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Photo by Lindsey Bailey

Dance to open at Rich Central

Dance team relies on experience as they head to first regional competition

By Andy Pruski

Dance

Being one of the top teams in state for the past 7 years, the Antioch Community High School Sequoit dancers look to start out strong tomorrow when they compete at their first competition of the season at Rich Central High School.

Coming off a second place in kick, and a third place in funk at last years state finals, the dancers are preparing for their competition season which runs from Nov. through March. They will be competing in the funk and dance category at Rich Central.

"Funk is our main focus right now, but we have added a dance routine, and are learning a new kick routine also," said senior co-captain Ashley Ginascol.

The dance teams' funk routine is to a mix of songs by the beat boxer Razel. Beat boxing is a different style of music than they have ever used in the funk category. In the past few years, the requirements for the funk category have changed, so the team is trying a different style each year.

Their dance routine is to the song "How Come You Don't Call Me" by Alicia Keys, which they are considering changing depending on the judges critique of their first competition.

"The requirements for each category have become very strict, and we're not sure if our dance routines fits into any of the categories," said senior co-captain Lindsey Bailey

The Sequoits will face tough competition right off the bat their Rich Central competition. Their main competitors at Rich Central are St. Charles East, Bartlett, and

Lake Park.

"We have great choreography this year, so we will be right up there with them," said junior Mandy Vickers.

The dancers have also been working on a new kick routine to the song "Luck Be a Lady Tonight" by Frank Sinatra which they plan to start competing with at their next competition,

The teams has already encountered their share of misfortunes. Earlier in the year two team members were out for a month each with mono.

Tryouts for this year's squad were

held back in April of last year. 24 girls made the varsity team that consists of nine seniors, seven juniors, four sophomores and four freshman. "We have already become unified this year, and as long as we keep that us, we'll be fine," said Shouse.

This season will be varsity coach Sam Griffin's second as head coach.

The teams goals for the year are summed up best by senior captain Lauren Popp.

"As long as we always go out on to the floor and do our best, we are satisfied," said Popp.

Ready to rumble...

Basketball to play Highland Park

By Aaron Patin and Andy Pruski

Boys Basketball

The Antioch Community High School boys basketball team will start out their season on Monday when they face the Highland Park Giants.

Last year, the Giants ended the Sequoits season in the play-offs. ACHS also faced them for their season opener last year and lost by one point.

"Since they beat us in the play-offs last year, it just adds fuel to the fire. We want to get our season started out right, and this is a good team to do it against," said ACHS senior, captain Nick Severson.

Highland Park has four players coming back from last year who saw some decent varsity playing time. The Giants went to the Sweet Sixteen. Most of their players have graduated but their sophomore team was strong last year.

"They had a good sophomore team last year and a lot of them are playing this year," said varsity head coach Jeff Dresser.

The Sequoits traditionally compete in the Gold Ball tournament, however, this year things have changed a little. The tournament that Lake Forest hosts, and the Gold Ball tournament have been combined.

Since Cook county teams are involved in the tournament, the new name is the Lake-Cook Tournament. There are 8 teams total involved in this tournament .

The Sequoits are a young team this year, with only 2 returning seniors who saw varsity minutes last season. That means that there will be three players starting who haven't seen any. That could possibly start out as a weakness that will slow the team down in the beginning of their season.

"It might be a little bit of a problem early on in the season, but I think we'll be fine," said Severson.

One of the members that have stepped up the most so far has been senior Mike Persman.

"I took a year off from school ball and I really worked hard to get back in the groove of organized basketball," said Persman.

The last senior playing on the varsity team is Chance Harper.

He will be another asset for Dresser with his high school experience. Dresser has a lot of juniors that have a lot of game time minutes who will be ready to step up for the team when they are called on.



Photo by Aaron Patin

HOOP IT UP: Senior Ryan Bell is one of two returning seniors to the varsity team. Bell and senior Nick Severson are the only two team members that have seen varsity minutes. Senior Mike Persman and junior Kyle White have also stepped up as leaders to offer their previous experience on the court.