

TOM TOM SPORTS

Sequoit wrestlers hope that the large turnout will increase wins on the mat.

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Sequoits return six seniors...

Boys basketball looks for victories in new division

By Maggie Bodanyi

As the 2005-2006 season approaches, the boys basketball team at Antioch Community High School is optimistic with strong returning players and a switch in divisions.

Tryouts for the season took place from Monday Nov. 8 to Wednesday Nov. 10. The team includes 16 players, with 6 returning seniors. Senior Mike Donovan a forward on Sequoit team stated that the seniors will be a key factor on the team this year.

"Seniors will pretty much dominate, but some juniors will also benefit the team," said Donovan.

The Sequoits have lost two starters from the 2004-2005 season. Lakes Community High School Juniors, Chuckie Kempf and Sean Hertz, will be playing for the LCHS Eagles this year, but Donovan doesn't think the loss of these two players will hurt the Sequoits.

"We have two other players that are capable of filling their spots," said Donovan.

Varsity Coach Tom Duffy stated that playing LCHS is not any different than playing any other team.

"[LCHS] is just one other team we have to play," said Duffy. The first rivalry game against LCHS will take place at LCHS later in the month of December.

This year the Sequoits are also switching to the Prairie Division of the NSC. Senior Mike Ruggles, a power forward feels that the team will be dominant in the new division.

"I think we will dominate this conference we are in," said Ruggles.

"Winning is winning no matter who you play."

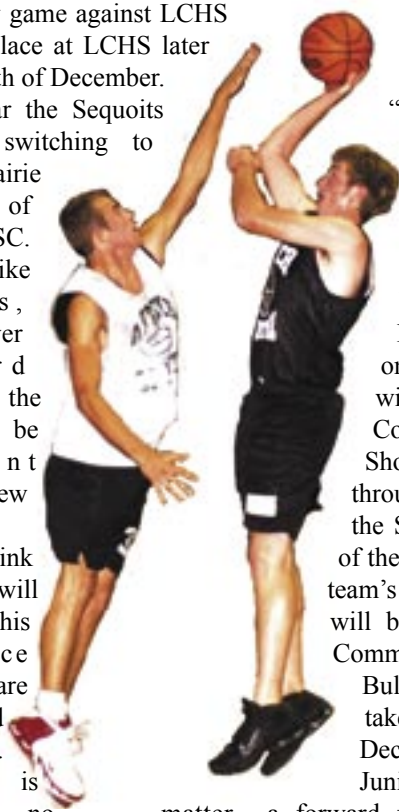
Donovan agrees with Ruggles that the team will have an advantage.

"[The conference] will benefit the team because we will win more against more teams," said Donovan.

"But, we are still playing other challenging teams like Lake Zurich and Grayslake."

The boys will be playing against Main East at ACHS on Nov. 21. This game will be part of the Lake-Cook Shootout. The Shootout will continue throughout the week with the Sequoits hosting two of the games at home. The team's first conference game will be against the Grant Community High School Bulldogs. The game will take place at ACHS on Dec. 2 at 7 p.m.

Junior Matt Ziegler, a forward for the Bulldogs is excited for their first match up



Photos by Maggie Bodanyi



against ACHS this year.

"Grant and Antioch match up very well, so it will be a good game," said Ziegler.

The team is coming back strong with conditioned guys and some new faces. According to Ruggles the boys are looking forward to a new start this season.

"The team will be surprised on how well [the season] turns out and how successful it will be," said Ruggles.

The Sequoits are looking to better their record of 8-19 from the 2004-2005 season.

Dance team pushes for high marks in competitions

By Lauren Vance

With a switch in division size and a new year of rivalries, the Antioch Community High School dance team is preparing for their first competition of the year with two new routines.

According to Kelly Taylor, varsity coach, the varsity dance team is currently working on finishing two of the three routines that they will bring to their first competition at Rich Central High School. The two routines are "Crazy Chick" for dance category, and "Proud Mary" for the kick category.

"We have two solid routines," said Taylor. "I have high

expectations, the girls always work very hard."

According to Tiffanie Brown, captain and ACHS senior, the team hired a choreographer to come in for two Saturdays and teach them "Crazy Chick." She also stated that this routine is able to show the team's unique talent.

The first competition will give the team a chance to make some adjustments before it gets too far into the season.

"This first competition will kick off our season and give us a chance for feedback," said Taylor. "We will hear the music and see new styles and costumes."

This year the team moved down from AAA to AA due to a split in the student population.

Taylor still anticipates high scores at the competitions.

"Since we are moving down a division, I think the numbers will stay high," said Taylor. "There are so many good teams out there, we only hope for the best."

According to Tiffany Chilcote, captain and ACHS senior, the division change is an advantage for the team because there

are fewer teams competing in AA hip hop and dance.

"The division switch gives us an advantage in hip hop and dance; kick will depend on our routine," said Chilcote. "The first competition will judge our work ethic for future competitions."

According to Brown, the team placed first in kick and second in hip hop.

Although performances during the halftime show at

home football games are behind them, the team has been working on the finishing touches to their routines with weekly practices.

"We are mainly focusing on extended choreography and learning general effects like costumes and facial expressions," said Taylor.

According to Taylor, the team has active parents that are expert fans and viewers.

"[Parents] are super-fans. It means a lot if they understand the theme and costumes that we're using," said Taylor.



Photos by Lauren Vance

Lindsay Ptasienski, ACHS junior, practices with her team for the Rich Central competition at Olympia Fields on Nov. 19.

According to Brown, having a smaller team allows the girls to have a greater connection. Brown also stated that the team is more organized and overall has more talent than last year.

"With the leadership of the seniors, our team is able to excel quickly and strive in building team unity," said Brown. "Our team is able to work together as one while we perform and that is key for competition season."

The team's first competition will be the Rich Central Competition at Olympia Fields on Nov. 19.

Sequoit



Sports Briefs

Bowling

The girls bowling team will have their first bowling match on Nov. 21 at Antioch Lanes against Lakes Community High School.

Adding up the Sequoits' Post Season Awards

Four field hockey athletes were awarded All-State honors.

All Conference honors went to six Sequoit soccer players, five football players, and two volleyball players.

Conference Medalists included two athletes in girls golf, one athlete in boys golf, three athletes in boys cross country, two in girls cross country, and three in girls tennis.

In all 28 Sequoit athletes earned post-season distinctions.

Fall Sports Standings

S

Boys cross country

4th Place in Conference
Prairie Division Champions
2nd Place at Regionals

E

Boys golf

2nd Place in Division

Q

Boys soccer

Prairie Division Champions
Regional Champions

U

Girls cross country

4th Place in Division

O

Girls golf

5th Place in Conference

I

Girls tennis

Prairie Division Champions
6th Place in NSC
4th Place in Sectionals

T

Girls volleyball

Prairie Division Champions

S

Football

4th Place in Prairie Division