a time. The Pepsico tournament allows us to play teams we have never played before. Come Saturday, when we play Metea Valley, it's all about what we bring to the field. We focus on the game at hand and work to play the best we can. In the end, whatever the result is, we will come out even stronger than we have before. We are ready to make an impact and are excited to make history together.

## **Evanston**

4-22-2014

Maurizio Grillo

As the PepsiCo Showdown comes to an end, it is safe to say that the Evanston Girls soccer team has had an unforgettable experience. We got the opportunity to play teams that we usually would not have played, such as York and Libertyville. Our 3-1 record was not made possible by luck, but through the hard work and determination of our players. In other big news, Evanston was chosen to participate in a match at none other than TOYOTA PARK! We will be facing Wheaton and couldn't be more excited. Talk about icing on top of the cake. All in all, the Showdown allowed our girls to get closer to one another and improve their overall game. This will certainly benefit the team in the Naperville tournament coming up and as our regular season winds to an end. We hope to revisit next year!

## **Glenbrook North High School**

4-20-2014

Elizabeth Schack

On Saturday April 25 we played Romeoville, After our loss against Whitney Young we were ready to win and not afraid to be aggressive. Our attitude and determination paid off because we won the game 7-0. Our first goal was scored by Junior Maggie Washelesky and assisted by Freshman Maya Lambert. The second goal was scored by Sophomore Lanie Gruemmer and assisted by Freshman defender Meghan Cruz. The third goal was scored by Noelle Santellano and assisted by Junior Maggie Washelesky. The first half ended with one more goal that was scored by Freshman Maya Lambert and assisted again by Junior Maggie Washelesky. We began the second half playing just as hard as the first and really trying to connect the ball to feet. Our fifth goal was scored by Junior Maggie Washelesky and was assisted by a throw in from Junior Kendall Barrett. The last two goals were scored by Junior Kendall Barrett; the first of the two was assisted by Sophomore Lanie Gruemmer. We are very happy with how we played today and how we played overall in the tournament. We improved after every game and became a much stronger team in the end. The Pepsi showdown was a great experience and we are proud of our overall performance.

4-19-2014

Elizabeth Schack

On Thursday April 17, we played Whitney Young. Right from the beginning we knew it was going to be a very physical game. In the first half we were slow and didn't play our game. Whitney Young was able to score twice by two breakaways. During the second half we were determined to play our game and show the other team that we deserve to be here. This ideology paid off because within the first five minutes of the second half we scored. The goal was scored by freshman Noelle Santellano and assisted by freshman Maya Lambert. For the rest of the half we continued to be very physical and made lots of opportunities for ourselves. We shut down the other team, but were unable to put the ball into the net ourselves. Even though we lost 2-1, we fought hard during the second half and created many opportunities for ourselves. On Saturday we will be ready to play and not afraid to be physical.

4-16-2014

Elizabeth Schack

On Tuesday, April 15, we played Jacobs high school and we were victorious! Although we were a little slow to start, we got our act together and began to play our game. Our first goal was scored by Junior, Maggie Washelesky, and assisted by Freshman, Maya Lambert, with a beautiful over the top ball. We then continued to play our game and scored two more goals in the first half. The second goal was scored by a Junior, Kendall Barrett, with an upper 90 ball that came from outside the 18 yard line. Kendall's goal was assisted again by Freshman Maya Lambert. Our third goal was scored by Junior, Maggie Washelesky, and assisted by Junior defender, Megan Hardy, with another over the top through ball. When we started the second half we were ready to work the whole time. Our efforts were rewarded with another goal scored by Freshman, Noelle Santellano, on a breakaway. By continuing to play offensively we scored two more goals. The fourth goal was scored by Junior Maggie Washelesky (completing her hattrick) and assisted by Junior Kendall Barrett. Finally our last goal was scored by Freshman Maya Lambert and assisted by Freshman defender Meghan Cruz. We tried to hold Jacobs, but gave up two goals. One of the goals was scored by a direct kick right outside of the 18 yard line. The end score was 6-2 Glenbrook North Spartans. By the end of the game, we were playing our game and connecting passes. Although we did make mistakes at times we are very dedicated to fix those mistakes and use them to make us better. We are determined to keep up our energy and playing our game. On Thursday we will be focused right from the start and ready to play.

4-14-2014

Elizabeth Schack

On Saturday April 12, we played Lane Tech. Right from the beginning, our team was focused and ready to play. Although we held Lane Tech defensively in the first half, we surrendered 3 goals: all scored from direct kicks right before the 18 yard line. Despite this, our team countered with 2 goals of our own. The first goal was scored by freshman Riley Lafnitzegger and the second goal was a PK scored by junior

Maggie Washelesky. During the second half we kept up our energy and had a number of shots, but were unable to put the ball into the net. Lane Tech scored 1 more goal from a breakaway. During the last 20 minutes we never stopped pushing ourselves and began playing much more offensively. Although we did get frustrated at times during the game, we were able to channel that and become a much more aggressive team. The game ended 4-2 in favor of Lane Tech. We were disappointed with the loss because we know we could have played a better game. We will use this loss to motivate us for the future. On Tuesday when we play Jackson, we will be ready to play our game and not back down.

4-9-2014

Elizabeth Schack

With only four returning Varsity players this year and no seniors our team really had to learn how everyone else plays. We soon learned that in order for us to become dangerous we needed to communicate extensively on the field because we were so new to each other. Our season began with a few bumps in the road, but after every game we were able to fix our mistakes and make many improvements in a short amount of time. Win or lose, our team has learned quickly and has become very adaptable. With dedication and focus we know we can go far this season and show that age doesn't matter. On Saturday, during the Pepsi Showdown, we are ready to work as hard as we can and really bring our game. No matter what happens we know how to learn from our mistakes and build something better after every time we play. With our heads together and our voices loud we know we can go far.

## Hinsdale South

4-20-2014

Cassie Jensen

Wednesday the hornets returned to Olympic Park to play our second game of the tournament against Deerfield. Both teams battled the entire first half and the score held at 0-0. As the second half began, both teams played with a renewed force and the battle continued. On a beautiful corner the hornets scored the first and only goal of the game. The intensity remained as we held off Deerfield for the remaining 15 minutes. It was an amazing game between two evenly matched teams and wasn't over until the last whistle.

Thursday we traveled out to Wheaton North to play the falcons. Both teams came ready to play and it was a battle every second of regulation play. After 80 minutes of play, the score remained 0-0 and it was brought down to a shoot out. Both teams sent five players to shoot and after 10 nail biting shots, the hornets emerged victorious on a phenomenal save by our keeper. An amazing game between two evenly matched teams proved one of the best games of the season to date and the excitement has carried with us to our game today and we can't wait to finish out the tournament on a high note!

4-13-2014

Cassie Jensen

Saturday the hornets had our first game of the tournament and although the outcome was not as we had hoped, we left feeling proud of the way we played and excited for Tuesday. The wind provided some difficulty during the game, but we coped well and pushed through. Our team played extremely well together and had multiple strong offensive plays. Although we were unable to finish and score, we worked well off each other and built up some extremely strong attacks. It was a fantastic game against a phenomenal opponent and it's games like these that will only make us better! We can't wait for Tuesday!

