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Tourney to begin Jan. 14. . .

Team looks to gain some late season momentum

By Andy Pruski

The Antioch Community High School girls basketball team looks to improve their 10-12 record with a victory over Libertyville tomorrow at home. The Sequoits lost to Libertyville in a close game back in December, and look to redeem themselves with a victory this time around.

"We lost to them in December by 3 points, and we feel we are a lot better of a team than we were back then," said head coach Don Zeman, "our inside play is a lot better and they have been playing a lot more consistent during games lately."

Junior, and starting forward for the varsity team, Jenny Dewar, also is confident going into the game against Libertyville.

"We should have beat them before, and we are playing better than any of us expected now," said Dewar.

Defense has been key in Antioch's play, and has helped cause plenty of turnovers.

"We've been playing good, tough, man to man defense, and mixing in a little bit of a zone," said Zeman, "we hope to continue to combine the two effectively."

According to Zeman, Dewar has been the teams most valuable player up to this point in the season.

"Jenny has been our MVP every night, because she will get us points and rebounds," said Zeman.

Oposing teams are starting to keep an eye on her now, which means ball movement will be important.

"Teams are focusing on her now, and we need to keep good balance," said Zeman.

The Sequoits main problem as of late, has been taking care of the ball. They are averaging nearly 20 turnovers a game.

Girls Basketball

"We need to be more careful with the ball, and stop making turnovers," said Zeman.

Aside from winning the games, one of Antioch's goals is to keep the games close, giving them a better chance of winning.

"We want to put up better fights, if we do well at sectionals, we can get home court advantage, which would be a big help for us," said Dewar.

The seed meeting for the playoffs took place last Tuesday, results were not available at press time.

Last Saturday, Antioch lost a home game to the conference rival Warren Blue-Devils 58-44

"They are a tough team to beat, but we tried our hardest," said Dewar

Antioch had games against Stevenson and Zion-Benton last week, but results were not



Photos by Tim Lorenzini and Aaron Patin
ACHS junior Jenny Dewar leads the team in points this season averaging 15 points per game, while shooting 61%. She also leads the team in rebounding, pulling down an average of eight boards a game.



Photo by Andy Pruski

This is Bessette's fourth year coaching the Sequoits. She says floor and vault are the team strongest events, while bars is one of the weaker events. "Once we start hitting bar routines, we'll do better," said freshman Leslee Bailey.

Scores improve as gymnasts earn a season high 136.55

By Ashley Ginascol

The ACHS girls gymnastics team has risen to the occasion multiple times this season, and plans to put their best foot forward at the North Suburban Conference Meet at Vernon Hills High School on Feb. 1. The NSC meet hosts many of the top teams in the state including Warren, and current team state champs, Stevenson.

The Sequoits competed in the Lake County Invitational last week and took ninth place in the field of eleven teams with a score of 133.45.

"We performed really well as a team," said varsity gymnast Leslee Bailey.

Bailey is the only freshman on the ACHS varsity team

Stevenson won the meet, with Warren coming in second and Carmel coming in a surprising third place.

"We are going in the right direction. We started the season scoring in the 120's, and now we are in the 130's," said head gymnastics coach Debbie Bessette.

Sophomore Angel Simonini earned a season best score on the vault with a score of 9.55. She performed a tsukahara vault to place eighth on the event. This was the first time that an Antioch gymnast has performed this vault in competition.

"I was real happy with how I did," said Simonini, "It's cool to be up there with the top teams, because our conference is so hard."

Gymnastics

Simonini also helped the Sequoits by placing tenth in the all-around competition where she scored a 35.55 out of 40 points possible.

Earlier in the week, the gymnasts competed in a meet against Stevenson and St. Charles. Junior Amanda Wagener placed fifth in the all-around competition and on the beam. She also placed sixth on the vault with a score of 8.9. Sophomore gymnast Katie Collins added to the team's score with a sixth place finish on the beam with an 8.3.

The team moves on to the NCS Meet on Feb. 1 at Vernon Hills High School. The event starts at 11 am.

With the NSC meet as the last meet of regular season competition, the Sequoits hope to qualify either the team or individuals to sectional competition.

"We would really like to be competitive with the area teams. We would like to try to beat Lake Forest and Mundelein, and we are going to try to stay close to Vernon Hills," said Bessette.

The gymnasts agree that though their strengths are in the floor exercise and vault events, they still need to work on their uneven bar routines.

"We have done very well in our last two meets. They [the gymnasts] are starting to feel really good about themselves," said Bessette.

On Wednesday January 22 Antioch scored a team high 136.55 overall as a team at Mundelein.

“It's cool to be up their with the top teams, because our conference is so hard.”

-Angel Simonini
Varsity gymnast