

# Tom Tom Sports

**Bowling team continues winning streak this season**  
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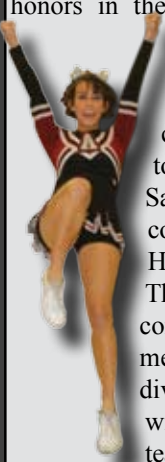
## Sequoit



### Sports Briefs

#### Cheerleaders begin competition season

The ACHS varsity cheerleading team took third place honors in their first competition of the season last week. The competition took place last Saturday at Lincoln Way North High School. The Sequoits competed in the medium varsity division along with four other teams including Lemont High School, Chicago Christian High School, Oak Forest High School, and Evergreen Park High School.



#### Football star earns high praise

Cameron White is still receiving recognition for his accomplishments on the football field. In addition to his other school and NSC awards, White was selected to the IHSFCA 6A All State team, the Chicago Tribune 2nd team All State Squad, the Chicago, Sun Times All-Area Team, and named an Honorary Captain of the Daily Herald All-Area Team.



No other football player in the history of Antioch Community High School has earned as many post-season honors as White.

#### Young wrestlers show high school potential

The Lakeland Predators youth wrestling program offers a bright future to the Sequoits. The Predators had eight champions at the Lancer Takedown tournament on Dec. 7. They also boast four returning state place winners: All Illinois Bantam wrestler Lucas Schevikhoven (6th place 46 pounds) Midget State wrestler Alex Rodriguez (8th place 72 pounds) and ILUSAW Greco State Tournament wrestlers, Jared Smith (1st place 103 pounds) and Nicholas Koch (5th place 70 pounds).



# Grappling with change

Photo by Mark Ano

## Wrestling team fights to reverse lackluster record of past seasons

By Mark Ano

Winless so far this season was not what head coach Wilber Borrero was hoping for after his dismal record of just 7-24 the previous year. Borrero, previous head coach of Waukegan West, Waukegan, and Evanston, has been known as a hard-nose, ruthless coach with a winning reputation. With Waukegan, he turned his once Sequoitesque, rag-tag team into a mean bunch that had placed second in state. "It's frustrating," Borrero reminisced. "[The team] just doesn't get what it takes to turn a program around."

With just five returning starters out of a 13-man varsity roster, experience is something that has been lacking on the team ever since Borrero started coaching

four short years ago. Although the team has not been doing as well as it hoped this year, Antioch wrestling followers know of the previous success that its team has boasted in the past. During the early 90's, the team took conference and sent multiple wrestlers down state.

On that note, Borrero stated, "[Great wrestlers] make a commitment to the sport 365 days a year; it's not just a sport you do for three months then move on." On the topic of commitment, it's one thing that senior captain, Tom Gerstner, agrees with his coach on.

"Only four or five guys did off-season." Gerstner remembered as

his stomach growled for a sliver of food the Friday before his meet against Round Lake. "It takes a man to understand what wrestlers go through day in and day out."

**"I thought of quitting a couple of times, but I knew that the team needed me."**  
-Kevin Knutson  
Varsity wrestler

Gerstner, stand out wrestler for the '09 season, is known for his brutal strength and incredible endurance out on the mat. Holding a previous record of 37-4 as a junior at the 160-pound weight class, Gerstner never stopped to think about what could have come of his season last year after suffering a serious knee injury days before the Regional competition.

"[The injury] never took away my focus, it just drove me to become better than I've ever

been," Gerstner stated.

Gerstner hit the weights and added about 15 pounds to his muscle-bound body. Teammate and sparring partner, junior Kevin Knutson, recognized his friend's transformation the first day of practice.

"It's like wrestling a tank," Knutson exclaimed, "Every time we wrestle it seems he's just toying with me." This 160-pound junior is no lightweight either. During his sophomore year, he was already labeling himself as a state contender.

"It's hard," Knutson admitted, "I thought of quitting a couple of times, but I knew that the team needed me."

With the Gerstner-Knutson duo, the team relies on them to be not only great wrestlers, but leaders on and off the mat.

# Dancing their way to state

By Becca Huebner

With a berth in the Team Dance Illinois State Championship on the line the Antioch Dance team has been working hard to ensure their spot at state in the team's first competition this year which was held on Dec. 14 held at nearby Lakes Community High School.

With 5 competitions this year the Dancing Sequoits want to qualify for TDI at their first competition because the later in the season the harder the competition. Head coach Kelly Taylor said, "Each year the competition has been better and this year's team has a lot of talent and is a very cohesive group." Since the first competition is so close it has also made the dancers excited to dance for their fans.

"I'm glad the competition is so close because more of our fans will be able to come. Most of our competitions are far away so this is a great opportunity for the town to come out and show their support," said senior Captain Keeley Thode.

The girls have been practicing for two and a half hours or more Monday through Friday and performing during basketball games in order to be ready for their competitions, usually the team only practices Monday, Tuesday and Thursday.

With the competition season beginning the practices have become more stressful. Senior captain Miranda Linco said, "Practices are stressful because we have to focus more to get the routine right and we can't mess around and waste time either."

The Sequoit Dancers have succeeded at competitions for many years in the past and that should creates pressure to do well. Linco thinks differently, "We worry about ourselves and only ourselves, not past teams. We can't dwell on the past; we have to focus on this year's talent."

Pressure and nerves are the two most popular words to describe competitions and when pressure and nerves get the best of teams things start to melt.

Taylor said, "[The] pressure is entirely self inflicted, we can't let our nerves get

the best of us."

Thode disagrees, "I believe that our team does better when we are nervous and under pressure. The pressure pushes us to practice harder and make ourselves as well as our fans proud." The Sequoit dance team has tried to incorporate more artistic moves into their routines this year.

The dance team qualified for state in their kick and routine scoring 82.65 points out of 100. This is the first year the team is performing in open dance. They took first with 80.9 points out of 100 but did not accept the qualification in that category.

Photos by Kali Browning

**Senior varsity dance captain Miranda Linco performs at the teams first competition of the season held on Dec. 14 at LCHS.**

