

TOM TOM SPORTS

Wrestling takes it to new heights ... See page 15



Sequoit



Sports Briefs

Girls Cross Country

On Nov. 3 sophomore Erin Poss ran at the Illinois High School Association State cross country meet.

Poss ran her best and placed 18th.

She was the second girl in the history of

Antioch Community High School to place at the State meet.

Being only a sophomore Poss can only improve her times for next year. The team along with Poss have high hopes for next season.

Fall Sports Awards

With the end of the fall sports season, all teams will be having banquets this week to honor those athletes who excelled in their sports. Boys football and girls volleyball awards were held on Nov. 13 at 7 p.m.

Last night girls field hockey had their awards.

Today boys soccer will have their awards at the Antioch/Lake Villa Township hall at 7 p.m.

Bessette qualifies for State meet

Freshman Dominique Bessette qualified for the IHSA State swim meet today at New Trier High School. Bessette qualified at IHSA sectionals with a 2nd place finish in the individual medley and a 4th place in the 100 yard butterfly races, all under State qualifying times.

This is the first time an athlete from Antioch Community High School has qualified for the State meet.



Antioch basketball programs appointed new head coaches

New head coach Mike Skinner to lead Sequoit varsity boys basketball

By Jake Anderson

As the winter sports teams at Antioch Community High School (ACHS) begin their respective seasons, one team in specific is looking to start fresh. The varsity boys basketball team looks to turn things around from a dismal 6-22 record just a year ago.

One could almost call this a rebuilding year with a new coach, new players, new offense, and overall new attitude.

The first step of the rebuilding starts at the top with new head coach Mike Skinner. Skinner comes from Mundelein High School where he served as an assistant for three years under Mundelein head coach Richard Knar.

Though rebuilding is taking place that does not mean Skinner expects the team to lose and be walked on like teams of the past. Skinner looks to win now and build for the future.

Mind you that the Sequoits have not had a winning season in nine years dating back to the 1997-1998 campaign when the team was coached by Jeff Dresser, a team that went 18-11. Skinner looks to change all of that as his team has been prepping for this season since this past summer. The Sequoits participated in the College of Lake County Summer League where they looked to gain some team chemistry.

New players are going to hit the floor this

year such as senior Mike Powell and junior Alec Paramski who will add some size to the roster. As for the outside game the Sequoits will return with senior Lamarr Pottinger and junior Cameron White.

The Sequoits are only returning three seniors from last year in seniors Kyle Kreutzer, Pottinger and Austin Grimm. Mike Powell is also a senior who didn't play last season but is making his comeback under a new coaching system. These four look to be the leaders of this young squad. It is young because the team consists of four seniors, four juniors, three sophomores and a freshman.

"He really works us hard and is teaching basketball the way it is supposed to be taught, which will lead to success in the long run" stated Pottinger.

According to Skinner the sequoits are going to be an up-tempo fast-break team, they will always be pushing the ball up court and a team that will hit the foul line a lot.

"He really runs us hard so we can be the best conditioned team in the area" said Paramski.

The mind-set is that it is going to be a track meet out on the court and the Sequoits are looking to tire their opponents with the up-tempo style of play.

The Sequoits open action Nov. 23 in the Crystal Lake Central Tournament at Crystal Lake Central High School at 5 p.m. The team

will open division play Nov. 30 against Grant High School at home. It also serves as the team's first home game.

“He really works us hard... which will lead us to success in the long run.”
-Lamarr Pottinger Senior



New head coach Mike Skinner goes over offensive post play with forwards and centers.

Girls basketball has new head coach: Tim Borries

By Lauren Colette

“Old School” Sequoits look forward to a new season.

Sequoit Girl's basketball opens up against Geneva tomorrow, but there will be a new face coaching from the sidelines.

After former varsity head coach Don Zeman, retired last year the Antioch Community High School (ACHS) basketball program was

in need of a new head coach.

Tim Borries was appointed to head coach with his assistant Jamie D'Andrea.

Borries has coached the freshmen and sophomore Antioch teams prior to this year. "I have high expectations for the players this year," said Borries.

Borries has coached many junior class players since they were freshman.

"I like the fact that coach Borries has coached us every year. We haven't had to get used to someone else's style of coaching" states junior Martha Arnston.

The varsity team is carrying a

total of 14 players and only three are seniors. Christine Gaborek, Kelly Emanuelson and Jessica

"I think Andi and Ali are a huge benefit to our team. I and the rest of the team really appreciate what

“We have a good feeling about this season. We all work hard at practice and try to run the drills well.”

-Brittany Deem Junior

Long are the only seniors on the varsity team.

"There are pros and cons. This year we will have to work hard to be at the level of other varsity teams, but next year we will have much more experience" says junior Erin Schoenfelder.

The two captains for the 2007-2008 season are senior Christine Gaborek and junior Katrina Holm.

Not only is there a lack of seniors on the team, there are two underclassmen.

Ali Antilla, a sophomore, and Andi Potkonjak, a freshman, both took the challenge of being on varsity.

to achieve a winning season.

"We have a good feeling about this season. We all work hard at practice and try to run the drills well" said junior Brittany Deem.

Their first game is tomorrow against Geneva at the Geneva Invitational Tournament at 2:30 p.m.

"We plan to go out there and play our hardest," stated Schoenfelder

Other new coaches for the 2007-2008 basketball season are Grant Murray, coaching the sophomore team, and Teri Klobnak, along with Marni Ploukow coaching the freshman team.



The girls basketball team listen on as new head coach Tim Borries explains plays.