

ARROW

A large, stylized graphic of an arrow pointing to the right, with the word "ARROW" written in a bold, white, sans-serif font across its shaft. The arrow's tail is on the left, and its head is on the right. The shaft is a thick white line, and the arrowhead is a white triangle with a black outline. The tail of the arrow is decorated with several white, curved, feather-like shapes.

A Tom Tom Publication



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The Tom Tom Staff | 2021-2022

MISSION STATEMENT

The Tom Tom seeks to not only be the premier source of student news, sports and lifestyles at Antioch Community High School, but it also aspires to do so with integrity, respect, responsibility and pride. The Tom Tom believes wholeheartedly in giving voices to the voiceless through unique engaging methods of storytelling, while engaging with the Antioch community to see diverse and challenging perspectives. In doing so, we choose to tell some of the more challenging or untold stories even when they can be controversial in order to make our community stronger, more caring, and more tolerant. This program envisions a holistic experience of quality journalism through print publications and digital content, as well as promotes student spirit and school culture through innovative and inspiring public relations and advertising campaigns. We are the Tom Tom. We are originals. It would be an awfully big adventure if you choose to come along with us and work as one community, one Sequoit.

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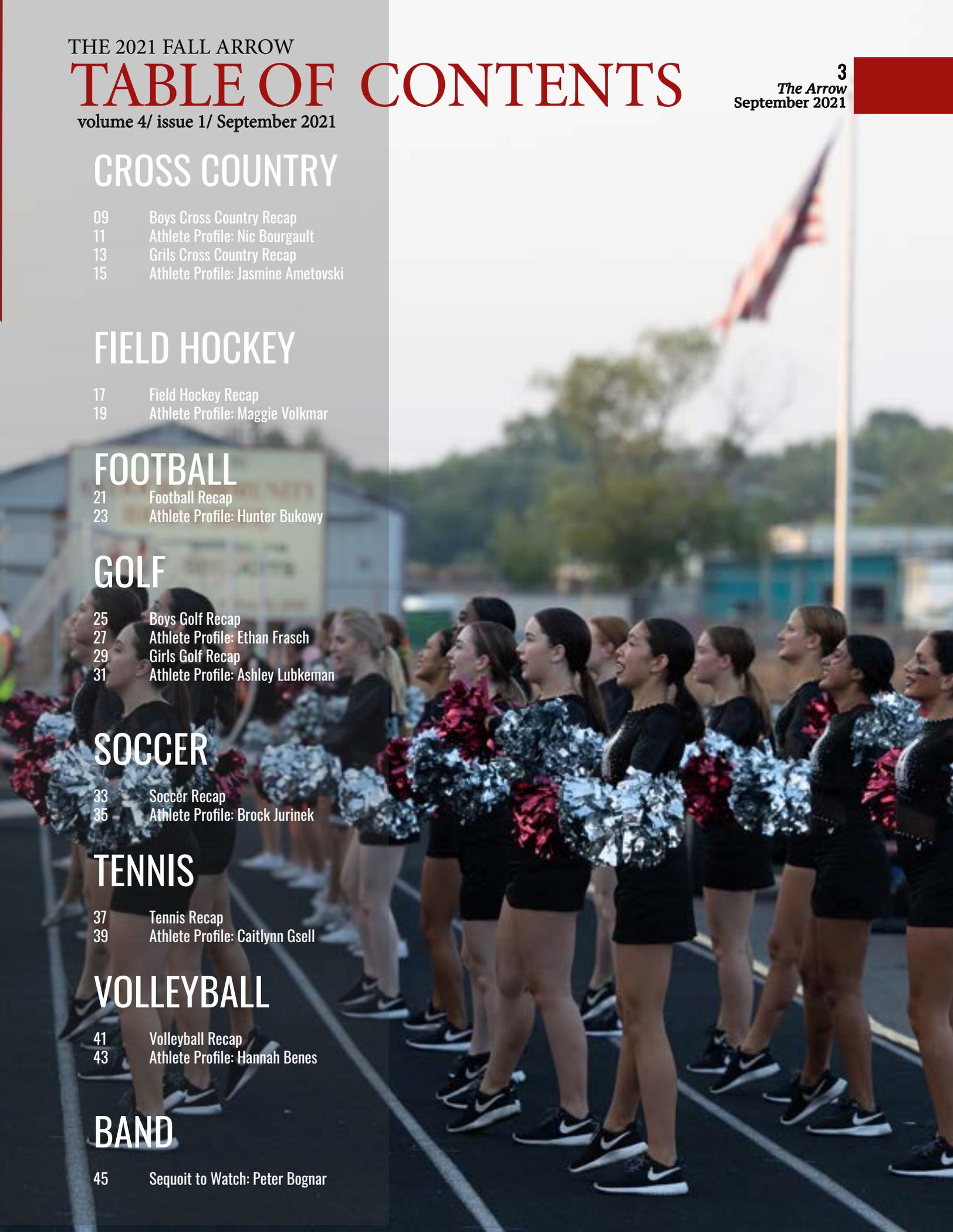
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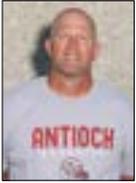


