

TOM TOM SPORTS



Girls Cross Country finishes season with a 5-1 record
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Sequoits snag second consecutive division title

Schenk puts exclamation point on his tenure as varsity head coach

By Kevin Heffernan

The girls volleyball team recently finished their regular season with a 3-2 record in the Cross-Town Classic.

The team ended with twenty-one wins and thirteen losses, capturing the Prairie Division title for the Sequoits.

Bob Schenk, Varsity volleyball coach was very pleased with the way that his team played throughout the year.

“We were very young to start the year, we took big strides over the course of the season,” reflected Schenk.

The lady Sequoits came into this year with only two returning senior players.

Schenk said that the inexperience of the team hampered the team at the beginning of the year, but they managed to fight through their obstacles and win the division.

Back row player, Victoria Leonard said that the team overcame their inexperience with determination and desire.

“We came into the year without much experience, but we all worked really hard to become better as a team,” said Leonard.

Schenk indicated that the outlook for next year’s team is very bright with all but two players



Photos by Kevin Heffernan

(Left) - Katie Lonergan, outside hitter and captain, spikes a ball against Deerfield at the Cross - Town Classic, while Veronica Leonard, Sequoit libero, and Victoria Leonard, left back player, look on from the bench (right). The Sequoits went on to defeat Deerfield and went 3-2 overall in the two day tournament.

returning to play next year.

“I believe they have the opportunity to be extraordinary next year with almost everyone back,” said Schenk. “But they will need extraordinary commitment to fulfill their potential.”

Team captain, Katie Lonergan agreed with Schenk, and indicated

that her personal expectations will be high.

“Our expectations for next year are high, anything short of a division championship would be a disappointment,” said Lonergan.

Lonergan plans on continuing the volleyball team’s recent success by working more with the younger players.

The end of the volleyball

season coincides with the end of the coaching career of Schenk, who was recently inducted into the ACHS athletic hall of fame. Schenk reflected on his final season with this team happily.

“I feel very fortunate to have coached these young ladies to represent their school. These girls are a good team for me to end my career with,” said Schenk.

Girls Volleyball

Overcoming injuries...

Races coming to a fast end

By Kara Knutson

Ending with a division record of 4-2, and a conference record of 4-4, the boys cross country team wraps up the season with hopes to see improvement next year.

“We lost three of our top four runners entering the season,” said

John Brummund-Smith, assistant cross country coach, “Going into next year’s season we will also be losing three of our top runners.” The team lost 13 seniors this year.

“Next year the team will be in the same situation,” said Tom Miller, Antioch Community High School senior and cross country

team captain. “They will have solid runners, but not a solid team [without the numbers they need].”

Brummund-Smith has been coaching cross country for four years, but this is his first year coaching at ACHS. “One of

my favorite parts of coaching this year was coaching Joe Jensen,” said Brummund-Smith, “He has improved a great deal and he is a good example for the team.”

Brummund-Smith reported that the team failed to achieve one of their goals which was defeating Lakes Community High School. Antioch lost by one point. “I was very disappointed with this,” said Brummund-Smith, “It was a close match.” The team did go on to defeat LCHS at the Pat Harland Invite and the IHSA regional event.

Joseph Jensen, ACHS senior reported that cross country helps him out in many ways. “I think that this sport helps out more than one problem,” said Jensen, “Its pure fun.”

The team’s latest competition was the IHSA Regional at Fox River Park on Saturday, Oct. 21 at 2:00 p.m. They took 3rd place out of 11 teams and now they are off to sectionals.

“I am really proud of this team,” said Jensen, “We accomplished a lot of things this year.”

Sectionals will take place tomorrow in Schaumburg at Busse Woods at 9:00 a.m.

Boys Cross Country



Photo by Jason Sippy

Sequoit runners Tom Miller, Ryan Mehaffey, and Bryant Giorgi take off at the start of the IHSA Regional event held last Saturday at Fox River Park. The Sequoits took 3rd place out of 11 teams at the Regional race, qualifying them for the sectional event. The sectional race will be held tomorrow at 9:00 a.m. in Schaumburg at Busse Woods.

Sequoit



Sports Briefs

Varsity Cheerleading to begin competition season

The Varsity Cheerleading team is inching closer to competition as each day passes. The team is anxiously waiting to find out who they will compete against, and how they will fare in competition.

However, they’re also continuing to concentrate on the task at hand. According to Stephanie Spooner, varsity cheerleader and ACHS junior everybody on the team needs to give their best effort in the upcoming weeks.

Field Hockey remains hopeful for next season success

Girls Field Hockey faced a tough season not having any seniors and the girls lack the experience but have the potential and skill to do well, according to Coach Terry Dewing. They will end their season with a record of more losses than wins but the team is hopeful that next season will be better.

Dewing also indicated that she has high hopes for success next year.

Tennis finishes season with downstate trip

The Girls Varsity Tennis team had quite a season this year, placing 3rd in sectionals and advancing three players to state, one doubles team and one singles player.

Margaret Sabatino, first singles, and Kristy Torrez and Jenna Salak, second doubles, lost in the first two rounds but look forward to continuing tennis in the off season. Tomorrow there will be an end of the year tennis banquet for the J.V. and Varsity tennis teams from 3 to 5 p.m. at ACHS.

As for next year, the tennis team will lose two senior members, Melissa Beckman and Megan Comstock