

# SEQUOITS QUALIFY FOR STATE COMPETITION

By Tiffany Chilcote

The Sequoit Cheerleading squad qualified for state for the fourth consecutive year in a row.

The team took home a qualifying score from the Riverside/Brookfield High School competition on Sunday, Jan. 16, enabling them to go on and compete at the state level.

The State competition is in the near future and the girls needed a score of 384.0 to qualify. The girls exceeded that score by receiving a 391.0.

Along with receiving a qualifying score for state the girls placed 3<sup>rd</sup> at Brookfield High School competition. They missed 2<sup>nd</sup> place by a mere .4 of a point.

With only one more competition before state, the girls are working hard to perfect their routine.

According to Robin Gwinn, ACHS Cheerleading Coach, the last competition is more like a big practice before state. Their two hour practices involve lifting human bodies, stunting, and

critiquing their routine.

"They are a strong group of girls. This is the most talented team we have ever had at ACHS," said Gwinn.

"Being the most talented team ACHS has ever had is due to the whole team wanting to be the very best," said Conley. With the new freshman on the team, the girls have managed to pull together and make things happen, stated Conley.

"I love my whole team...the strength is in the team. I have a huge respect for all the girls, and they all work so hard to hit their stunts," said Hanna Gwinn, ACHS freshman.

This year's squad is extremely athletic, according to Kelsey Dent, ACHS cheerleading

captain, but their one weakness is confidence; especially with chair-sits. These talented girls always have a positive attitude when cheering at football games and basketball games; however, they are quite nervous performing their routine in front of a crowd.

"If one chair-sit does not hit, it goes down, which can be very upsetting for the girls," said Dent.

Despite that one weakness, the girls still prevail. According to Kim Conley, ACHS cheerleading co-captain, the squad makes it a goal of theirs not to worry about other high school competitors.

"We can only worry about ourselves because in reality, we can only control our own performance," said Conley.

According to Hanna Gwinn, the girls had minor injuries throughout the season, but they are all back and ready to stick their routine on the state floor.

With one more practice performance, Coach Gwinn predicts her girls will be more than ready. According to Dent, the girls are hoping to do the best Antioch Cheerleading has ever done. State will be held in Springfield, Il on March 11 through the 13.

