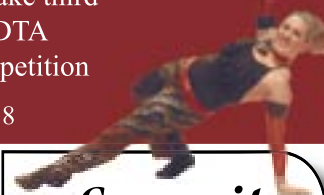


# TOM TOM SPORTS

Dancers take third place at IDTA State competition  
See Page 18



## Sequoits nab school record...

# Cheerleaders earn 2nd place honors at first IHSA competition

By Maggie Bodanyi

After receiving a first place Illinois High School Association Sectional Championship, the Antioch Cheerleaders continued to shine at the IHSA State competition.

The girls took home a second place trophy, falling short of first place to Troy High School by 5/10ths of a point with a score of 86.46.

Kim Conley captain and ACHS senior was thrilled about the second place win.

"We were really excited and really happy because we did our best and the best anyone at Antioch had ever done," said Conley.

Robin Gwinn, coach, agreed with Conley about how happy she and the team were.

"It was the most exciting experience," said Gwinn. "They worked really hard to reach their goals and to hit such difficult stunts. I was so proud of these athletes. They were very successful because they wanted to [receive a first, second, or third place]."

The preliminary round took place on Friday March 10, where the girls had to place in the top 10 out of 25 teams. The Sequoits placed third and moved on to the finals the next day. On Saturday they took second out of 10 teams beating one of their rivals the Wauconda Bulldogs.

Jenny Bann stated that this was one of her favorite parts of the competition.

"My favorite part of competing at state was when we beat Wauconda, our rivals," said Bann.

According to Gwinn, the girls practiced tumbling every day for one hour, then hit their stunts for the rest of the hour and a

half practice. The girls included single based stunting that isn't seen with all-girl teams. The Sequoits were the only team at state that had all-girl one-man libs and scorpion stunts.

Gwinn stated that next year the expectations are very high for the new squad.

"We would like to keep moving up and try and reach the number one spot," said Gwinn. "Every year it is rough to know what talent is down state. The teams that are from the southern part of the state are really talented and we have no idea where their talent rests."

Conley stated that she thinks the team will improve year after year.

"The team gets better every year, and next year we are not losing that many seniors," said Conley.

After the girls competed on the mat Gwinn was proud regardless what the Sequoits took home.

"They went out there and won," said Gwinn. "At that point place settings didn't matter. They won like champions across the board. Knowing they hit it hard, they were champions no matter what. When you finish well and you know it, that is all that matters."

ACHS cheerleaders have been going to state with the Illinois Cheerleading Coaches Association for 20 years and the closest they had ever gotten to the top spot was tenth place. 2006 was the first year they competed with IHSA as an official sport. This year the Sequoit Cheerleaders set a new record for ACHS cheerleading with their second place finish.



Photo submitted  
Jenny Bann, flyer, is thrown up into a basket toss during the IHSA State competition on March 11 where they placed second.

# Johnson heads to YMCA Nationals

By Donny Thornton

Zack Johnson, Antioch Community High School senior, is heading to the YMCA National Swim meet taking place in Ft. Lauderdale, Florida on April 4 through 7.

Johnson will be competing in two different relay events at the National meet, the 200 and 400

meter free relays.

"It is going to be pretty sweet," said Johnson. "Everything gets really intense."

According to Johnson, to make it to the National meet, the relay team had to make the qualifying time at one of the YMCA sanctioned meets during the year. Once making the time, they had to compete at the District and

State meets to be eligible for Nationals.

At the State meet on Saturday March 11, Johnson's relay team, took second place in the 200 meter free relay and fourth in the 200 meter medley relay. They also qualified for Nationals in the 400 free relay by over a second.

Roy Johnson, father of Zack Johnson, stated how happy he was

with not only his accomplishments in swimming and his hard work during high school, but his overall great commitment.

"He's put a lot of work into [swimming]," said Roy Johnson. "I am really proud of his accomplishments."

Nick Johnson, ACHS senior and twin brother of Zack, is the alternate for both relays.

"[Zack] has always wanted to do it," said Nick referring to his brother. "They are going to do just fine at Nationals. The races they had at State were absolutely phenomenal. They were really exciting to watch."

According to Zack, the pain during the race due to muscle fatigue is a huge factor when it comes to the relays.

"During the 400 meter relay, everyone does two laps as fast as they can go and it burns really bad. The adrenaline rush that I get helps to pull me through but after the race you can really feel it," said Johnson.

Johnson hopes to place within the top sixteen teams at Nationals.

"Making the top sixteen teams would be awesome," said Johnson. "But if we can place it will be even better."



Photo submitted

Zack Johnson swims at State on March 11 where his team and him advanced to Nationals.

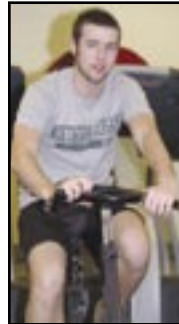
## Sequoit



## Sports Briefs

### Boys tennis

Sequoit tennis has started off their season with troubles scheduling practice times due to the weather. Their first match



took place yesterday against Prairie Ridge. Scores were not available at press time. Carolyn Stanley, ACHS varsity coach is hopeful that the division change will not be as tough this year, but is being cautious with optimism

### Three-on-three tournament

ACHS Student Council is scheduled to have a three-on-three basketball tournament for April 23. All students and faculty members are welcome to come out and get involved. Participants have an entree fee of fifteen dollars. The money will go to team t-shirts and a prize for the winning team at the end of the tournament.

### Girls soccer



The ACHS Soccer team has been practicing inside and recently went outdoors to prepare for their first

game on Thursday March 23. Scores were not available at press time.

### Winterguard

The ACHS Winterguard team recently performed at Swing Street Cafe. The members performed the song "Carwash," accompanied by the ACHS A Jazz ensemble. They expect to perform in Universal Studios Florida this upcoming June.