

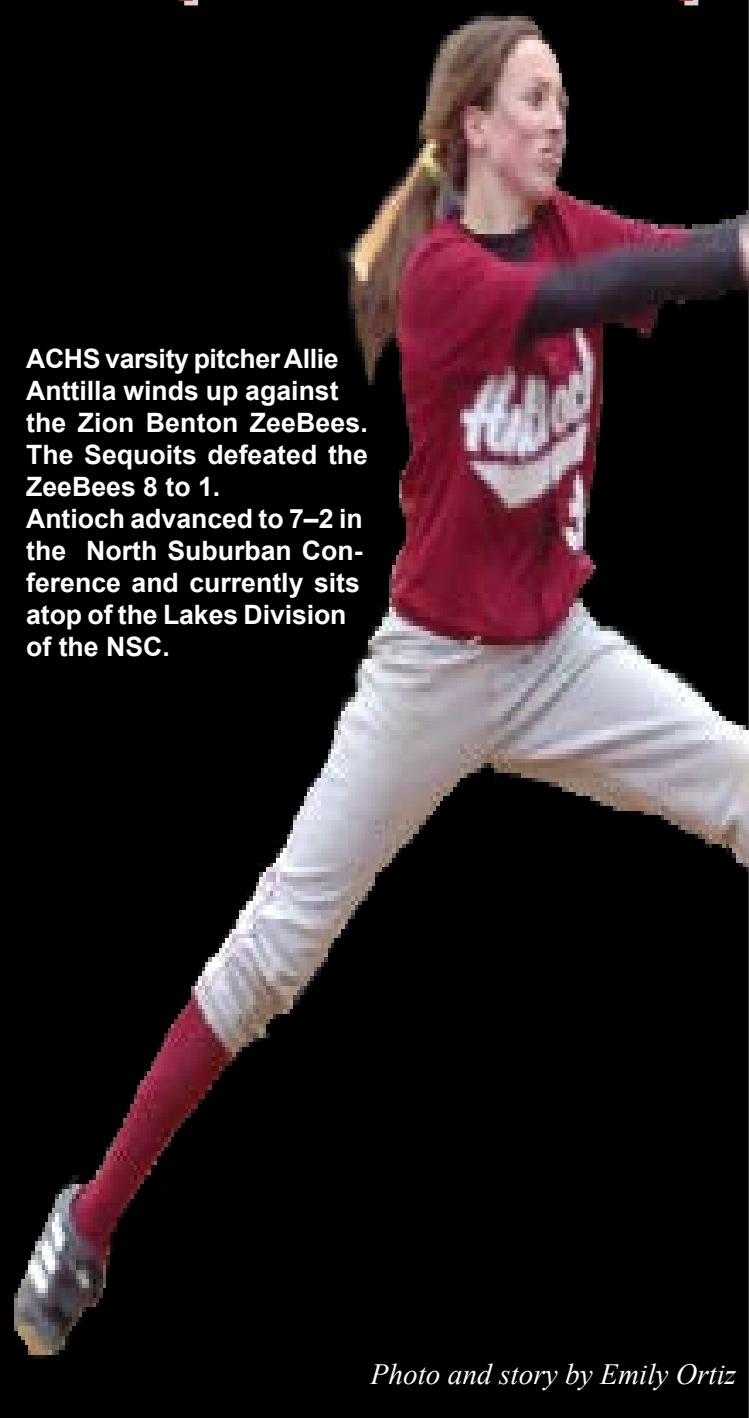
TOM TOM SPORTS

Girls track team to depend on youth page 19



Sequoits catapult to 9-3 record

Underclassmen bolster squad



ACHS varsity pitcher Allie Anttilla winds up against the Zion Benton ZeeBees. The Sequoits defeated the ZeeBees 8 to 1.

Antioch advanced to 7-2 in the North Suburban Conference and currently sits atop of the Lakes Division of the NSC.

The Lady Sequoits have grabbed the attention of other area softball teams by racing out to a 9-3 overall record, and 7-2 record in the North Suburban Conference.

The two conference losses came at the hands of the Lake Zurich Bears by a score of 4-1, and the Grant Bulldogs who came from behind to edge the Sequoits by a solitary run, 5-4.

The Sequoits still have a number of tough teams remaining on the schedule.

