

Tom Tom Sports

Girls track hopes to qualify to state - Page 19

Cheerleading becomes an IHSA sport - Page 21

Three new coaches join ACHS athletics - Page 22



Photo by Andy Pruski

Senior Rob Janke plays here against a Mundelein competitor. Janke plays in the number one singles position for the Sequoits. Teammates look at him as one of the leaders of the team. Janke hopes to improve his game for the conference and sectional meets to get a chance to qualify for the state tournament. Sectionals will start on May 23.

Swing and a hit...

Tennis hosts conference meet tonight at Warren

By Andy Pruski

The Antioch Sequoit tennis team will be hosting the North Suburban Conference tournament at Warren tonight. The team has high expectations, but realizes that they play in one of the tougher conferences.

"We play in a real tough conference, I've been struggling a little lately, but I'm hoping to start playing well again," said senior Rob Janke.

Though he is having some recent problems, Janke has been one of the teams leaders throughout the season.

"Rob has been a major team leader and the way he performs many times reflects the teams success," said junior Anders Wennstrom.

The top doubles team for the Sequoits this year is Nate Pratt and Carl Slimp. Pratt is confident heading into the conference tournament.

"Individually I want to win the consolation prize, which means we lose one and win out, and as a team, I'm hoping we get in the top five," said Pratt.

Heading into the NSC tournament, Antioch has a record of 9-4, which is one of the best records the team has started off with in a while.

"The seasons going great, we're playing better than we've played in a while," said Janke "We finished second in the Prairie Ridge Invitational which is pretty impressive."

Though conference is tonight, some of the players are looking ahead to the IHSA sectionals, where they have the opportunity to qualify for state.

According to head coach Bryan Plinske, a few Sequoit

players have a shot at qualifying for the state tournament.

"I can definitely see us punching a couple of guys through," said Plinske.

One of the doubles teams hoping to qualify are Pratt and Slimp, who just missed last season.

"Last year Carl and I were one match away from qualifying, so hopefully we can make it this time," said Pratt.

Last week Antioch beat Mundelein 4-1. According to Plinske Antioch and Mundelein have gown to be rivals in past years.

"We didn't play our best, but we found a way to win. I think that's one of the marks of a good team."

-Nate Pratt
Varsity tennis player

Pratt and Slimp beat their

opponents in their matches 3-6, 6-3, 6-1.

According to Pratt, no one on the team played their best, but it was still enough to pull out the victory.

"We didn't play our best, but we found a way to win," said Pratt "I think that's one of the marks of a good team."

Since the beginning of the season, Antioch has been playing pretty consistent and have been gaining momentum from the start.

"We started off winning and we haven't slowed down since, we've been going full throttle," said Plinske

Team hits roadblocks heading into sectionals

By Ashley Ginascol and Aaron Patin

Dealing with some setbacks, the varsity girls soccer team hopes to fare well in regional competition, which begins May 23.

The Sequoits have the first seed in their first round play of regionals.

"The team has played very effectively this year," said head

coach Charlie Trout. "Everyone contributes to the team."

Senior center mid fielder Robyn Mortenson feels that the team has for the most part been playing to their potential so far this season.

"We have been playing fairly well so far. There have been a lot of games that we really should have won, but we started out a little slow," said Mortenson. "We've

Girls Soccer

been trying to work on that a lot."

One thing that many players agree on is the fact that the team has good communication skills.

"We've really worked on communicating on the field. We all work very well together. It

has improved throughout the season," said Mortenson.

Senior Vicky Garrison also feels that though communication has improved, there are still some elements of play that need work.

"We need to keep working on our communication and getting the ball up the field."

The team takes on Highland Park Tues. May 20.

We don't really get a chance to scout non conference teams," said Trout.

Last week the team endured a large setback when freshman standout Kelsie Morway injured her knee playing soccer in her P.E. class.

Morway, who is the only freshman on the team is looked at by her peers as a standout player. Morway is the leading scorer for the Sequoits.

"It is a minor hyper extension of my left knee," said Morway the day after the incident. "I can't fully extend it or bend it yet."

Morway did not play in games against Libertyville and Vernon Hills



Junior Courtney Ksioszk has played on the varsity soccer team for two years. Here, she defends the ball against a Libertyville player. Antioch lost the game.



Photos by Tim Lorenzini

Junior mid fielder Callie Check looks to score against a Libertyville player. The Sequoits lost the game against the Wildcats with a score of 4-2. The Sequoits are preparing for regional competition which begins May 23. They have the highest seed in their conference.

which were both held last week, and Morway is not sure when she will be back in the game.'

"I will hopefully be ready for regionals. I really want to play," said Morway.

Assistant coach Ryan Estabrook feels that as long as the team is healthy for regionals, they will most likely fare well in competition.

"I think we have the ability to bring home the hardware," said Estabrook.

The Sequoits will take on Highland Park Tues. May 20, which is their last game before regional play.