



# Sequoits slip to 3rd in Lakes Division

## Team heads to Buffalo Grove for mid-season softball tournament

By Korin Knutson

Going into this week's action, Sequoits occupy third in the North Suburban Conference Lakes Division, with a 4-3 record.

They are behind first place team Stevenson and second place team Mundelein, but with a showdown looming between the Sequoits and Mustangs on May 11. Scores for the North Chicago and Vernon Hills conference games were not available at press time.

The team will be taking a break from Conference games and will be entering the Buffalo Grove Invitational this weekend.

"The girls are excited, they love this tournament," said Head Coach Julie Sexton.

The team is excited, but nervous about the competition. Junior pitcher Lanaya Gutowski is nervous about Buffalo Grove.

"They [Buffalo Grove] have been beating some good teams," said Gutowski.

Center fielder, Jackie Schmitt said, "We just need to hit hard and have good defense. Highland Park and Buffalo Grove are tough competition, but it will be very

intense. I'm looking forward to it."

The coach feels the tournament is a good bonding experience for the team.

"It's nice to take the team out for a weekend, where we have more than two games. It is a good bonding experience," said Sexton.

At this point in the season the team is working hard and working together.

"In the beginning the girls wanted to establish identity. Now they are working hard to make improvements in the quality of their game and establish a threatening defense," said Sexton.

Sexton feels the team is improving in all areas.

"The girls are not only learning to play in all different situations, but they are confidently relaxed. That is very important."

The seniors this season have been playing an important role in helping the rest of the team. Senior first basemen, Janene Cermak has helped Sara Strangle in her move to first base position.

"Janene help definitely sped up Sara's progress in her move to first base. She would not play the same if it weren't for Janene helping her



Photo by Korin Knutson

**ABOVE: Between innings of a 6-0 route, head coach Julie Sexton attempts to implore her team to maintain the late inning offensive explosion.**

out so much," said Sexton.

Aside from the team helping each other on the field, there are a few girls that are leading by example.

"Carolyn Cooley is a quiet leader, she meets every challenge. She has been coming around with the bat and has a nice combo in athleticism," said Sexton.

Team members feel the same about the things Cooley brings to the team.

"Carolyn plays with a lot of intensity," said Schmitt.

Senior shortstop Katie Korececk also shows quality leadership skills.

"She holds her head up no matter what is going on in the game. Korececk always gets the message across to the girls no matter what it is," said Sexton.

Coach Sexton sees Schmitt putting together an all conference season this year.

"She is a quality athlete, she is getting it done and also has a reputation in the area. If you run on Jackie's arm, you are running at your own risk," said Sexton.

Overall Sexton is pleased with the time and hard work the girls are putting in this season.

"The team is really putting in a great effort. I could not ask for a better group of girls. They are optimistic about the challenge," said Sexton.

The team feels that Sexton's experience and background in softball is helping them out this season.

"Coach Sexton has a lot of experience in softball and she has a real love for the game. She really knows what she's talking about and it is helping the team improve," said Schmitt.

Schmitt is not the only player who feels Sexton is positively affecting the team.

"Coach Sexton is tough, but we need that on a varsity level. No other coach would have pushed us as hard as he did. We wouldn't be as good as we are, without her," said Gutowski.



Photos by Korin Knutson

**ABOVE LEFT TO RIGHT: Sophomore catcher Jill Norwick throws out a Niles runner at first base. Senior shortstop Katie Korececk throws out a Niles North runner at first. Senior center fielder Jackie Schmitt hits a double in the fifth inning, and sophomore Sara Stangle is sliding safely into second base in the fifth inning.**

# Policy needs revision: Athletes should have input in athletic code



Amy Shouse  
Sports Editor

At the beginning of each school year, Antioch Community High School athletes are required to sign a contract saying they would not use illegal substances. The athletes are expected to suspend the use of drugs, alcohol, and avoid attendance of any place where such substances are present.

Three weeks ago, over twenty ACHS

athletes were present at a party where alcohol, was present. Now they are paying the consequences – suspension from their sports.

Not all the athletes involved suffered the consequences. Many of them were free to participate in their sport, simply because they did not get caught, hence, were not punished.

After reviewing the "Extracurricular Code and Eligibility Requirements," which explains the rules and regulations athletes are supposed to follow, there is a question that athletes are asking, regarding this situation: "Why are athletes who did not drink serving the same consequences as others who did?" In this athletic contract, it says students

who attend functions where alcohol and other substances are present, must leave immediately. ACHS students have questioned their punishments, but these rules are stated in the eligibility requirements. I think somehow the policy needs to reflect the seriousness of other actions.

To amend this type of situation, I would recommend that the Athletic Department create a committee with representation of student athletes, preferably captains, from each sport. By having the athletes involved, both administration and students can review the policy together and make suggestions on how they can improve it.

By having captains be on this committee, I believe that it is far more likely that team

members will listen to their peers who are in a role model position, and will get better results by athletes. They can explain the expectations in a way that could be better recognized and understood. I believe the team will look up to these role models and listen to the things they have to say.

More work needs to be done in educating the athletes, instead of having a potentially negative result.

Until ACHS considers this system, all those athletes who will be participating in sports next year need to remember to think before they act. If they are in a situation where they are being held responsible and their actions did not violate ACHS athletic expectations, stand up for your rights.