"Wauconda will give us good competition," said varsity coach Mary Easton.

The Sequoits will square off against the Wauconda Bulldogs on Tuesday, in a home contest at Lakes High School, and again on Thursday at Wauconda.

The coaches as well as the players remain optimistic about their potential for success for the remainder of the year.

"They [the varsity girls], have all the tools to be successful for the rest of the regular season, and hopefully even advance into the state tournament," said Sequoit

softball coach Jeff Petersen.

The Sequoits will be playing this Saturday at the Buffalo Grove Slamfest. According to Sequoit captain Lindsay Callanan, the team came close to winning the tournament last year.

"Last year we lost by a home run, but this year I think that we will win the whole tournament," said Callanan.

According to Callanan, Antioch is dominated by talented underclassmen.

"Our underclassmen have proved they deserve to be on varsity," said Callanan.

Unanticipated late season snow storms took their toll on the early-season contests.

Dealing with unexpected weather has been a downfall for the start of the girl's varsity softball season.

Bad weather forced the cancellation of three non-conference games, and postponed one conference game.

Another downfall for the Sequoits, is that they currently have no home fields. All of the home contests are played at the Township Fields behind Antioch's sister school Lakes Community High School in Lake Villa.

"All of us really wish that we had our own field to call home, but as far as I know, we'll be playing here until [our] fields are completed off of McMillen road," said Callanan.

close games, it's just a matter of time until we start to pull out wins," said Popp.

Petty believes that the team has already improved some in the course of the season.

"Our pitching has settled down a lot. We've been giving up a lot less walks, and haven't been giving our opponents as many runs," said Petty.

Pitcher Jeff Baird has improved.

"At the beginning of the year I was not pitching as consistent as I am now. Before I was giving up more walks and my control was not all there yet," said Baird.

The team is now heading into the end stretch of their season.

"We need to keep improving and begin winning close games. At that point, we will be able to end the season strong and carry our success into regionals," said Popp.

Antioch drops five one-run contests

Mental mistakes take a toll on team

By Kevin Heffernan

This season the varsity boys baseball team has struggled to win some very close games. The team has lost five one run games, two of which they were leading at one point in the game.

The team's record stands at 7-11, but could easily stand at 12-6 if the team pulled out all one run games.

Paul Petty, boys varsity head coach, does not believe that the team's 5-11 record shows the true talent of the team.

"Our team has lost some close games, if you look at the run differential in all of our losses it is only 2.7," said Petty.

Petty believes that the team's losses in close games are not due to a lack of skill.

"Our mental mistakes have held us back a little bit. When it comes down to close games it is typically not a matter of skill, it's usually the team that makes the least mental mistakes," said Petty.

Trevor Popp, shortstop, believes that the team should be able to start winning some of the closer games.

"We've played and lost so many



A second base throw gets away from first baseman Jimmy Fracek as Tim Lane of Vernon Hills pulls in safely at first base. The Sequoits lost to the Vernon Hills Cougars 5 to 1.

Photo by Margaret Sabatino

Sequoit Sports Briefs

Girls soccer short on seniors players

Varsity girls soccer, just like seemingly every other sports team at Antioch Community High School, has a lack of seniors. In fact, the girl's soccer team,



coached by Charles Trout, has only two seniors on the squad, Alexi Florian, and Alex Palmer. This setback apparently hasn't significantly hindered the team's potential to win games, as their record stands at 4-2-1.

With a team stocked full of underclassmen, and a winning record, the varsity girl's soccer program at Antioch has a very positive outlook on the future.

Cheerleaders prepare for upcoming season

With cheerleading season quickly approaching, there was a cheer clinic offered on Tuesday April 17.

"It was a free clinic to help everyone get ready for tryouts," said Stephanie Spooner ACHS junior.

"Its basically for those that may be interested in cheerleading and need to acquire stunting skills," said Robin Gwinn head cheerleading coach.

The clinic was an hour and a half long with techniques on stunts, jumps, arms, and tumbling.

Heitman named head volleyball coach

The Antioch High School's varsity girl's volleyball team will have a new head coach for the upcoming season.



Taking over for former headcoach Robert Schenk, who retired at the end of the 2006 season, Katie Lonergan will be Glen Heitman. Heitman has been coaching at Antioch for seven years, as a varsity assistant as well as junior varsity team coach.