4-9-2014

Cassie Jensen

Losing six seniors last year was difficult for the team at first, given we lost both strong offensive and defensive players, but during the off season and preseason the hornets grew to become a very unified and tight knit team who plays well both on the field and off. Our team has had many new additions, all of which beneficial, and a strong returning varsity team to propel us forward. We have started off our season strong, and we hope to continue this trend through the remainder of the year. The hornets are excited to play teams we don't normally see in season, and we are ready to face the challenges set ahead of us. We can't wait to start PepsiCo Showdown this year and are excited to see where it takes us!

## Huntley

4-17-2014

Beth Parks

In our first game, we had a challenging game against a really tough team, OPRF. The conditions were really windy and made it very difficult for each team to judge the ball in the air. We were able to break through with a goal in the first half, on a free kick and went into half time up 1-0. Playing into the wind in the second half, we were able to apply pressure and get another ball into the back of the net. Our defense played strong throughout the game and especially in the second half when OPRF had the wind advantage. We limited their quality shots and when they put a ball on frame our keeper was there to make the save. With a final of 2-0, it was an excellent team effort and a great win to start off the tournament. OPRF was a great opponent for us and a very hard working group.

[On Tuesday night](#) we faced Lake Zurich on our home field. We knew they had fast, athletic girls and that this would be a difficult game for us. It was a cool night with great conditions to play. It was an equally matched game with play back and forth throughout the first half. In a span of 80 seconds we were able to score two quick goals and that proved to be the final score. Again we played great team defense led by our keeper and back line.

We are thrilled with the results so far but know we face a strong team as we travel to New Trier. They are a highly skilled team and they will constantly challenge us throughout the game. We are excited to be playing New Trier and look forward to the competition. This is why we play in the PepsiCo

Showdown, to play the best teams the state has to offer. Our team is strong together and we know that anything is possible. Go RAIDERS!

4-9-2014

Beth Parks

We are very excited to be playing in the PepsiCo showdown this year and to compete against such high level teams. We feel strong with nearly all of our team returning from last year. We have 11 seniors and a lot of talent in our underclassmen. Our unity and chemistry have been really good this year as we have had a solid start to our season. Our first game is against Oak Park. We expect a strong challenge and know we will have to bring our best efforts. We wish all the teams the best of luck and can't wait to begin on Saturday. Go Raiders!

## Joliet West

4-19-2014

Angie Requena #15

Our last day at Olympic Park was bittersweet, especially for this year's seniors, from the moment we stepped off of the bus. For the majority of the team, it was the last supply of free Muscle Milk we would mob three brave volunteers for, the last internal debate we would have over spending \$30.00 on a hoodie, and the last "red carpet" picture we would strike ridiculous poses for as a team. Needless to say, our last game in the tournament game against St. Ignatius was going to be a good one.

The first half began once again with possession equally on both our half and St. Ignatius' half. We did not have much for shots on their goal, and neither did St. Ignatius. Most of the gameplay took place in the center of the field where senior center midfielder Synthia Garcia, senior center midfielder Yazmin Martinez, and sophomore center midfielder Kara Cipolle fed ball after ball to our forwards with little success in getting through St. Ignatius' defensive line. Finally, a perfectly placed ball to senior center midfielder and Captain Shea Pierce gave us our chance. Pierce trapped the ball neatly and skillfully weaved her way past two opponents to have her breakaway. With a swift shot on goal, Pierce placed the ball above St. Ignatius' goalkeeper. This goal was big for us because it had its beginning on our defensive half and worked its way up the field through a series of intellectually placed passes to the opposite end of the field. Unfortunately, the second half ended 1-1 when St. Ignatius got on the board in the last 30 seconds. The second half mostly consisted of St. Ignatius' goals off of corner kick after corner kick, but we held them off on the field for the most part. Despite a 5-1 loss, this game represented the bigger picture for us: a start to many of our athletes' college careers and a chance for redemption next year at the greatest tournament we have ever been a part of.

4-17-2014

Angie Requena #15

After a terribly long bus ride, we took the field against Morton in the late afternoon. The referee's whistle blew and play began with possession taking part equally on both halves. Morton's offense came on strong as they took shot after shot on our goal, but junior goalkeeper Marissa Mata held her ground. Our shots against Morton were few but fierce and Morton's shots were many but off target the majority of the time. The defensive wall, junior Allison Rodawold, senior and Captain Kim Escamilla, and senior and Captain Angie Requena, held Morton until the last six minutes of the first half when a Morton offender had her breakaway and scored. Our momentum did not cease, however, as we went into the second half stronger and more aggressively than the first. Foul after foul from both teams created a heated atmosphere, but we kept our class and played the ball. Halfway through the second half, we still had nothing to show on the board, but a foul on sophomore center midfielder Kara Cipolle gave us a prime opportunity to score. Junior center midfielder and Captain Sam Maclannes, who has constantly shown both power and finesse in her shots, was the clear choice for the penalty kick. The whistle blew and Maclannes placed the ball low and in the opposite direction of the goalkeeper, tying the game. The rest of the game consisted of equal possession and shots, and we were satisfied with a very hard earned 1-1 tie against Morton.

4-16-2014

Angie Requena #15

Coming off of a loss to Marion Catholic on Saturday, the team was ready to start off the week fresh against Romeoville. A startling snow shower lasted the duration of our warm-ups and the majority of the game, but nothing was going to phase us. The whistle blew and possession immediately became ours as we pushed into their half. The first half showed some of the best connecting sequences we have had all season, but still nothing showed on the board until the 20-minute mark when Romeoville snuck one into our net. Although we were slightly shaken, we were back at it in their half again for the remainder of the half. We struggled, as we have for the majority of this season, to finish the countless leads we have to net. The first half ended with Romeoville up by one, but pep talk from head coach Ashley Viegelt levelled us out and we decided to play for enjoyment, not necessarily victory. The strategy worked, and we dominated possession and forward movement onto Romeoville's half. Unfortunately, Romeoville seized a gap in our defense and scored once more. At this time, we fell short of our performance throughout the game. When the clock read 15 minutes, we began an all out bombardment on their goal. Shot after shot by junior midfielder Valerie Torres as well as junior forward Dani Ortiz just did not finish through. At the end of the 80 minutes, we came up short and the final score was 2-0, but we take the field again on Thursday with an even more rigorous determination to get on the board.

4-12-2014

Angie Requena #15

The temperature was perfect, the breeze verging on becoming gusts, and the sun was high and beaming. In the late afternoon, we took the field and prepared to face Marion Catholic. The first half was a struggle against the wind and a goal from Marion Catholic on junior goalkeeper Marissa Mata struck blows to our momentum. However, an assist from sophomore center midfielder to junior Justine

Neil got us on the board and lifted our spirits and improved our gameplay. The score was stuck at 1-1 at the end of the second half, so the team gained determination to score in the two 10-minute overtime periods with a golden goal. Twenty minutes later and still we had nothing to show after countless shots on Marion's goal. A serious atmosphere engulfed the squad once we realized the next move: penalty kicks. The first round of five showed two goals for us and two amazing saves by Marissa in goal, but Marion caught up last minute with two goals as well. We kept positive and relaxed going into the next round of five, but this time it was the first team to score while the other team did not. Two shots missed and a goal for Marion Catholic ended the game with a final score of 2-1, but we maintained graceful nature to our loss. We can't help but feel pride at the fact that we held up against a team who took us 5-0 last season.

