

TOM TOM SPORTS

Sequoit cheerleading squad struggles with injuries

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Sequoit

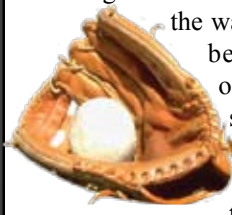


Sports Briefs

Optional softball workouts prepare players for season

Optional pre-season softball training started on the weight deck three weeks ago. It takes place on Mondays, Tuesdays, and Thursdays. The girls have been starting off by lifting and then they run to work on cardio and endurance.

Training starts right after school. The training will continue to go on all winter, all the way to the beginning of the softball season. The training is being run by ACHS head softball coach Mary Easton.



Wrestling team grapples with inexperience

The Antioch Sequoit Wrestling Team, led by seniors Robby Lindstrom and Bobby Wiatr, has finished the first half of their season with a dismal record of 1-7, with their first win coming over the Vernon Hills Cougars.

The Sequoits look to improve their record going into the second half of the season. The next duel match will be against Stevenson tomorrow December 22.

Dance team looks to step-up their performance

The girls of the Antioch Community High School varsity dance team competed for the first time this season on December 2.

The team entered in the AA kick and AA hip-hop divisions.

The girls received first place in the hip-hop division and fourth place in the kick division. The competition was held at Batavia High School in Batavia, Illinois.

Their next competition is January 6 at Lake Zurich High School.



Youthful Sequoits look to mature their game...

Pesky mistakes plague lady Sequoits

By Jake Anderson

In the midst of the winter sports season, the lady Sequoits basketball team has seen its ups and downs. The ladies have opened up the season with a 4-7 record thus far.

Girls Basketball

However the Sequoits just may have found fire as they have won three out of their last four games.

The team shows promise for the future as it consists of two freshmen, one sophomore, seven juniors and just two seniors.

The underclassmen do see significant playing time as freshman Andrea Potkonjak and sophomore Allie Antilla both are included in the starting five. The other freshman, Lauren Tiffany, does assume the role of a solid bench player according to head coach Tim Borries.

With just two seniors on the squad the team is lead by junior Katrina Holm and senior Christine Gaborek who serve as team captains.

"I don't think the lack of seniors hurts us that much because most of the juniors are natural leaders," said Holm.

So far the Sequoits' "Achilles heel", or biggest problem if you may, has been turn overs.

"You just cannot win ball games when you turn the ball over 20 plus times" said Borries.

Borries holds the team to high expectations and likes to maintain

a goal oriented program.

"As of right now our goals are to shoot 70% from the free throw line, shoot 40% from the floor and have less than 15 turn overs per game. Then I know we will win on a consistent basis" said Borries.

Another factor that could play into the scheme is the fact that Borries has coached the class of 2009 players for the third consecutive year now.

This may seem as an advantage but Borries calls it a double edged sword.

"The positive is that the girls know what to expect out of me and know what style of play I want to see on the floor. However the negative is the fact that I see how they play and I know that they can do better, so it is tough," said Borries.

The Sequoits will participate in the Lisle High School Invite this coming Wednesday.

"We are really looking to turn things around in the Lisle Tournament. If we can place well and start to execute on offense, which includes not making turn overs, then we can hang with any team in the NSC or for that matter in the area," said Jen Precht.

The Sequoits next division opponent is none other than arch rival Lakes Community High School Eagles on Saturday Jan. 5 at 2:30 p.m.



Photo by Jake Anderson

Junior Brittany Deem drives the lane and splits two Vernon Hills defenders. Deem was fouled on the attempt but still made the lay up and hit a free throw to complete the three point play

Antioch snowboarder goes big time with Roxy sponsorship

By Emily Ortiz

Skiing and snowboarding are common sports for teens around Antioch. Whenever the snow piles up, students head over to Wilmot Mountain in Wilmot, Wisconsin and tear up the slopes.

However one student at ACHS has turned her hobby into more of a job. Sophomore Kaley Lindstrom has become a sponsored snowboarder for the popular girl's surf and snowboard line, Roxy.

Lindstrom has been snowboarding for 6 years (since she was 9), and on an average week she hits the

hills at least six times.

Lindstrom began searching on the Roxy official website about how to become sponsored this summer. Then in November, she received a phone call from Mindy Keller who works for the company, asking her all sorts of questions about her personality and what type of girl she is.

"Before I got signed, I started talking online to people from Roxy," said Lindstrom.

Lindstrom then took initiative to get

a hold of the Roxy Representatives.

"Kaley contacted Roxy direct and forwarded information, and

"Kaley will go to these events and help out the area Roxy representatives in a positive way," said Keller.

"I should have all my gear by the end of this month, so I'm pretty excited."

-Kaley Lindstrom
ACHS Sophomore



Also, in Kaley's contract is an agreement to wear everything Roxy while she snowboards. This includes jackets, snowboard, bindings, hats, goggles and other accessories that are necessary.

Keller added "Kaley will be an ambassador for us, wear her Roxy gear and talk about how rad it is."

Lindstrom stated, "I should have all my gear by the end of this month, so I'm pretty excited."

Kaley isn't the only one excited however. Lindstrom's snowboarding friends such as junior Anne Bruce are excited for her.

"It's awesome Kaley's sponsored, she's a great boarder and hopefully she can get me some free Roxy stuff!"

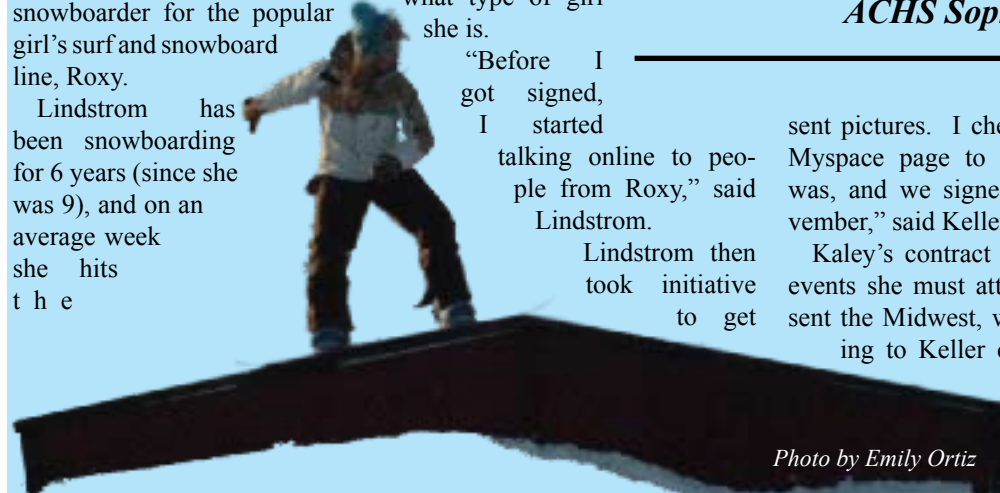


Photo by Emily Ortiz

ACHS sophomore Kaley Lindstrom slides on a rail at Wilmot Mountain in Wilmot, Wisconsin.