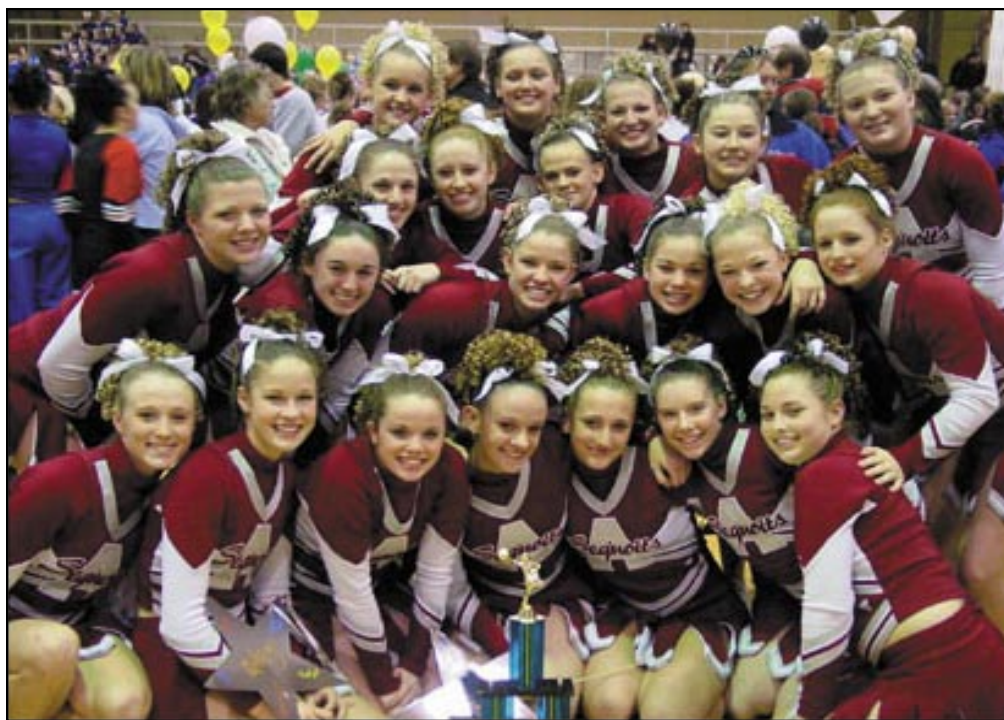


Photo Courtesy of Robin Gwinn

## Riverside/Brookfield COMPETITION

- Needed 384.0
- Sequoits scored **391.0**
- 4th consecutive year going to state



**On to State in '05!**

## Sequoit



## Sports Briefs

### Gymnastics



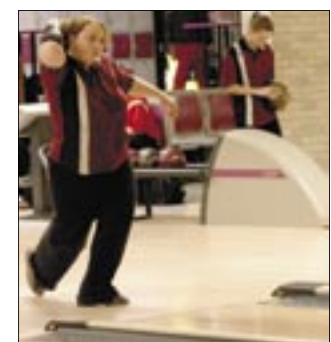
The Girls Gymnastics team is scheduled to compete at Lake Forest High School tomorrow. Varsity is to compete at 1 p.m. and junior varsity is to compete at 6 p.m.

"Our plan is to beat Vernon Hills, Mundelein, Libertyville, and Lake Forest," said head coach Debbie Bessette "it would be great to place within the top four."

### Boys Basketball

The Sequoits gained a much needed victory after their 53-48 win at Lake Forest last Friday. The team went into half time with the score tied, but in the second half the Sequoits were the better team and got the win. Scores of Tuesday's game at Cary Grove were unavailable by press time, the Sequoits next game is tonight at Warren.

### Bowling



The Girls Bowling team, coached by Steve Haenchen will host the North Suburban Conference meet tonight. The meet is home, at the Antioch Bowling Lanes. Good Luck Girls.

## WINTER SPORTS

# Snowboarding: Tons of snow, less school, more time to hit the slopes

By Jessica Gaido

As the snow rapidly falls, more and more Antioch Community High School students look forward to hitting the slopes of many of the nearby mountains, and brushing up on their snow boarding skills.

Snowboarding has become very popular, so quickly one might say, that it happened practically overnight.

Almost anywhere in school, students overhear others saying how they are so excited it is snowing as much as it is because they will be able to spend most of their free time snow boarding.

With two consecutive snow days right after coming back from Christmas break, there was plenty of time to get back on the hills.

"Having those two snow days was awesome," said junior Mike Nelson "we didn't have much snow over break, so I spent both of those days snowboarding to make up for lost time."

So what is it that makes snowboarding so appealing to ACHS students.

ACHS junior Kevin Huebner responds with "It's risky, it's

fun, and at times it can be really intense."

Huebner has been involved in snow boarding now for eight consecutive years.

"I started [snow boarding] when I was eight years old, and I go whenever an opportunity comes along. I usually go to Wilmot, but over spring break, I go to Colorado," said Huebner.

Marla, who requests her last name to be anonymous, an employee at Wilmot Mountain in Wisconsin, says the mountain seems to become busier with each passing year.

"The people that come to our mountain increase each year and most are teens who are skiing or snow boarding, I can't say one is better [in popularity] than the other, but more and more people are getting involved," said Marla.

Most snow boarders that go to Wilmont invest in a season pass, which will last for the entire snow boarding season.

If the pass is purchased in July, it is \$265.00 dollars, whereas if it is purchased after the start of snow boarding season, the price dramatically increases to \$495.00 dollars.

"Getting a pass is a really good deal if you go all the time, but otherwise it's really not worth it, for example you only go one or two times during snowboarding season," said Huebner.

Sarah Stangel, ACHS junior, likes to enjoy the sport of snow boarding at many different locations.

"I have been into snow boarding for two years, and I usually either go to Wilmot or Alpine Valley," said Stangel "but sometimes I like to look around and try new places."

As snowboarding grows in popularity with every passing winter, it attracts new people that are interested in taking on the challenge of learning to snowboard.

According to the sophomore Kara Knutson, she first experienced the sport of snow boarding over this past winter.

"I knew how to ski, so I wanted to try something new," said Knutson. "It is definitely a lot harder than it looks. I fell down a lot, but after a while I really got the hang of it. I have given up on skis, I like snowboarding so much more."

Learning new tricks and different ways of boarding also attracts the



interest of many new and even experienced snow boarders.

"It is pretty tough to get the basics of it [snow boarding] down, but once you've gotten passed just going down the hill and stopping, you can kind of teach yourself to do the rest," said Huebner.

Most snow boarders will agree that they enjoy the sport because of the challenge and intensity it offers. "It's so fun and relaxing, and I like it because it is a challenge for me to land new tricks and such," said Huebner.

Snowboarding has rapidly become one of the most popular winter sports amongst students, and with all the snow Antioch has been seeing lately, ACHS students are thrilled to be hitting the slopes in the midst of the wintery weather.