4-9-2014

Angie Requena #15

One could say that the stars have never aligned for our varsity squad this season; we have been faced with challenge after detrimental challenge. However, we have not only faced each setback with a rigid determination, but have utilized the negativity to strengthen and improve our attitude. This season's team consists of mostly upperclassmen, so it was our first obstacle to confront an ankle injury to senior midfielder and Captain Shea Pierce. Additionally, junior goalkeeper and Captain Sam Maclannes suffered from wrist injury in the beginning of the season. It is a tragedy to lose two major players with essential leadership roles on the field, but we have adapted to survive and battle against the most elite teams in our conference. With two wins under our belt, we have already achieved more than we could have imagined last year. It is our vision now to expand upon our current foundation and charter a new constellation that will make history for Joliet West.

## Lake Forest

4-20-2014

Ginnie Revenaugh

Our game today was intense and close. Glenbrook South had an incredibly fast offense and was quick to pressure every ball, something we weren't anticipating coming into the game. They caught us by surprise with a long ball and scored in the first half. After that we realized that we needed to play at a higher level and came out stronger, playing with more confidence in the back and taking time to find the pass to feet. We were ready to play hard when the second half came around and got multiple chances at goal. Hitting many give-and-go passes between our outside defenders and midfield players enabled us to force the ball to the far corner and cross it to the center. Although we had multiple chances, none of them came to fruition until the last five minutes of the game. We got a free kick outside the box and played it short, where we were able to place it past their keeper for a goal. GBS is a strong team and difficult opponent, and we walked away satisfied with our level of play and a 1-1 tie.

4-18-2014

Bailey Ehrens

This Thursday, Lake Forest travelled to the city to play Saint Ignatius. It was a long ride, but very worth the trip. The second we arrived at the campus, we were blown away by the beauty of the school. We also enjoyed the view of the Sears tower from the field. The game was well played on both sides, and Jenny McKendry and Camille Cook scored a goal each to give us the victory. What I think our team will remember most about this night, however, was the pizza party after. The tournament generously set a dinner up with the girls from Saint Ignatius and us. This experience allowed us to connect with people we normally would not have been able to. I was able to talk to a senior on Saint Ignatius named Jacky, and I found out she held David Beckham's hand and knows three languages. Not often are players able to interact with their opponents off the field, and our team is grateful to the tournament coordinators for providing us this unique opportunity.

4-17-2014

Ginnie Revenaugh

Tuesday's game was all around disappointing. Going in to it, we knew that Metea Valley would be a formidable opponent, but we underestimated just how tough they'd be. We had a strong warm up and started the game mentally prepared for a tough match. Despite our preparedness, Metea Valley out played us when it came to 50/50 balls and attacking with speed. We had some chances to score throughout the first half, though when it was over we were down 2-0. We came out hard during the second half and scored, making it 2-1. They then scored within the next ten minutes and the game ended 3-1. Needless to say we were frustrated and discouraged, but we realize that all we can do is move forward and correct our mistakes. We can use this game to see exactly what we did wrong and learn from what Metea Valley did right, like moving off the ball and keeping shape. This game was a reminder to us that we have areas that definitely need improvement. We'll take what we learned from and apply it to our games to come, starting with St. Ignatius Thursday night. Nowhere to go but up!

4-14-2014

Ginnie Revenaugh

This past Saturday, Lake Forest faced a tough game against York. We came out strong with a ready mindset and walked away with a 4-1 victory against the most skilled team we've faced so far in our season. Going in to the game, our goal was to start strong and fight until the end, regardless of the result or score. With this in mind, we played with full effort and determination from the minute the whistle was blown and caught York off guard, scoring within the first minute of the game. From there, our passing, communication, and teamwork only improved. York had a fast offense and great through balls, which our defense was able to handle by staying cool under pressure and being smart about forcing off-sides calls. Our midfield tremendously influenced the outcome of the game by attacking every ball and passing accurately. They worked well together and anticipated what each other's moves would be. Our offense did everything they were supposed to do; they found the open space, ran off the ball, and shot over and over again. All in all, we came out strong for a game against a tough opponent,

and were rewarded with the effort. This game helped us recognize our potential, and we plan on coming out stronger and stronger with each game to come.

4-9-2014

Ginnie Revenaugh

Our team has a dynamic this year like never before. The girls all have a deep passion and understanding for the game which allows for a level of cohesiveness and teamwork that can't be forced. Losing the first game of the season was a wakeup call for us- we saw that we could either bring our all to every game or slush through the season halfheartedly and without purpose. After that, our desire and motivation increased tremendously. Every single player steps onto the field with the same goals: to play hard, give 100%, and lift each other up. Facing last year's season with way too many tied games, we know our weaknesses and are determined to overcome them with grit and tenacity. We're so excited to put our skills to the test in the Pepsico Showdown. We'll take it one game at a time, keep our eyes on what's ahead, and enjoy ourselves while we do so. We're passionate, we're tough, and we're SO ready for what's to come.

## **Lake Zurich**

4-11-2014

Julia Kuhn

Since we lost 8 seniors from last year's team, Lake Zurich had to adjust to playing with new players. Even though we have a lot of new players, our team has become really close. Our team bonding starts with team pasta parties and goes as far as paintballing. We've had a good start to the season, and are 5-1. We have set goals as a team for this season, which include being good teammates on and off the field and continuing our tradition of winning Conference. We are excited for the Pepsico Showdown because it offers the opportunity to play teams we don't normally see, starting with Oswego this Saturday.

## **Lane Tech**

4-23-2014

Amanda Lindberg

With a majority of our starting varsity players away on spring break we were lucky enough to have several jv players step up and help us out for this tournament. We kicked off the tournament with two wins against Glenbrook North on Saturday and Downers North on Tuesday. We then suffered two losses in the following games against Wheaton on Thursday and Lincoln-Way North in our final game on Saturday. We look at this tournament as a learning experience because we got to play tough opponents we do not see all too often in our city conference. We learned that we need to get quicker in our speed of play and work more on conditioning while we proved that we can play aggressively and possess the ball well. Overall, we think this tournament was a great experience and hope to improve because of it in our coming games.

4-11-2014

Amanda Lindberg

As defending city champions, Lane Tech is looking to not only defend our title but also move on to bigger and better things outside of the city. With only 3 seniors we are a relatively young team hoping to surpass our accomplishments made last year and exceed expectations set in place this year. Many of the underclassmen have stepped up and everyone on our team is considered an equal. We are learning how to play as a team as we integrate new players onto the field and improve with each game. After our first few games we learned we needed to work on possession, communication and first touch. After every game we take note of what we need to improve on and work to make it better in upcoming games. We are excited to see where this season takes us and hope that with the dedication and hard work we put in we will go far.