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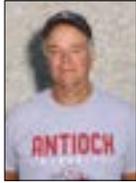


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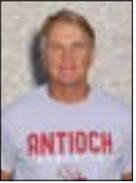
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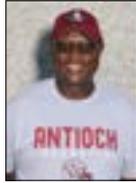
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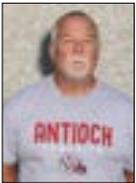
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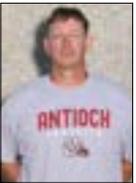
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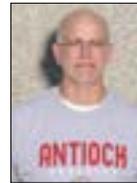
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ANTIOCH IS BACK



OUR SEQUOIT SENIORS

Cross Country



Barba



Baronello



Bourgault



Carlisle



Haling



Lind

not
pictured

Wisdom



Ametovski



Benes



Edran



Guerra



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Field Hockey



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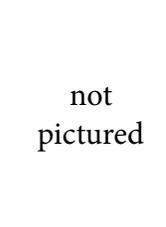
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Hernandez

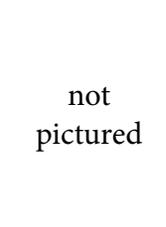


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Pankau



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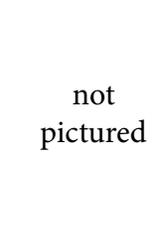
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E. Tindell



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Vasquez



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Losinger

Boys Golf

Girls Golf



Lubkeman

Soccer

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Carillo



Correa



Eifert



Foote



Ivanovas



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Manke



Mendez



Vazquez



Tennis

Gsell



Labicki



Hussain



Conway



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Volleyball

Benes



Buehlman



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Henkel



Lindstrom



Marcell



Yeager

TRADITION NEVER
GRADUATES.

LOGAN VAN ALSTINE
Photographer



Cross Country

ROSTER

Edgar Albino	Tyler Miller
Anton Augusto	Braxton Schieler
Keno Barba	Tony Sculuca
Mateo Barba	Anthony Streib
Lucas Baronello	Jake Sytsma
Nic Bourgault	Leo Vasquez
Lucas Carlisle	Carter Webb
Ethan Castillo	Alex Wisdom
Jack DeMartini	Tyler Wolfe
Griffin Freeman	
Ben Georgia	
Noah Gonzales	
Charles Haling	
Brady Kobb	
Noah Krusely	
Jacob Linck	
Anthony Lind	
Cole Loiacano	

Sequoit to Watch: Tyler Miller

Sophomore Tyler Miller has been giving it his all in the offseason to prepare to dominate the course this season. Being a sophomore, Miller has a lot of room to improve upon his already impressive speed. With more time to practice and train he has potential to make a genuine mark on the Sequoit cross country team.

“My expectations are to grow and place higher,” Miller said. “I plan to work, improve and keep going.”

Miller’s coaches anticipate that he can be one of the best with time.



JAXSEN KRAPP
Sports Writing Editor



LOGAN VAN ALSTINE
Photographer

Boys cross country sprints for success

With being in the midst of the boys cross country season, the boys have strong hopes for what they hope is soon to come. Senior captain Charlie Haling believes that, from what he sees, it’s going to be a good year. The boys come ready to run, ready to win and ready to compete.

With the first meet win under their belt against Richmond Burton, the boys are optimistic for the coming season. Junior Jacob Linck has high hopes for the future.

