



Loss of team members does not distract players

By Martin Pazanin

After defeating Libertyville in the playoffs last year and then coming up short against Grayslake in the regional championship, things seemed bright for the Sequoits' future.

But a few unexpected happenings have complicated the team's season thus far. Senior Selina Spiller has been suspended for the first three games of the season, due to disciplinary reasons. Senior Katie Hofeldt, starter last season, decided to focus more on volleyball and play club volleyball instead of going out for the team again this year. Also returning varsity player, junior Jessica McWilliams, will miss a large chunk of the



Photos by Rob Nordby

Senior Gina Florian practices her coordination during practice by dribbling two basketballs at the same time, while traveling down the court.

Girls Basketball

season due to an injury.

So now, under the guidance of head coach Don Zeman, the team is trying to move on and surpass these misfortunes.

"Coach Zeman definitely has a positive attitude and is helping us adapt well to the changes that we are going through at this point in the season," said senior shooting guard Gina Florian. "He is beginning to take a new approach at practice."

Senior Lauren Scarbrough also agrees with and likes what Zeman has done so far for the team this year.

"Our coach definitely has a lot of experience, both coaching boys and girls basketball," Scarbrough said. "He uses that experience to help develop our skills even further."

There is one glaring problem as the season begins for the Sequoits.

"We have a very small team. To make up for the lack of height, we are concentrating extremely hard on shooting," said Florian. "We are pleased with how we are shooting in practice. We hope we can remain confident while shooting during the games," Scarbrough agrees.

"Everyone can shoot very well and play almost any position," Scarbrough said. "We just need to work on boxing out due to our lack of height and size."

One of the major strengths this season could be the versatility of all the players.

"We have a lot of players who can play interchangeable positions. We can fill a certain position with almost any player," said Florian.

The North Suburban Conference has always been an extremely tough conference to win in, so the Sequoits will have to adapt to their new team quickly and confidentially.

"The challenge this year will be adjusting to our height difference and having a lot of new members on the team. If we want to win, we must minimize the mistakes and turnovers," said Florian. "Our conference is extremely competitive and there are players who have received division one scholarships to play at the college level next year."

Despite the distractions at the beginning of the year, the team hopes to continue to improve.

"Our expectations have not changed at all," said Scarbrough. "We want to be in position to win a regional championship when the season is over."

One glaring problem that faces the girl's team is that they seemingly hardly ever get as many fans attend their games as the boy's team gets.

"We need a lot of fans to come out and support us," said Florian. "That, I think, could really help to motivate us to play our best."

So will the Sequoits be able to block out every single one of the distractions and fight once again for a regional championship? Only time will tell.



-Sequoits- at a Glance Boys Basketball



Photo by Amy Knutson

By Chip Leffelman

Starting the season off with only four returning seniors, the Antioch Community High School boys basketball team began practice two weeks before their actual season starts.

After a trip for the regional championship last year, the team is looking to improve their position in the regional. However, with only four returning seniors, the team has a battle ahead of them.

"We're doing a lot of teaching, we have so many new faces on the team this year," said coach Tom Duffy.

Since the beginning of the season, the team has been conditioning with sprints and lifting to.

"We are really working hard, its going to be a tough season and we need to work hard now to do well later on in the season," said Martin Pazanin one of the few returning seniors to the team.

With the team's first game on Monday Nov. 22 against Glenbrook North, the team is looking at tough competition from one of the best teams in the state.

"They [Glenbrook North] has one of the best players in the state," said Duffy "if not the state, then definitely in the county, the game is going to be hard, but we need to stay positive and play competitive."

The team agrees with Duffy on his beliefs towards their upcoming game.

"Its going to be a hard game, there's no doubt about that, but the key is going to be how well we can play together," said Pazanin.

"They [Glenbrook North] are one of the best teams in the state and definitely have one of the top three players in state," said Pazanin.

For the team to win it will really take a lot of work, and it may not happen right away.

"It will take time for everyone to gel and come together," said John Heneberry, a junior on the team. "We have a lot of talented players that need to learn everyone's playing styles."

After Monday's game, the team has another game on Wednesday against Highland Park and another on Friday against Lake Zurich.

"As long as we keep practicing and make it through the first game without any real mistakes, I think we are going to have a great season," said Heneberry.

The team believes that the rest of the season will run more smoothly.

According to Heneberry "the game against Highland Park should be easier than the one against Glenbrook North, we are going to have some good competition, and the same goes for the game against Lake Zurich."

The team is going to have to practice hard and stay concentrated to be successful this season.

"All of our games this year are going to be a challenge, it's going to take a lot from all of us to make this season as good as last years," said Pazanin.

Cheerleaders sweep first competition

By Amy Knutson

The Antioch Community High School Varsity Cheerleading team made their way down to Champaign, IL to compete in their first competition of the season. The squad took first and beat the second place team by 54 points.

"We felt confident after our last practice before the competition, we felt somewhat un-prepared when we arrived at the competition," said senior Kelsey Dent.

The squad's final score was 353.5 points, and the Charleston Trojans, who received second place ended up scoring only 299.5 points.

"It was so exciting to win our first competition," said junior Kira Haley.

A set back the girls were faced with was finding out that the ending stunts for their competition routine are illegal.

"This just means that we have a lot of work to do still," said Dent "now, we have to change our ending, we have to work fast to fix this before our next competition."

Another challenge the team was faced

with this year was welcoming more underclassman to the squad. Since there was only six returning seniors on the squad, Coach Robin Gwinn had to look at underclassman for potential varsity cheerleaders.

"Due to the competitiveness for cheerleading in the last few years, I have had to step up the requirements for the varsity level," said Gwinn.

Although Gwinn had to make requirements for the team harder, she was still able to bring together a great team.

The teams next competition is on Dec. 11 at Illiana High School. At this next competition it is possible for the squad to qualify for state.



Photo courtesy of Robin Gwinn

After beating the Charleston Trojan's by 54 points, the ACHS varsity cheerleading team began their competition season with a win at the St. Thomas More High School competition in Champagne, Illinois.