## Lockport

4-9-2014

What should people expect from our team? Lockport is coming to Pepsi Showdown ready to play and fight. We lost a lot of seniors from last year, but we have players that have stepped up as leaders. Also, the five freshmen on our team have stepped up their game and have adjusted well to our team. We've all been looking forward to our upcoming games. Our dedicated coaches have done a great job to prepare us for these games and they are just as excited as we are for the games over the next few days.

## Loyola

4-15-2014

Katie Taylor

Loyola came out strong on Saturday against our opponent Burlington Central. We were excited to kick off the tournament and motivated to give it our best from the very start. Senior captain Tori Iatarola kicked off the scoring early on with a perfectly placed free kick in the upper right corner. After her goal, Loyola kept pushing forward and several players were able to find the back of the net. Elle Zadina, Devin Burns, and KK Phelan each had multiple goals. We are very excited about our attack this year as we have multiple players in several positions who can pose a scoring threat. Additionally, our defense did well to keep our opponents chances to a minimum and we ended with a final score of 9-1. While we are excited about the win, we have already shifted our focus to our next game on Tuesday. We are expecting a hard fought game but Loyola is up to the challenge and excited to show what we can do.

4-9-2014

Katie Taylor

Loyola is off to a great start this year with our six talented seniors leading the way. Although we have missed several key players from last year, our team has welcomed a lot of new talent and we are excited about where this year's group is headed. Our upperclassmen have experienced what it takes to win a

high level tournament like the Pepsico Showdown, and are excited to share this experience with the new players on our team. This year, our team is holding true to the belief that success this season is "never given, always earned". We are looking forward to the opportunity to earn our success in the Pepsico Showdown!

## Lyons

Gabbie Gresge, #9

Glenbrook South, game three

This win meant the absolute world to our team and coaches. Glenbrook South is without a doubt one of the most talented and hardworking teams we've come across, and we know and acknowledge that this was in no way an easy win. Their speed up top (and in the midfield, and on defense...) proved to be troublesome for our back line, and they earned their goal in the early minutes of the game. The atmosphere was very electric and energetic on both sides, and the middle of the field was up for grabs at all times. With many thanks to execution of combination balls up top, we were able to efficiently use senior forwards Erin Fitzgerald and Katie Dougherty as well as senior midfielder Emily Lange, who put a beautiful ball in the back of the net off a corner to tie the game. Minutes later, Dougherty managed to dribble to goal and shoot a ball that could've gone to the moon to put us up 2-1. As the second half began, the tension was palpable; both sides had an obvious desire to win, and both sides went hard to the ball in order to attempt to do so. After a number of terrifying chances in our box, we knew that we had to turn up the energy to finish the game; and we did. Many congratulations to Glenbrook South and their incredibly talented team. Coming off this win means a lot to us, and we'll surely feed on this feeling in order to be successful this Saturday.

Gabbie Gresge, #9

Libertyville, game two

This was an incredibly, incredibly tight game on all sides of the ball. We were very frustrated early and throughout the game by the plethora of chances and our inability to score on them. Despite the fact that we felt solid in our possession, Libertyville did a great job of keeping balls out of their net. As the game drew on and more chances were missed, OT loomed and became more and more likely. As it came to fruition, the game didn't change; our chances at goal, frustration and desire to score seemed to increase tenfold. When the second OT expired, all eyes were on junior keeper Lidia Breen, who delivered in every way a keeper in a shoutout situation can be asked to by a team craving to advance-- she had a shutout. With goals scored by senior forward Erin Fitzgerald, senior defender Catherine King and senior defender Sara Drew, we proved that luck favors the hardworking. With this win I'm our wake, we can't wait to see where this journey will take us.

Gabbie Gresge, #9

Marist, game one

We'd really like to thank our taller and more vertically aggressive players for this win. Marist pressured us from the get-go, and it makes sense that our only goals came from beautiful corners hit by senior defender Grace Nasenbenny due to the lack of easy, fluid possession on both sides of the ball. As an

incredibly veteran team with nine seniors, we have hoped to capitalize on the experience and ability of more cultured seniors. Our entire back line is comprised of seniors (Catherine King, Sara Drew, C.C. Holbert and the aforementioned Nasenbenny), and shutouts by junior keeper Lidia Breen are certainly on the to-do list as a team. Although Marist gave us a hard time in terms of pressure and defense, we're happy with this first win and are really looking forward to showcasing our ability going forward in the tournament.

## Maine South

4-15-2014

Kelly Kons

Our loss can show that the tournament did not start the way we had anticipated. Wheaton Warrentville South came out ready to play, and we came out flat. It came down to the fact that they wanted it more, and we weren't as tough as we should have been. Being stronger has been a big focus on our team, playing with injuries and sicknesses. It's no excuse because we should be able to fight through it. After this tough 2-1 loss, I know there will be a change in attitude, mentality, and strength.

Wheaton Warrentville South came out strong, scoring early in the first half with the wind on their side. We were able to hold them to one goal for the half. Shortly into the second half, Claudia Wine scored for the Hawks, making the score 1-1. Right after a corner kick for Maine South, Wheaton Warrentville South had a transition opportunity that they took advantage of, and scored because Maine South couldn't get back on defense.

The Hawks will learn from this loss. We plan on coming out stronger than ever against Burlington Central on our home field.

We need to find a spark in our play that was present in the beginning of the season, but hasn't been consistent. We need to be stronger than our opponent. We need to prove that we are not a team to be overlooked. We are excited to take on the challenge in front of us.

4-9-2014

Kelly Kons

The Maine South Hawks are more than excited to take on the Pepsi Showdown once again. Even though we have not met our goals for this tournament in the past, we're eager to meet them this year. Currently 5-1, but not ranked in Pepsi, we look forward to the challenge of playing Wheaton South on Saturday.

A team of 9 dedicated senior leaders, we are ready to show that Maine South is going to fight. With 3 of the seniors committed to continue their soccer careers at the collegiate level (Jessica Schmidt, DePaul University; Emily O'Grady, Iowa State University; Lexi Kiotis, Dominican University) supported by a team who is willing to give it their all, Maine South is considered a tough competitor. The fact that we didn't

get ranked isn't going to stop us; it's going to motivate us and it tells us that we have something to prove.

Recently we have been working to overcome team injuries and some sickness, but that didn't stop us from winning games 5 games, and Emily O'Grady having 4 shut outs. You can expect Maine South to fight for victory. You can expect us to fight to out-work our opponents and play with heart. We are ready to compete.

## **Manteno High School**

4-14-2014

Emma Shores

Manteno Girls Soccer played a game against New Trier this past Saturday. The girls were very happy with how they played, especially against such a big school. The score was 2-0 but Manteno played a phenomenal 80 minutes. We enjoy playing tough teams to see where we rank. We also love playing against big teams because it helps us for when the post season comes! The Pepsi showdown is a very fun tournament that our whole team enjoys. We are "happy" that we got chosen to play against the best teams in the state!

