

1) Name: Lauren Matic

2) New Trier sport(s): Field Hockey, Basketball, Track & Field... and I even did a season or part of a season when the girls ice hockey team was started at NT. Giving up basketball to focus on the other two sports Junior year was probably my hardest sports decision ever. I cried and cried for days.

3) Suburb you lived in (when you went to New Trier): Kenilworth

4) What year did you graduate New Trier: 2000

5) Where do you live now? Los Angeles

6) Who were your coaches?

Track: Coach Babe, Coach Spags (Spagnoli), Missy Furnace; Field Hockey: Coach Nykaza

7) HS sports accomplishments/awards/honors: Hmmmm... It's funny, my recollection of the actual "awards" have faded but I have loads of memories and the honor of competing with and leading an awesome family of girls will remain with me forever. Here is what I recall:

- Part of the team that won state championships in Field Hockey 1997/1998, may have gotten some other awards there.
- I was the Field Hockey Captain my Senior year as well as the Track and Field Captain.
- I was All-conference indoor and outdoor track.
- All-State outdoor track Junior and Senior year.
- 4th place in the 800m my Senior year
- I got some MVP awards

8) Favorite high school *individual sports* memory:

As terrifying and nerve wracking as it was, I loved going downstate to compete in track. I remember my freshman year when I was part of the 4x400m relay team I couldn't believe the level of competition. I was thinking/wondering/planting the seed of hope that I would make the day 2 finals one day, wondering if I ever would be able to do it. So then to be a contender Junior and Senior year in the individual 800m was awesome and proof that if you chase after your dreams, you might just run them down.

9) Favorite high school *team* memory:

I loved being part of winning the State Field Hockey championships back to back 1997 and 1998. My sophomore year I was moved up to varsity for the end of the season and my Junior year I played a bigger role. Being on a team like that is very different than track, we were tougher in a different way and there was an intense rivalry with some of the other teams that got very physical. Getting amped up together, dressing up for game days, and relying on so many others to do their part, working together, chanting, cheering, and a smattering of smack talking, well... it was an awesome bonding experience.

And then being a freshman on an awesome 4x400m relay team going downstate for the first time to being a Senior on a great 4x800m relay team. I have so many fun memories of riding the vans down to the state track meet. And also just the day to day of being part of a team, the common goal, the silliness, the jokes, the tears and laughter. Learning and growing day to day with my teammates is what sticks with me more than anything.

10) Who was your biggest team rival or individual rival in HS, and where did they go to school? In Field Hockey Lake Forest High School, oh man, them and Oak Park... we were out for blood. On the Track side, Evanston had really fast 400m runners that really made us work for it.

11) Favorite class and/or teacher at NT:

That's really tough... I loved my science classes... Mr. Gridley for Chemistry was great.

12) Where did you attend college: Duke University.

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

A huge leap. Big fish small pond, small fish big pond as you are competing with the best of the best across the entire nation. A full time job on top of a full time education. It's all consuming, my teammates were my family, we lived, ate, trained, traveled from coast to coast, breathed together. We won together, we lost together, we competed together. There can be a lot of emotions that arise. My coaches were like second parents. It was a lot more mental. I had to run cross country as well and went from running 25 miles a week to 65 miles a week my first year. I was pushed to my limits, I broke, I rebuilt, I grew stronger mind and body. Only after 5 years did I truly find my flow. I competed all year around except when injured and was travelling most weekends. I started cross country season before school started and ended track season over a month after school let out. But still it was amazing and challenging and rewarding. A little less fun in a light sense and a little more serious as the stakes were higher but still an awesome experience I wouldn't trade for anything in the world. It's was a journey. I really got to know myself and find my groove and my people.

14) College sports accomplishments:

Captain of Duke University Varsity Track and Field, awarded scholarship, earned honors as Top Track Performer, Nine-time All-East, Two-time NCAA All-Region, All-ACC and Penn Relays Champion... I think I received some other awards in there but again now that the medals are packed away after my many moves those measures mean less than the internal ones. The biggest accomplishment is probably that I was able to make the transition from HS to College, overcome injuries and increase my time by 10 seconds in the 800m and over 30 seconds in the mile/1500m to become a D1 contender. Those improvements may sound obvious but for young women it's not a given. I saw a lot of teammates struggle with the transition to college level mentally and physically. Shockingly re-quoted by me an 800m runner... slow and steady does win the race(s)... having patience with myself, learning the best way to train for my body, overcoming numerous obstacles and feeling like I gave it everything I could in those moments for better or worse was my biggest accomplishment.

15) Favorite college sports moments:

Winning the Penn Relays distance medley relay. Duke women's track had never won one and it was something I wanted, I stated, I envisioned and went after especially after witnessing the event for the first time as part of the 4x800m my sophomore year. I remember talking about it in the locker room, getting psyched about it, trying to plant the seed in my teammates, a youthful energy, a childish grin on my face at the thought. I can remember almost everything about that last Penn race I ran... my last year, I was the 800 m. leg which means I was second and I got the baton in 2nd or 3rd place but UNC, our arch enemies were in first and the girl that had won the indoor National 800m championship was ahead of me. I bored my eyes into her back and hunted her down. I made up time and passed off the baton running the fastest 800 m split of the day and of my life passing it off to the next teammate who held her own and last leg that

took it home. It was my last year but taking that victory lap around the full (for track standards) stadium with my teammates was something I will never forget and made every sacrifice worth it. We were so overcome collectively as teammates and with the coaches, it was really something beautiful we shared.

16) Area of study: I got my undergraduate degrees in Biomedical and Electrical Engineering with a minor in French. I did a red-shirt year and stayed on competing and getting a Master of Engineering Management.

17) What do you do now? I took a sharp turn after graduation and ended up getting involved in documentary filmmaking as a way to travel and explore the world. I currently still work in film and television based in LA.

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?
Be more present, enjoy all the little moments as well as the big ones, have more fun, connect with those around me, laugh harder and don't worry so much about the future. Learn to meditate.

19) What would you do differently if you could do it again?
I would be way easier on myself in the transition to college, I would be a lot nicer to myself, insert a little more consciousness into what I was doing and make sure I tell the people around me how important they are to me. Express and practice more gratitude.