“As a team, I want to be able to make it to state,” Linck said.

Junior Braxton Schieler agrees that the team has a chance of making state, and he is optimistic about what he sees from the underclassmen.

“I’m really excited about this team, we have a lot of young talent,” Schieler said.

With the season on the come-up, the boys keeping their head in the right spot is a necessity for competing in races, and that

is part of what the boys are training themselves for.

“Building up that mental toughness and the willingness to suffer and keep going is hard for me, and I think it’s hard for teammates. I’d like to see us grow in that area,” Haling said.

While competing for a title is the main thing on the boys’ minds, Haling also wants to teach them that having fun is something that they cannot forget about this season.

“I just want to show them how to have fun,” Haling said. “It isn’t always [about] being the fastest all throughout the course. We want it to be about having fun in [the] season and also about getting better.”

Some may think cross country training is all about achieving faster times on the courses, but it is a lot more than what people imagine.

“Sometimes we bike, so that takes the pounding off of the shins. A lot of shin splints is a big issue and drills, strides, extra

stretching and icing after sports [can help],” Linck said.

To hype the runners up before their races, the team gathers in a circle for a signature Sequoit chant to give them the luck and energy they need to compete in their match.

“You know, it’s really just the heat of the moment. We’re all holding arms swaying back and forth. We have one person, one of the leaders, in the center hyping us up,” Linck said. “It makes it feel like you’re ready to get out there.”

As the season continues, the boys are hungry for more wins and are looking for that shot to compete for a title.



BRAYDEN CECCHI
Writer

Athlete Profile: Nic Bourgault

Senior Nic Bourgault is new to Antioch Community High School this year, but not new to running cross country. He started to participate in cross country during his sophomore year at his former high school, Belvidere North.

“I did soccer freshman year; I didn’t really enjoy it as much as I thought I would,” Bourgault said. “Then my friend thought that since I’m not doing a sport, I should just join cross country.”

Cross country training looks a little different from regular sports practice. They practice Monday through Saturday. Monday, Wednesday and Friday are over-distance days; these days athletes run longer than the actual race distance. Tuesdays and Thursdays are workout days, so the team does cruise intervals. Cruise intervals entail running a mile, jogging in place for 30 seconds, and then running another mile. After that, athletes restart the whole cycle again, running a total of four miles, and, all the while, a coach is timing the mile runs in order for athletes to try to beat their previous time. Saturdays are long-distance run days, which means that they run seven miles. In a week, Bourgault runs around 20 miles during practices and meets.

The varsity race has two different courses: a three-mile course and a 5K.

Bourgault is a determined runner and has goals for the rest of the season. He would like to run a three miles in under 17 minutes. He also would like to be the number two runner. Right now, Bourgault is third on the team. To get to number two, he is going to have to push himself hard to beat sophomore Carter Webb, who is currently the number two runner.

During Bourgault’s sophomore year, he

ran his best time yet. He ran the varsity course in 17 minutes and 45 seconds.

“I hope to break that this year with a low 17,” Bourgault said. “My best race so far this year is 17:50.”

With Bourgault being new to the team this year, there are definitely some disadvantages, but he has made the most out of the season for being new to the district.

“I do see Nic going far; our first meet on a very tough course he placed third,” junior Benjamin Georgia said. “He puts in hard work at practice and it’s paying off.”

Bourgault has been a great addition to the team. In his first meet of the season, he placed third for the 2.5-mile race. Senior teammate Joaquin Barba and Georgia, along with coach Ryan Hlinak all agree that Bourgault is an asset to the team and pushes others to do their best.

“He has risen up to be one of our best runners as well as a friendly face, good competitor and overall fun guy to be around,” Barba said. “He raises the team morale wherever he goes, and he always has the biggest smile on his face.”

Cross country is not a typical team sport, as the runners do not depend on others to make the right play or pass to win. In cross country, runners are racing against competitors but are ultimately trying to beat their own best time. And even though it is not a team sport, Bourgault is there for his teammates when they need a little extra cheering on.

“He’s just an awesome kid,” Hlinak said. “[We are] glad to have him on the team, and he’s really pushing everybody else to be their best.”