4-8-2014

Emma Shores

Manteno Varsity Soccer is full of secrets like, W.O.W, 42, and most importantly the AUP. AUP is a sisterhood that the girls all share. Manteno is a very small town located 50 miles south of Chicago. Manteno High School's student population is about 650 students...Yes...Very small. Right now, the girls are preparing for the most difficult tournament they have ever been invited too. The challenge is definitely accepted. We are undefeated so far this season after playing 6 games. The girls are very excited to take on the challenge of facing New Trier on Saturday.

## **Marist**

4-9-2014

Alex Lenz

Though a very young team this season after having lost nine seniors, Marist has already begun to put the pieces together and make strides towards improvement. Following a strong start to the season, we have grasped what it takes to face the competitive teams in our conference: teamwork, communication, perseverance, and a proper mindset. Our goal for the Pepsi Showdown tournament is to continue to take things one game at a time and work hard towards making a name for ourselves, which starts the moment we step on the field against Lyons Township on Saturday. It's all about working together as the close-knit unit we are and keeping our long-term goals in mind to reach our full potential this tournament and the rest of the season to come. With each practice and game we grow stronger and more determined, and we are as ready as ever to take on the teams that come our way.

## Metea Valley

4-16-2014

Rachel Stoffregen

This past Tuesday, Metea Valley faced Lake Forest, a team with an impressive season and potential for the Pepsi showdown tournament. Our composure, strong offensive pressure, and solid defensive strategy allowed us to obtain a 3-1 victory over the Scouts. Our initial goals going into the game were to attack and finish quickly, and to capitalize on all of our scoring opportunities in order to take the lead as soon as possible. We dominated possession for the most part, and created numerous scoring opportunities which led to a 2-0 lead. Lake Forest was able to finish on one of their chances, but the defense was then able to read and adjust to their main focus of playing the ball over and in behind us. We were then able to increase our lead in the second half with a third goal, ultimately ending the game in a 3-1 win. We hope to continue this high level of play for our home game on Thursday against a tough opponent, Buffalo Grove.

4-15-2014

Rachel Stoffregen

The Metea Valley varsity girls' soccer team has exhibited a high level of play thus far while also demonstrating competitive growth and potential for the rest of the season. After a few games, we have identified the significance of communication and composure, and focused on maintaining our successful style of play regardless of our opponent. Participation in the Pepsi Showdown tournament allows us to experience a wide variety of opponents outside of our conference that ultimately further our growth as a team. Our initial win in the tournament against Deerfield has worked as a catalyst to motivate and further develop our level of play for Lake Forest and the games yet to come.

## Morton

4-23-2014

Diana Lara

The Morton girl's soccer team is grateful for having had the chance to play in the Pepsi Showdown tournament this year once again. Playing in the tournament taught the girls how hard work pays off. Having lost the first game served as a learning experience for the Mustangs as we didn't let other teams beat us. Playing against teams at a high level of intensity brought the team an insight of how other teams want the win as badly as we do and we have to be able to compete until the end since minute one. The lady Mustangs are content with only giving up one game in the tournament and competing in all the other matches. Given the chance, the Morton Mustangs will be ready to compete and give their best in Pepsi Showdown tournaments to come.

4-20-2014

Diana Lara

At the final Pepsi Showdown game against Lockport, the Morton Mustangs brought their best but came out with a tie once again. Trailing behind Lockport after they scored the PK, Morton was able to convert after a free kick and tie the game. Playing in the Pepsi Showdown was a great experience for Morton overall. The team learned to work well with each other out on the field and is ready to take on the rest of the season. Morton is grateful for the chance to play in this tournament and looking forward to continue playing in the Pepsi Showdown!

4-18-2014

Diana Lara

The Morton mustangs once again were not able to come out of a game with a lead, but did tie to Joliet West. Both teams put in a great effort but unfortunately for the mustangs, we could not capitalize and use all the chances to our advantage. Balls going out an inch too wide or hitting the posts and crossbar and missing a PK were all contributing factors to the final result of 1-1 of yesterday's game. Ready for the final game of the Pepsi Showdown this Saturday at Olympic Park against Lockport, the Mustangs are ready to bring their all to the field and bring home the win.

4-16-2014

Diana Lara

After suffering a first game defeat, Morton was prepared to bring their all and put up a fight against Plainfield East. After a long duel and going to halftime with no goals for either team, Plainfield East scored right away during second half but Morton showed desire for the win scoring after a free kick and saving a goal in the last couple seconds of the game. Taking the tie as a learning experience, Morton will be ready to face Joliet West on Thursday at home.

4-14-2014

Diana Lara

After playing a tough game against Plainfield Central, Morton's girls did not achieve the desired outcome. Giving a great effort for over majority of the game, a defensive slip in the last ten minutes gave Plainfield Central the advantage. Using this tough loss as a learning experience and a point to move forward from, Morton is back to training and ready to give a great game this upcoming Tuesday against Plainfield East.

4-9-2014

Diana Lara

Morton girl's soccer is in season and preparing to kick off against Plainfield Central this Saturday at the Pepsi Showdown tourney. Morton's girls have been training hard everyday at practice in order to be prepared and give a good effort at Saturday's game at 1pm against Plainfield Central. Looking forward to a great tournament!

## **New Trier**

4-15-2014

Sarah Connors

1 down 4 to go

Saturday's hard-fought match against Manteno ended in a 2-0 victory for the Trevians. Manteno, a formidable team from the 1A division, had a strong defense that frustrated our offense and made it challenging for us to score. Hurricane force winds played a big factor for both teams physically and mentally. Corner kicks bent out of bounds while goalie punts rocketed down field. It wasn't until the second half that the Trevians scored their first goal. On a ball from senior Molly Cahill's 50/50 win, senior forward Maddie Mulford battled hard to chip in past the goalie. Then with less than 5 minutes left in the game, Maddie received a pass from senior Gertie Harris, beat two Manteno defenders, and shot a cannon to the far post. Sophomore goalie, Dani Kaufman, and a determined defense lead the Trevians to the team's eighth shutout this season. Overall, despite the conditions, it was a good performance by the Trevians. We are focused on moving forward, continually improving, and getting excited for Tuesday's game at home against Downers Grove North.

Game On New Trier!

4-8-2014

Sarah Connors

Ready or Not- Here we Come

Yes it's true- New Trier is in it to win it. Pepsi Showdown is the biggest High School tournament in the country, and we can't wait to get on the field this Saturday evening. Left with a bitter taste from last year's loss to Buffalo Grove, we are fired up and have our sights set on Wrigley field. Playing in a venue like that is just the type of thing we soccer players live for. With a starting line up of all veteran players, we know what it takes to win and we are ready for the challenge. In addition, we have a great group of newcomers that add skill and depth to our team. The competition is going to be tough, so this will be a good test for our team. People should expect to see a team that shuts down an opponent's offense and has a multi-dimensional attack that is difficult to stop. All skills aside, we have undeniable heart and we will battle until the end. We have worked hard over the past couple months and this team has really come together to form an intense bond on and off the field.

