

1) Name: Jack Polales

2) Suburb you lived in (when you went to New Trier): Winnetka

3) What year did you graduate NT: 2007

4) Where do you live now: Davis, CA

5) New Trier sport(s): Freshman, Sophomore Basketball; Freshman, Sophomore, Junior, Senior Volleyball

6) Who was your coach: Coach Haak

7) HS sports accomplishments/awards/honors:

- Three-year volleyball letterman
- 2008 Fab 50 selection by Volleyball Magazine
- Two-time first-team all-conference selection
- Runner-up state championship in 2007
- As a senior in 2007, recorded 310 kills, hit .549, with 121 total blocks (26 solos) and 17 aces
- As a junior in 2006, recorded 210 kills and hit .520 with 51 total blocks (24 solos) and 15 aces
- Freshman year helped lead the Trevians to a 29-1 record, a conference title, and three local tournament titles

8) Favorite high school individual sports memory:

Coach Haak convincing me to play Volleyball when I thought Basketball was a better path.

9) Favorite high school team memory:

Playing in the State Championship game.

10) Who was your biggest team rival in HS? Maine South

11) Favorite class and/or teacher at NT: English Junior Year

12) Where did you attend college: UCLA

13) Compare your HS sports experience to your college experience:

College was more competitive. Natural talent gave you an advantage in high school. In college, it was hard work and dedication that made you stand out.

14) College sports accomplishments:

- 2010 - Ranked second on the team with 378 kills, 3.6 kps. Member of the 2010 All-MPSF Academic Team
- 2009 - Led the team with 310 kills and a 3.5 kps average. Member of the 2009 All-MPSF Academic Team

15) Favorite college sports moments: Reflecting on a well-played game immediately after.

16) Area of study: Political Science, Philosophy

17) What do you do now? Attending Law School

18) If you could go back in time and give yourself advice/wisdom as you are starting freshman year at New Trier, what would that advice be?

Take care of your body. You don't realize the wear and tear of competitive sports until it is too late. Learn to lift weights properly and get in there. Muscle strength will not only protect the rest of your body, but give you a competitive advantage.

19) What would you do differently if you could do it again? Same as above.



