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Sequoit gymnasts ready for competition

By Michael Cohen

Gymnastics

With new equipment and the biggest turnout ever, the girls gymnastics team is ready to start the 2001 season. Coaches and gymnasts promise this season to be a record breaking one and hope to send multiple girls to sectional and state competitions.

The team received three new apparatus, a brand new balance beam, a brand new vault, and a used spring floor. The Antioch Community High School Athletic Department purchased the spring floor from Lake Forest High School.

"I had no clue until September of the possibility of the team receiving the floor," said third year head coach Debbie Bessette.

"All the other schools had a spring floor for so long, but we never had one, so we were at a disadvantage for a long time," said last year's team captain, Lizabeth Miedona. Miedona went on to explain the benefits of the spring floor, "it is easier for our tumbling passes and doesn't hurt our bodies as much."

Girls considering joining gymnastics were further interested by the addition of the spring floor. "It's obvious the spring floor may have sparked interest among the freshmen girls," said assistant coach Jen Stennet. A record number of 30 girls showed up for preliminary practices and conditioning workouts, 11 more than last year, and 19 more than Bessette's first

year.

The floor has been set up in the upper east deck in the gymnasium and will stay there throughout the season. Visiting teams will have to agree to compete in the floor exercise up there when Antioch hosts two meets this year.

"expect us to have a good season and have more than one girl go to state."

**-Jen Stennet
gymnastics assistant coach**

Another addition to the team is the help of Steve Young, a photographer from Lakeland Press. He was an ACHS graduate in 1950 and was a member of the gymnastics team while in high school. He is able to help out with the girls technique and gives Bessette a hand with the equipment.

Regarding the team's potential, Bessette claims that special attention should be paid to sophomore Amanda Wegener, who qualified for state last year on the balance beam. This year, Bessette hopes the whole team will be strong all-around, not just in one event. Stennet said, "expect us to have a good season and have more than one girl go to state."

A strong freshmen squad, including Katie Collins, Lindsey Anderson, and Kimmy Ruggles should do well and have already caught the attention of coaches.

Miedona, who suffered an off-season elbow injury, will only concentrate on beam and bars and hopes to advance to sectional competition

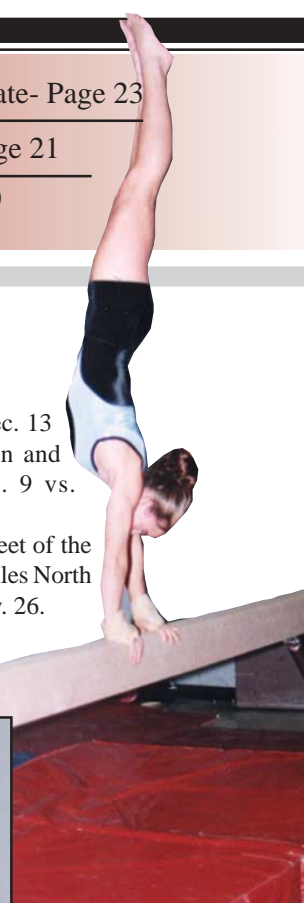
in both events.

In order to raise interest in gymnastics among students at ACHS, Bessette said, "I don't think they, the students, realize how good the team is. If they come out and see those girls doing backs flips, they'd be impressed."

Students will have a chance to see the gymnastics team at two home meets this year

on Thurs., Dec. 13 vs. Mundelein and on Wd., Jan. 9 vs. Libertyville.

The first meet of the season is at Niles North on Mon., Nov. 26.



Photos by Michael Cohen

STAYIN STEADY: ACHS (left) Junior Becky Geyer and sophomore Amanda Wegener (above) work on their balance beam routines. Last season Wegener advanced to the State Tournament in balance beam. She placed 33rd in the state as a freshman.

Sequoits prepare for season tip-off at Gold Ball Tournament

By Kellie Rouse

Boys Basketball

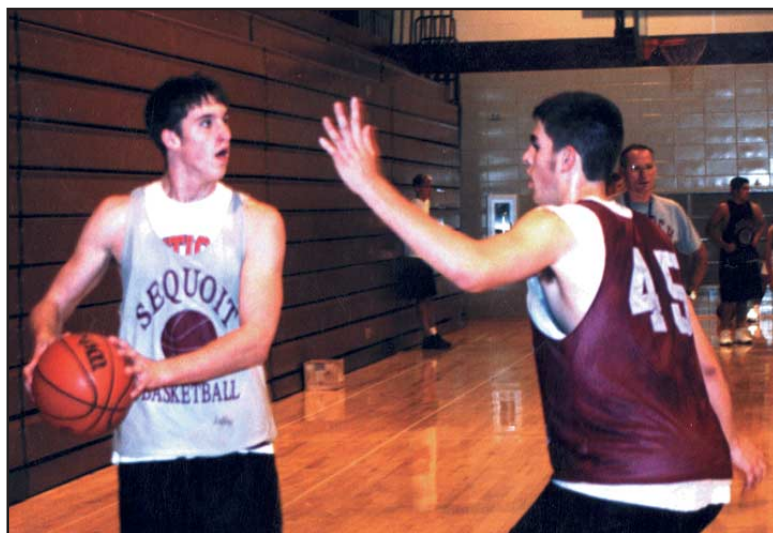


Photo by Kellie Rouse

PREPPIN: Seniors Jeff Huebner and Josh Bonner prepare for their first game of the season at the Gold Ball Tournament on Nov 20. Last year the Sequoits finished with a 2-1 record, and a loss to Lake Zurich.

The Sequoits' boys' basketball team is looking forward to a good season with six returning seniors and a few promising juniors.

The seniors that are back from the 2000 basketball season, Josh Bonner, Allen Patin, Jeff Huebner, Brian Walsh, Tom Woodruff, and Justin Mehaffey, are going to be depended on by Coach Jeff Dresser to lead the team to victories.

"We [seniors] have all been able to work together since seventh grade," said Jeff Huebner of his fellow teammates.

Besides the returning seniors, Ryan Bell, Nick Severson, and Mike Addison are looking to be the front men of the junior basketball players

"From what I'm seeing, the junior boys are probably working as hard, if not harder than the

seniors," said Dresser.

This winter, the juniors are going to have to step up and challenge the seniors, and according to Dresser, they will.

"Collectively, the juniors are doing a nice job," said Dresser.

In addition to the returning boys that have played basketball for Antioch Community High School, Nick Vultaggio, a foreign exchanged student at ACHS from Belgium, is already understand the system. He brings with him a lot of similarities, such as the same skills that have been taught at ACHS, but also some differences, which will help to strengthen the team as a whole.

"I'm really looking forward to seeing him play," said Dresser.

With just about two weeks of practices, the team is already showing signs of togetherness. "I really like how the team is looking. The boys aren't concerned about who scores points on them," said Dresser.

The big games this year are thought to be against Zion-Benton, Libertyville, and Warren.

"People are looking over Grant, but I think they will be a very formable team, with many returning seniors leading them," said Dresser of the competition awaiting his team. "Every night we have to be ready to play. If we're not, we won't get the results we want."

"I really like how the team is looking. The boys aren't concerned about who scores points on them."

**-Jeff Dresser
boys basketball head coach**