Gitty Up New Trier!

## **Oak Park River Forest**

4-15-2014

Mystie Lewellyan

Saturday we had our first game in the PepsiCo Showdown and the results were not something that we fancied. We left the field thwarted but not defeated. We are now looking forward to playing Oswego on Tuesday on our home turf. During the game on Saturday the wind was a bother but we adjusted and played well. While one of our key players was injured we adjusted well around it. We had some great offensive and defensive plays but we failed to score, but you know what it is. Huntley was a good opponent and I think that playing against them taught our team some things. We are psyched about what is to come of the game on Tuesday.

4-6-2014

Mystie Lewellyan

Oak Park is delighted to be participating in the Pepsi Showdown once more this year. Our captains have been doing a pretty bang-up job at getting us ready for these upcoming games. We intend on doing well and to stay in the winner's bracket. This year we have gained two young players who have shown great dedication and great diligence during practices and games. We have a great lot of new varsity players who connect well on and off the field, which translates to success on the field. Throughout the tournament our team's main goal is to stay focused and try our hardest, which will be a crucial part of our team's success. We have loads of talent - we're lousy with it, and hopefully we will be able to hone our talent and get the big "W" at the end of the day.

Get ready for the Huskies!

## Oswego

4-24-2014

We ended the Pepsi Showdown with a winning record of 3-1, which we have never done before. We could not be more proud of our play throughout the entire experience. Our coaches, parents, and teammates have given us so much support, which we are extremely thankful for. Our team took a huge step this tournament and have truly begun to make a name for ourselves. The teams we played were very talented, which helps us prepare for more competitive teams in our conference. The rest of our season looks bright as we accomplish each of our goals one by one. This tournament was a great experience, especially for our seniors, as we improved our record and gained respect from other teams.

4-17-2014

On Saturday we played Lake Zurich ending the game with a loss of 1-0. We fought through the high winds, hoping they would help us out a little bit. We kept shooting, but unfortunately couldn't place the ball in the net. We came out with a win on Tuesday after traveling all the way to Oak Park River Forest in the freezing cold. Burrrrr! A pass from Kate Ferone led Mikaela Mockenhaupt to a goal, ending with a 1-0 score. Tonight we played Downers North and came out on top 1-0. Caitlin Lukowski scored the game winner from a Mikaela Mockenhaupt assist. Amy Annala was rock solid in net stopping a break away with under 5 minutes left in the game to preserve the victory.

4-9-2014

Ami Zacker

We are extremely excited to participate in the Pepsi Showdown this season as a team that consists of mostly returning players! We are truly starting to “click” again after a long winter season. We started our by trying a few different formations, and we’ve finally found one that works, leading us to our 3-2-2 record. We are truly proud of our wins against Rosary, West Chicago, and our rival, Oswego East. This season our team took a huge step in the right direction by competing with two really great teams. We tied Naperville central 1-1 after leading most of the game 1-0. We used the same fire, passion, and mentality going into our last game against Waubonsie Valley. Waubonsie ended the half with a 2-0 lead but we held on and shut them out in the second half. We plan to use our player history in the tournament and hope to come out stronger than we have in previous years. Last night, we were anxious to see our seed as we feel we have become a very developed team and have worked for a good seed. We’ve moved up about eight seeding spots since last season, which our girls feel is an amazing accomplishment, and we hope that our team will continue to improve in further years to come!

## Plainfield East

4-11-2014

Kaeley Feliciano, Senior

“24 Plainfield East Varsity Girls, 1 Team, 1 Family”. To start, the 2014 soccer season is underway, playing our first game against Bolingbrook High School. We came out dedicated as it was our first game of our last high school season for 7 of us returning seniors. The intensity and the drive we all have is impeccable as we are ready to impact Plainfield as the new season comes to a start. This season we are prepared to face greater obstacles and challenges we never imagined, as we improve ourselves mentally and physically to make this season a memorable year. As a team, we have gained the positivity and the motivation to keep our team going all the way to the end. We all have many goals in common that are in our reach this season, and as a team we are ready to make them happen and go down in Bengal history as our season progresses. Together we learn from each other every day, setting examples on and off the field. We learn more about who we want to become in our future as we continue to grow and learn from each other. I can truly say this year is our year and we are ready to accomplish new techniques as we communicate and play our hearts out for an outstanding Bengal season. This year is bittersweet for our 7 seniors but knowing what our team has to offer this year makes it exciting and we cannot wait to see what this 2014 soccer season has in store for us as we hope to be remembered in Bengal history.

LETS GO BENGALS !!

## Romeoville

4-15-2014

Caitlyn Vodicka, Senior and Captain

We were very happy with how we played but disappointed with a loss especially in double overtime! The score was 2-1 and we played an amazing, tough game against Lockport. This is our first Pepsico

showdown tournament that our whole team can experience and enjoy. We will use this loss to motivate us for the future. We look forward to this week – Let's play soccer!

4-9-2014

Caitlyn Vodicka, Senior and Captain

At Romeoville High School our goal for 2014 is for to beat our record from last year, to continue to improve mentally, physically and emotionally. To work together as a team on and off the field. Our motto is Communication, Commitment and Marriage. We believe that doing these three things we can reach our goal as a team. As a senior and captain I have never had a team as close as friends on and off the field. We truly have become each other's best friend. At team practices we are determine to learn from each other, team games we get strength from each other, and off the field we have team bonding activities and community service project that make us who we are and who we want to become. We set examples and follow by leadership. With only four seniors we are teaching our peers to be strong, work together and take one game at a time. We are ready, excited and determined to be the best we can.

Come out on Saturday, April 12th when we play in our first Pepsico tournament at 4:00pm at Olympic Park.

## **St. Charles North**

4-14-2014

Alyssa Brandt

Project Bernie's Books is underway! Trying to make it a community wide effort, St. Charles North girls soccer has taken it upon themselves to collect as many new or gently used books by April 21st for families in need. We have our goals set high as we shoot to collect at least 35,000 books for children throughout the Chicagoland area.

And onto the PepsiCo tournament – despite the wind heavily keeping the ball towards one end during both halves of the game, we dug deep and gritted out a 2-0 win against Hinsdale South on Saturday. With multiple people stepping up to contribute to the win, it was players like Morgan Rerko who notched her first varsity goal that made such a difference. As our coach always says, great teams always find a way to tough it out and win even though it might not be very pretty – as was the game on Saturday. Striving to prove this, we turn our sights to the game Tuesday against Hersey on our home turf. From here on out we will be considered the underdogs, but that does not deter us – we have thrived in this type of atmosphere before, and we plan on attesting to that!

## **Stevenson**

4-9-2014

Lily Zhang

With a roster composed of eleven seniors and six newcomers, Stevenson's combination of veteran experience and young talent is quickly learning to support each other as a team, both on and off the field. Our unified efforts and high intensity level in practices and games have allowed us to improve not just individually, but also as a team. As the season continues and the team faces more challenges, we are able to step up and come out as a cohesive team with an unyielding desire to win. This is Stevenson's fifth year in the tournament; with the opportunity to participate in the highly competitive PepsiCo showdown once again, we look forward to facing teams that we don't typically encounter during the season. As Saturday approaches, we plan to bring everything we have to the field when we kick off the tournament against Glenbrook South.

