

# TOM TOM SPORTS



**Sequoits look to club sports for improvement tips and practice**  
See page 23



Photo by Colleen Huber

The varsity dance team practiced kicking for five minutes during a basketball game to raise money for local causes.

## Sequoits travel to state meet

*New higher standards make state qualification a bigger accomplishment*

By Colleen Huber

The Antioch Community High School dance team is kicking its way into competition. With their highest dance score being 87.6%, they are heading off to state this weekend.

“Any score over 85% is exceptional,” said Kelly Taylor, varsity dance coach.

“Our points are very good and increasing,” said Megan Cole, ACHS junior and dance team member. “However, there is always room for improvement, and we can always get better.”

The dance team has been practicing since last May. They have encountered many trials since then.

“We started off as a team of 16, but due to individual circumstances, like injuries,

illnesses, and personal problems we have been whittled down to thirteen,” said Taylor.

Yet, they have overcome their loss in numbers through tireless hours of practice. Taylor still sees the season in a positive light.

“The girls should be extremely proud of their hard work,” said Taylor.

The dance team will be competing in two different categories on Feb. 25. These include hip-hop and kick.

“What really catches the crowd is kick,” said Cole, “Our different colored legs and arms really add effect to our routine.”

Besides the costumes, their music adds a lot to their routines as well.

“Music selection and costume choice have a huge impact over a judge’s decision ...but

costumes that show off the movement cleanly and appropriately are well loved by the judges,” said Taylor.

Yet as a whole, the dancers prefer the kick performance over the hip hop category.

“We are now undefeated in kick and have state to look forward to,” said Cole.

The dance team will be performing at the Civic center in Peoria, Illinois. They will leave Saturday afternoon and will be coming home late Sunday night.

According to senior and co captain Lindsay Ptsienski, it has become increasingly more difficult to qualify for state.

For example, there are only two teams that qualified for state in the kick category, and nine teams qualified for the hip hop category.

“The judging this year was so much tougher. Teams that performed really well did not get a bid for state,” said Ptsienski. “Our entire team was shocked, but it became more of an honor.”

### Dance Team

“The girls should be extremely proud of their hard work.”

*-Kelly Taylor  
Varsity Dance Coach*

## Bad weather could inhibit Sequoit practice

*Dussalt, Fortney return to Sequoits as all conference track athletes*

By Nicholas Grindley

With winter sports coming to an end and spring drawing closer the Antioch Community High School boys and girls track teams begin to prepare for the season ahead of them.

According to coach John Brummund-Smith, the weather has a direct effect on where the teams practice.

“Since its too cold to run outside on Mondays through Thursdays we normally just go to the fitness center and run for about 25 minutes and some of

### Boys Track

the throwers go to the weight deck and lift and then on Fridays we play basketball,” said Brummund-Smith.

Besides the weather conditions, the team suffered the loss of some of its better athletes.

“We lost 4 of our 6 all conference athletes this year and the two remaining are Mike Dussalt and Brad Fortney,” said Brummund-Smith.

With their only two returning all conference athletes, one being a runner and the other a thrower, they start the season off with the odds stacked against them.

“I made all conference in my events of the 400 the 800 and the 1600 meter races,” said senior Mike Dussalt all conference track



Photo by Nicholas Grindley

The track team works out in the fitness center. Their first meet is March 3 at the Illinois State University Tournament.

runner.

While all of the track athletes are training hard to condition for the season, others are trying to maintain a reputation.

Fourtny believes that he has a good chance to do equally as good if not better this season.

“I qualified for sectionals and state in shot and discus last year,” said Fortney ACHS senior.

Even though they only have two returning champions, Brummund-Smith is confident that the newcomers will step up and that a strong season is in sight.

Until the first meet on March 3, the track team continues to run in the fitness room. On Monday and Tuesday it was warm enough outside to do some outdoor training.

## Sequoit



### Sports Briefs

#### Sequoits Assist Salvation Army

The Antioch Community High School student council held a canned food drive at the Antioch vs Lakes boys basketball game, to benefit the needy. Student Council received 5½ boxes full of canned food from ACHS students. In return for donating the food, the students were admitted into the game for free. According to Theresa Phan, student council vice president, the cans will go to the Salvation Army.



#### Boys regional starts Tuesday

Wrapping up the regular season with a record of 4-22, the boys basketball team looks back in frustration.

“Our real problem was that we gave other teams too much respect,” said Applegren.

Applegren said that the team did a great job encouraging one another.

“We all feed on each other, so when one guy makes a great play, the rest of us get fired up.”

Holst reported that although the record was not great, the team still had fun.

The Sequoits will travel to Lakes High School for the first round of Regional Tournament play where they will square off against the Skyhawks of Johnsborg on Tuesday, Feb.20.

#### Sequoits to defend division crown

The Antioch Community High School boys baseball team is gearing up for their spring season. They start practicing Mon. They have 5:15 a.m. practices, and they have practices after school for 1 hour.

Returning to lead the Sequoits this year will be Trevor Popp, all North Suburban Conference outfielder. The Sequoits won the Prairie Division of the NSC last year.