With every sport, there is always someone that an athlete looks up to. For Bourgault, this is senior Lucas Baronello. Baronello has helped Bourgault adjust to the team and has helped him with his running.

“At my old school, I definitely had a lot of people [to look up to], and here I would say it’s Lucas, because he’s one of my best friends on the team,” Bourgault said.

For every athlete, there are certain things to do before a game, meet or match. For Bourgault, he has a routine that works for him.

“I always wear my socks that my old coach gave me,” Bourgault said. “And then on the bus rides, I just don’t talk. I put in earbuds and just listen.”

With Bourgault being a senior this year, there are a lot of things that he needs to think about with cross country and college. Bourgault has his sights set on Northern Illinois University and the University of Illinois at Urbana-Champaign to major in marketing.

As Bourgault continues to run throughout the season, he will continue to strive towards his goals and continue to inspire his teammates. By doing this, he gets better and will be able to continue achieving his goals.



MADELINE MONROE
Writer



LOGAN VAN ALSTINE
Photographer

LOGAN VAN ALSTINE
Photographer



Cross Country

Sequoit to Watch: Piper Ipsen

Freshman Piper Ipsen is stepping up her game and becoming a top runner for the cross country team. Ipsen has been exceeding the expectations as a runner. Coach Christopher Bailey is very impressed with Ipsen's performance.

"She is so special because she comes to practice every day ready to run," Bailey said. "She does not complain, she does not take days off, and she wants to be great."

With an attitude like this, Ipsen is going to have a great future in her career.



SYDNEY PARKER
Writer



LOGAN VAN ALSTINE
Photographer

ROSTER

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Ravyn Edran
Rosie Gonzalez
Arianna Guerra
Piper Ipsen
Addison Lane
Annalise Lowrance
Nora Lubkeman
Katie Opal
Angela Ortiz
Ali Pasdiora
Christine Marie
Pedrina
Zamora Rodriguez-
Caballero
Madisen Schine

Girls cross country laps their competition

This year, with sports going back to normal, the Antioch girls cross country team is excited to be back out running. With only being a month or so into the season, the team has shown good signs of improvement and promise for the future. Senior captain Sarah Benes says that there are some big team goals that they are trying to achieve, but they should be possible.

"Some team goals we all have is qualifying for sectionals and placing as high as possible at big invitationals," Benes said.

During the summer, most of the girls have been training to prepare for the big season. Being in shape prior to tryouts gives them an advantage over other opponents. With high expectations, the girls will have to hold themselves to high standards.

This year's squad is looking good and could be even better than last year's. With good mindsets and hard work, the team could be a top contender in the NLCC.

"Physically, our improvement is about the same. The difference this year is the mental

and social aspect of our sport," head coach Christopher Bailey said. "Being able to do some of the things we did two years ago has helped bring the excitement and passion back into our sport."

The Sequoits are on pace to be a top team this year in the conference, as well as a good contender in the invitationals. There are multiple invites this year that the runners are going to be in attendance at; there are a few big ones to watch out for, including the First to the Finish Invitational in Peoria. Schools from all areas of Illinois will be there.

"I am looking forward to the First to Finish Invitational on the state course next weekend and also the state meet," Benes said. "I have high hopes; qualifying for the state meet is sort of an expectation I have for myself. I want to end my high school career on a stellar note, like finishing all-state."

Since there are not as many COVID-19 restrictions this year, the team will get to go back to doing their team bonding events and fun rituals. Teammates can become closer and have more fun this year.

"I feel great being able to do the sports I love without some of the rules that were put in place last year," sophomore Addison Lane said. "I not only love the sports I play but also the people that do them with me, so it means a lot that we do not have to wear masks and I can actually interact with my teammates."

The Sequoits are very excited for the rest of their 2021 season and are hoping to impress.



CARTER WEBB
Writer

Athlete Profile: Jasmine Ametovski

Senior Jasmine Ametovski is in her fourth year of high school cross country; however, this year is the first year that she has been elected team captain and it is her last year to achieve her goals in the sport. Cross Country is a sport where the numbers do not lie; if you are truly making improvements, your times will reflect that. Therefore, the goal that is in front of everyone's mind along with team success is running a fast race.

"Personally, this season I hope to break my PR (personal best), which would be to break 22 minutes for three miles," Ametovski said. "As a team, I am really hoping we can be unified this year and have team spirit. Additionally, I hope we can qualify for sectionals and send a few girls down to state."