## **Warren Township High School**

4-24-2014

Haylee Parker

In the third game of the PepsiCo Showdown we were up against a talented competitor: Wheaton South. Both teams held their own in the first half leaving the score 0-0. But after a half time talk from Coach McCabe the team was ready to step up and win the game. Our defense was tested by aggressive forwards but were not willing to give up any goals. Our forwards were hungry for a goal; we had many opportunities to score but somehow couldn't finish them...That is, until after a free kick where Aliyah Parker had a great assist to Kaitlyn Chomko who buried it into the corner of the net. When the buzzer hit zero the score remained 1-0 and we were very proud of this win.

In our final game of the tournament we knew this would be one of our hardest games playing Plainfield North. Plainfield had some very fast forwards who tested our defense when they made various runs in the back. Even after being down 2-0 at half we never let our heads down. By the end of the game Plainfield had scored 5 goals, however we had also scored 3 goals. Our team never quit and kept the intensity high throughout the entire game. We had many scoring opportunities and kept fighting until the last whistle.

The PepsiCo Showdown has been a great experience for Warren Township. We ended the tournament with 2 wins and 2 losses and gained a lot of experience playing talented teams. We also learned a lot about our team and what formations work for us. We will use this knowledge to help us in the regular season and to help us win many more games!

4-17-2014

Haylee Parker

In the first round of the PepsiCo Showdown the girls of Warren Township knew we were in for a tough battle against Wheaton North. We came to the game after a tough week of practice ready to focus and ready to win. In the first half we had many goal scoring opportunities as our forwards made difficult runs in order to get in behind the defense. However, majority of our shots flew past the top cross bar due to the wind. Towards the end of the second half, freshman midfielder Alyssa Ramsden was able to hit a

long ball over the top of the keeper, leaving us with a 1-0 lead at half. Going against the rapid winds in the second half was a bit of a struggle at first, however, junior midfielder Abby Vrabel was able to get in around the defense and score, helping the team out with a 2 goal lead. The game ended with Warren winning 2-1, a great way to kick off the tournament.

In our second game this Tuesday against Buffalo Grove the team kept a positive mentality throughout the entire game, even when things weren't going our way. After giving up a goal within the first 3 minutes, we were able to come back at the end of the first half, leaving the score 1-1 at half time. However, in the second half we gave up more goals than we were able to score, ending the game with a 1-5 loss to Buffalo Grove. Buffalo Grove was able to make some great runs in behind our defense, and being the #1 seed in the tournament, they were definitely the toughest team we have played this year. Although we lost, there were many positives in this game, and the team is looking forward to building off of these positives when we play Wheaton South this Thursday!

4-14-2014

Haylee Parker

Most would think starting off the season with some returning faces, and also some new would be a challenge. However, our team has proven this to be false. After losing 9 seniors last year the program has transformed, adding many fresh new faces to the team. With this year's team having 8 underclassmen, all being new to the varsity squad, the upperclassmen have had to step up in their leadership roles. The seniors are reminded on a daily basis to look out for our freshman teammates when we step on the field. One of the most important things we have done is to become a cohesive team that trusts each other not only on the field, but on a personal level as well. As a result, our team is ready to step up as we face Wheaton North on Saturday. We have consistently had an abundance of intensity throughout practices and games; while our intensity level has increased so has our talent. The whole team is excited to see what the tournament has in store for us. With the start of the PepsiCo Showdown on Saturday, Coach McCabe reminds us to not only play for ourselves, but to also play for our teammates.

## Wheaton Academy

4-21-2014

Emily Mascari

Coming into our Saturday game vs Whitney Young, we knew we had the chance to beat this team playing them for the second time. However, our team had to step it up because we we're missing three of our key starters due to injuries. Whitney Young no doubt gave us a good challenge, and for most of the first half no goals we're scored. We continued to push our attack and did manage to get one in the first half, going 1-0 into halftime. Starting the second half, Whitney Young tied it up early but we continued to keep our momentum. Not long after, our freshman, Gretchen Pearson, dribbled down the side line and got us the lead again. By the end of the game, we thankfully finished it off with one last goal ending the game at 3-1. We were proud of our team performance based on our less than ideal

situation going into the game and also because of an outstanding performance by our goalie, Julia McKee. To win the bracket was huge for Wheaton Academy, and we cannot wait to play at Toyota Park on Sunday for the Championship!

4-18-2014

Emily Mascari

Last night, Wheaton Academy competed in a highly physical, well matched game against Lane Tech for the semi- final game in the showdown. We came into the game knowing how we would have to play to get a win, and we pulled it out. We we're proud that we came out eager and with energy and played really composed as a team. Lane Tech pressured us hard, and forced us to keep the ball but still having to push our attack. For most of the first half the game was 0-0, until we scored on a free kick when fouled outside the box. Leading into the second half, we continued to keep the momentum and five minutes in, scored off a cross into the box. However, Lane Tech never let down, and kept fighting to stay in the game. Thankfully, we continued to keep our shape and defense to hold the shut out. Tomorrow we are looking forward to playing Whitney Young again for the final in the Muscle Milk Bracket.

4-17-2014

Emily Mascari

Adding to our overall wins in the season, we played Marian Catholic last night for the second round of the PepsiCo Showdown. After a crazy miscommunication and dealing with bitterly cold weather, we were glad to have the chance to get the game in. On Tuesday, we did a good job getting up on the Marian Spartans early, scoring 2 goals in the first 10 minutes. Then later on in the half, getting a third. Our freshmen had incredible games and helped build our offense greatly. However, during half time, as a team we we're not exactly happy in our pace of play and looked to step it up in the second half. In the second half, we also managed to score one more goal, and kept the score at 4-0 for the remainder of the game. In the end, regardless of the score, we as a team knew where our faults were and we came into practice today knowing what we needed to work on as a team. We are looking forward to making more progress in the Pepsi showdown and are prepared and focused on our game tomorrow vs Lane Tech.

4-14-2013

Emily Mascari

Wheaton Academy is psyched to compete in the PepsiCo Showdown Tournament again this year. Having the chance to play in the PepsiCo showdown gives us the opportunity to challenge ourselves against teams beyond our conference. This year we are feeling stronger and more confident by having many returning players on the team. Our focus this season is set to playing together and working off of each other to create more opportunities in our final third. In our first tournament game Saturday night, Whitney Young gave us a great challenge but ended up having two scoring opportunities that they capitalized on in the second half. As we continue in the tournament, our coaches, David Underwood and Maria Selvaggio, emphasize the importance for us to step up to any team that we face... to play with

purpose, energy, and intensity. They've presented that challenge - and regardless of yesterday's unfortunate result, we will look ahead and work hard to meet it. We are eager to play again on Tuesday against Marian Catholic and determined to continue and secure our spot in the tournament.

