

TOM TOM SPORTS

The ACHS Sequoit boys basketball team prepares for their first game. See page 19



Sports Briefs

Ski and snowboard anticipate snowfall

The Ski and Snowboard club is ready to start another year of snowy fun. The club's first trip is to Alpine Valley on December 6. Throughout the year the club has planned five other trips. The other planned trips will be to Alpine Valley, Cascade Mountain, Sunburst, a snowboard trick park in Algonquin, and Devil's Head.

The next ski and snowboard club meeting will be on Nov. 21 in room 107 at 7:10 a.m.

Field Hockey completes season

Ending with a record of 6-11-1, the Antioch Community High School field hockey team finished the season with high hopes for next year.



The team was made up of all juniors and sophomores, so coach Terri Dewing believes that it will be an advantage for next year.

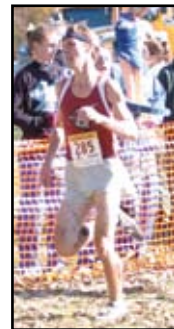
Boys Cross Country overcomes struggles

With the completion of sectionals on October 28, the Antioch boy's Cross Country season came to a close.

While the results of the Sectional meet were less than desired, with the sequoits placing 19 out of the 20 competing teams, it was a minor flaw when compared to the rest of the season where the squad acquired a 4-2 divisional record.

The team is losing three of its top runners to graduation, leaving the question of who is going to step up in next years season.

Coach David Judson is looking forward to next years season.



Cheerleaders prep for competition...

Sequoits open at Stevenson

By Colleen Huber

Along with upcoming competitions, the cheerleading squad is also making the transition from a fall sport to a winter sport, and changing their routines.

The girls on the team have been practicing 3 hours a day, 5

days a week to prepare for their competition season.

Cheerleading

"FOCUS is the key word for our season," said head coach Robin Gwinn, "When your eyes are not focused on what you want to achieve, you will not see the

goal."

IHSA has recently added skills that will be made legal in competition, "We have increased our skill level (difficulty) from last year by 100%," said Gwinn.

"I think we have the capabilities of placing high at competitions this year, but of course, it is hard

to say because we haven't seen anyone else perform yet," said Kira Haley, ACHS Senior and varsity cheerleader.

The girls will compete at Stevenson on Dec. 3, at Lake Zurich on Jan. 14, Sectionals will be announced, and State will be held on Feb. 2 and 3rd at the US Cellular Coliseum.

"How we place depends on how much the team is willing to sacrifice to make it to the top," said Gwinn "they are a highly qualified team and have a lot of talent."

There is not a major change due to the transition from football to basketball.

"We have been practicing since the beginning of May," said Courtney Pierce, ACHS junior and varsity cheerleader "I really like cheering for basketball, you seem to be a lot closer to the fans and to the game."

"We try to make our routines as original as we can, we want to be known as one of the best squads out there, if not the best, and the only way we can do that is by being unique," said Haley.

the team was cancelled in late October.

"Girls are staying in the clubs that compete, because there are scholarships there," said Bessette. The clubs in the area that support gymnastics seem to be picking up all the gymnasts and those girls want to stay with the clubs for the opportunities.

The LCHS gymnastics team isn't struggling with numbers, or talent according to Bessette. LCHS and Vernon Hills are the only two schools in the Prairie division that even have a gymnastics program. There are only seven teams in the NSC that have gymnastics teams.

"We started this year with 250 kids less than last year, and there were only 13 fewer that came out for a sport," said Schoenfelder.



Photo by Colleen Huber

The Antioch Community High School cheerleading team works on their routine during a recent practice. The girls are preparing for their first competition at Stevenson on Dec. 3. You can catch the girls flying high at any of the varsity boys basketball games this year.

Gymnastics team declared dead for '06-07 season

By Ryan Mehaffey

A lack in numbers and experience has resulted in the loss of the Antioch Community High School (ACHS) gymnastics team, and leaves gymnasts stranded.

The team has struggled with finding participants and gymnasts that have experience for a few years now. As a result of the difficulty of the sport, and the diversity in the events, gymnasts that are prepared to participate at the competition level are rare.

"It is a rare bird sport," explained Steve Schoenfelder, ACHS athletic director. "Last year was very touch 'n' go."

According to Schoenfelder, the issues surrounding the team were the need for coaches, a low amount of gymnasts, the split with Lakes Community High School (LCHS), and a lack in competition experience.

"We knew that with the split, this would be up in the air," said Schoenfelder.

"Steve has tried," said 14 year gymnast Yasmine Bessette, ACHS junior and a stranded gymnast, "He went to other gyms to find coaches."

The athletic department worked hard to save the gymnastics program both this year and last year.

was finding a coach for the team. Schoenfelder even went as far as to post ads for a coach on the IHSA web site. Within two days of canceling the team, a coach from the American Eagle Gym in Round Lake, IL stepped up and took the job. Bessette remarks on last years gymnastics team and coaches positively, along with her appreciation for the hard work put in by the athletic department.

"The coaches last year did try to make something out of the team," said Bessette."

According to Schoenfelder, Nekritz put out a proposal to have a co-op team with LCHS. The IHSA makes individual conferences determine whether or not co-oping will be allowed. The North Suburban Conference (NSC), the conference that both LCHS and ACHS athletics compete in, does not allow co-oping. The proposal was sent in and the NSC's athletic directors voted on the issue. The vote came back 11-3 in favor of not allowing co-oping. Schoenfelder explained that it isn't in writing, but it is more of a philosophical issue.

After numerous attempts to continue the team this year,



Photo Submitted

Yasmine Bessette (second from left) is left stranded for the '06-'07 gymnastics season. The team was cancelled due to lack of participation and experience.

One of the biggest challenges