

TOM TOM SPORTS



Sequoits play ball Good practices and teamwork are the core of ACHS baseball

By Amy Knutson

Petty leads the boys baseball team to a strong beginning with a lot of heart.

With a little help from daylight savings time, the boys' varsity baseball team is able to get in longer practices.

This makes for longer, stronger practices, in hopes to better their playing abilities.

According to varsity coach Paul Petty, the boys are playing better baseball on a more consistent basis.

"We all work very hard, and we all get along because that is what we have to do if we want to win," said senior Nate Hughes.

The team was scheduled to play a double-header at home against Warren Township High School on Sat. April 23.

"Warren is one of our biggest competitors," said senior Ryan Church. "Every year they have a very strong team, they also have two pitchers that are attending D-1 schools next year, it's not intimidating, but the team knows that we have to bring our best when it comes time to bat." Due to poor weather conditions, the game against Warren

was canceled.

The game was re-scheduled for Mon. and Wed. The boys lost to Warren 8-4.

With what started out as a good game in the first four innings was soon changed when Warren picked up their game with a huge come back and a win.

According to junior Justin Brown, one of the goals that the team has is to be over .500 in wins and loses.

"I want our team to win Conference," said Hughes. "Then win Regionals and Sectionals."

According to Petty, their success is dependent upon how badly they want it, and the team needs to improve in that area, but the boys' do work very well together.

Petty has been coaching the varsity team for a total of 23 years.

According to Brown,

coach Petty knows a lot about the game.

He is a great fundamentalist coach and able to help us with his 23 years of experience.

Their next game is tomorrow away at 10 a.m. at Conant High School.



Photo by Amy Knutson
ACHS varsity baseball player Nate Hughes looks on with his father and assistant coach Reggie Hughes.

Girls soccer kicks it into gear Team sets state goals early in the season

By Tiffany Chilcote

The Antioch Community High School girls' soccer team is kicking it in the right direction.

With the season just starting, the girls are showing early signs of good teamwork. According to Gina Florian, ACHS senior and captain, their main goal for this year is to make it far in the state tournament.

In order to make it to state, the girls need to win the Lakes Division of the North Suburban conference.

"If we start thinking about it now and learn from our mistakes our team has the potential of coming together to make good things happen," said Florian.

According to varsity head coach Charlie Trout, they need to improve every game and try to win Lakes division.

Their non-conference game against Johnsbury was a step in the right direction. The girls won 3-1. The biggest thing the girls need to work on is their passing and communication.

The girls' soccer team is small, but they have



Photo by: Tiffany Chilcote

are Libertyville and Stevenson, according to Megan O'Connor, ACHS assistant varsity coach.

O'Connor says, the girls are capable of beating anyone, if they can gain some confidence in front of the goal and make their shots.

"Our biggest strength right now is our depth. Any of the girls, whether they start or not, can play and make an impact in the game. Our technical skills are pretty good," said O'Connor.

According to Florian, the girls want to do well and have a good time. They take one game at a time and concentrate on what they need to do to improve on. Their toughest competitors are themselves.

"We have to overcome our own challenges and mistakes and be mentally prepared to improve everyday," said Florian.

All the seniors are doing a great job to get the team organized and confident.

They are helping to keep the team motivated and focused on winning and playing together as a state bound team.

With a big playing field and many girls playing at once, you need leaders on the field to take charge, said O'Connor.

speed.
According to Kelsie Morway, ACHS junior, they just need to learn how to use it to their advantage.
"We are a new team and we are still trying to adjust to playing with each other, so our game is still a little "off", but we are starting to click," said Morway.
The girls' strongest competitors this year

SEQUOIT

SPORT BRIEFS

Girls Track

The girls' track squad, coached by Dan Oslage and Charlie Shahbazian, competed against Warren and Grant on Monday, suffering losses to both teams. Some of the few standouts for the Sequoits have been Jill Pish for hurdles, Tiffany Vasinko for high jump, Sarah Brown for the mile and two-mile, and Melissa Pohlman for the 100 and 200 sprints. Today the Sequoits will be participating in an invitational at Woodstock. Their next conference match is Monday, where they will be competing against Lake Forest and Mundelein.

Girls Softball

The softball team, under the coaching of Julie Sexton, is one of the youngest teams in the county. They only have three seniors playing on the team, including Lanaya Gutowski, Selina Spiller, and Loren Scarbrough. The Sequoits are led by pitchers April Mysliwiec and Gutowski and a powerful hitting lineup that includes junior catcher Jill Norwick, who has been on varsity for three years. The Sequoits have recently lost two tough games to Stevenson. Scores at press time were unavailable against North Chicago.

Boys Basketball

The Boys basketball team, who only graduates three seniors, has started holding open gyms to help ready players for next season. Starting yesterday, the Sequoits started scrimmaging in open gyms, which start at 6 A.M. The basketball team is coached by head coach Tom Duffy and assistant coach Jim White.

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Boys Volleyball reaches new heights

Boys-track takes a leap

Truth about steroids