## **Wheaton Warrenville South**

4-17-2014

Alex Immekus

As the snow came down Tuesday night at Loyola Academy, the Wheaton Warrenville South Tigers fought hard to make it into the final eight of the Pepsico Showdown but sadly did not. Loyola Academy outshot the Tigers 9-2 in the first half and found the net on a shot taken from close range. Second half was a different game with both teams taking three shots each but unfortunately Loyola found the net again making the final score 2-0. Tiger goalkeeper Abbey Fuster made two unbelievable saves to keep the Tigers in the game. We learned a lot from this game and moving forward we will work to make sure our mistakes will not happen again and what we are doing right continues to be done right. We are a stronger team now and determined to find success as the season progresses! We are also looking forward to taking on whatever obstacles Warren High School puts in our way on Thursday so we can come home successful.

4-14-2014

Alex Immekus

Last Saturday the Wheaton Warrenville South Tigers found success against Maine South with the end score of 2-1. Junior midfielder Rachel Conrady had her first goal of the season to start us out with an assist by Anna Fank. Midway through the second half Maine South equalized, but the Tigers responded soon after with another goal to win the game. Goalkeeper Abbey Fuster started a quick transition to defender Alex Immekus who found Alexis Jakuszewski. AJ took on on the Maine South's back line and slotted a ball to an open Caroline Holmes for a great back post goal. The Tigers are preparing for and looking forward to another fantastic game against Loyola on Tuesday! The game will again be a great opportunity to grow as a team and learn about the game. We will continue to focus, connect with each other, communicate, and give the game everything we have each and every time we step on the field.

4-9-2014

Alex Immekus

The WWS Tigers are looking forward to the Pepsico Showdown! Over the past couple of months we have prepared well for this tournament and we are ready for anything that comes our way. We have bonded so well together as a team both on and off the field. We also have learned a lot about how each other play and the game with our communication, our shape, and connecting with each other on the field. Our eyes are set on our goals and we are working relentlessly to be better than we were the day before. The Pepsico Showdown gives us the opportunity to grow as a team by playing against other schools that we normally would not face. We are excited to continue to learn and grow as the

tournament progresses. On Saturday against Maine South we will focus and bring all that we have to the field. No matter what the score is at the end of the game, we will walk away even stronger than we were at kickoff. Our team is passionate and determined to find success in the upcoming games, and we cannot wait to face the challenges that our opponents will bring to the field.

## York

4-22-2014

Annie DiCanio

All in all, I think the tournament was a positive for our team. Over the past two weeks, we went 2-2 overall. Even though, we didn't get the results we had hoped to reach, I believe we definitely hit our stride thanks to the tournament. We faced great competition all throughout, allowing us to grow as a team. Unfortunately, we didn't have the best performance in the first round against Lake Forest which put us out of the running for the title game, however we learned from our mistakes and picked it up against Lincoln-Way and Maine South in the following games. In our final game of the tournament, we put up a great fight against Evanston. It was a back and forth battle the entire game. However, in the end we lost in PKs 4-3. We are extremely grateful to PepsiCo Showdown for the amazing experience to be a part of this tournament once again. We look forward to continuing our season as a team aiming to reach both our team goals and personal goals set at the beginning of our season. Go Dukes!!

4-15-2014

Sarah Morrissey

With a change in coaching staff, and several new-to-varsity players, York's main focus still remains to be coming into our element and familiarizing ourselves with the new coaching style and each other. At the beginning of our season, we addressed the importance of growth by implementing a broad range of team-centralized goals, which we work towards together, as well as formulating individual goals specific to each player. Now, with the season underway, our competitive nature is starting to seep through—it starts with the PepsiCo tournament. It is a great opportunity for us to demonstrate our growth, by opposing some of the best teams in the region, many of which we do not play in our regular season. York's unique characteristic is the fact that our team is filled with potential; it is about utilizing our strengths to put everything together in order to succeed. To us, success is neither defined by external opinions, nor is it defined by individualistic success; rather, it is measured by conquering of the goals we continually strive to obtain. This tournament allows us to prove to ourselves that we have the capability to flourish in our potential.

## Whitney Young

4-19-2014

Cydia Flowers #43

It'd be an understatement saying that this week has just been like another week of our regular soccer season. It was way more than that. As a team we've grown in so many ways and I couldn't be more proud.

Honestly, being on a varsity team isn't easy. You have to be a leader and work hard no matter what position you are. You have to be able to encourage others despite your own upsets. Even more, you just have to be a motivated player, whether you start on the field or not. (Trust me, we all work hard. My blood pressure on the bench is probably higher than those playing. One of these days I will most definitely pass out screaming "LET'S GO YOUNG!" and the occasional, "TURN UP!" if one of my team mates scores.) In the end, we're all here at the Pepsico Showdown for the same reason— to show everyone what we're made of.

So far, we have played Wheaton Academy, Glenbrook North, and Lockport. This Saturday we will play Wheaton Academy again to see who will compete for the Championship of our bracket at TOYOTA PARK! All of the teams we've played have been tough games, but the most nerve-wracking match was the one against Lockport. No, the players aren't scary. The only scary part of that game was knowing that we had to eat pizza with them afterwards.

Walking into Pequod's got more sweat out of me than an actual game. I was THAT nervous, and of course the night started out with distinctive Lockport and Whitney Young tables. Fortunately the Pepsico Showdown coordinators were there and were able to split us up. By the end of the night everyone was laughing, exchanging numbers, and even taking photos together! My lockport buddy for the night was named Allie, and she even followed me on Instagram a day later. That experience was amazing because it reminded me of the importance of sportsmanship. Although Young won in overtime, I was still able to sit with Allie and laugh about how she couldn't pronounce my name. I could even get up in front of girls I've only known for 45 minutes and make a complete fool out of myself by rapping happy birthday to my team mate. It wasn't just a pizza night with girls we would never remember. It was much more than that. We formed a bond and community with these girls, and that will always be there.

In the end, this tournament is much more than just a bunch of matches. It is a community of girls, teams, and even coaches. We're here for each other, and we're here to prove to everyone why we work hard and why we love the game so much. Win or Lose, Pequod's is open Monday-Saturday 11AM-2AM and Sunday 11AM-12AM and their pizza is delicious!

4-11-2014

Nina Friedman

The Whitney Young Girls Soccer program is extremely excited to play in this year's Pepsi Showdown tournament. We have received a bye in the first round and will play a friendly against Wheaton Academy who we beat last year in overtime in the final game of the Showdown. Our placement in the second bracket will give us many opportunities to challenge the way we play as a team, and to improve! We are all strong individual players and have excelled in our season so far by supporting each other on and off the field. We continue to improve upon our communication skills, which allow us to move the

ball quickly and accurately across all parts of the field. We hope that the Pepsi Showdown will be an opportunity to challenge how we play as individuals and how we connect as a team.

Currently, our regular season record stands at 4-3-2 and in conference we are 2-0-1. We are extremely proud of the progress we are making and wish to continue to develop as a strong team. As our season continues, we expect to rank at the top of our conference and hope to challenge for a City Title and contend in the 3A State Tournament.