Ametovski maintaining the balance between chasing team goals as well as her personal goals are some of the leadership qualities that got her elected captain by her teammates. Demonstrating that team goals are just as important as personal goals can be very influential for the team as a whole.

"She has great energy that makes people feel comfortable," senior Ravyn Edran said. "She is very organized & responsible, and she is very motivating."

Having a captain who motivates as much as Ametovski is huge, especially when the cross country season is as intense as it is. For most sports, a lot of competitions is no big deal, but in cross country, having to constantly be ready to push yourself to the max is something that a lot of athletes have trouble with.

"I feel like I am ready. We have had three years to prepare, so I am pretty used to this schedule we have," Ametovski said. "Meets on Tuesdays and Saturdays; it is like a habit to me at this point."

It is really great as an athlete to have the feeling of competition just being a routine thing. But even the best of the best struggle when there is a lot on their plate to deal with. Running is half mental, half physical, and being a student athlete can be difficult

with the stress of balancing your academic and athletic life. If you do not have your stressors under control by race time, it may have a prominent effect on your performance.

"I deal with a lot of stress from school and sports; however, when it is time to practice I try to put all of my stress away because there is one focus at practice. It is practice, [and the focus] is to get better so you can be good for your race," Ametovski said. "I deal with everything else when I get out of cross country. I confide with others if I have stressors I need to talk about, and if I keep doing that by race day, I should be mentally ready and excited to run."

Another challenge on the mental side of competing are mental blocks. They can be caused by injuries, bad performances, or something outside of the sport. Mental blocks can be very discouraging and can trap an athlete in a negative headspace. But something all dedicated athletes need to do is find a way through it.

"During the season the worst mental block I will have is when I get an injury because you get nervous and anxious that it will not go away in time," Ametovski said. "It kind of ruins your mental headspace going into a race and it defeats you a little. I have had times I have tried to run, but mentally, it just was not there."

This ability to get through mental blocks never goes unnoticed; when you get through a drought teammates and coaches can feel the energy it brings.

"[Ametovski] does a great job at handling adversity," coach Ryan Hliniak said. "Last year she was injured right at the end of summer during our camp. She could have let this ruin her season, but instead, she worked through it and was back running with minimal time off."

Getting through mental problems shows the true character of an athlete; it shows who has all the tools to succeed. Every step of the journey, especially the bad ones, teaches us very important lessons. With those lessons comes experience, and being

a captain is one of the best traits to have. In cross country, all the members of the team constantly train and compete together regardless of age or level. Younger athletes who have yet to experience the hardest parts of the sport need an older figure to take advice from.

"For somebody in a mental block, I think it is really important to know that it is not permanent," Ametovski said. "It might feel really hard to step out there and do what you need to do. That is the biggest part, and that is the biggest mountain to climb-- just getting over that and starting."

All of these challenges are hard to get through and can make it difficult to continue the sport for a lot of people. But going through all of the challenges pays off when you have that one good performance that you will remember for the rest of your life.

"My most memorable moment was last year. I had just run a really good race; it was really close to my goal," Ametovski said. "I remember I was running with Kylie Craig, and I had formed a really close bond with her during the season. She and I were just really happy for each other, and I feel like throughout this sport, I have created really important and valuable connections."

To get through challenges and adversity and end up in a place where you are truly happy is why athletes compete. Ametovski's teammates and coaches have been able to see first-hand what the sport and team means to her.

With one more season left to spend with the team and chase after her goals, hopefully, it goes through as planned and ends with a well-earned "runner's high."



LUCAS BARONELLO

Writer



LOGAN VAN ALSTINE
Photographer



F
ield Hockey

MERYL RESURRECCION
Photographer

Field hockey sweeps their opponents during double OT

The Antioch girls field hockey team claimed a rewarding first win against Lakes on Sept. 1. Although the girls lost their first game against Latin and another following that same week against Highland Park, the girls are working hard in practice to develop their communication on the field.

"I think both opposing teams were definitely prepared," freshman Mycah Thompson said. "We practiced a ton and are ready to start the season."

As the girls get back into the swing of things after their first few games, they wish to improve their communication and passing to improve their overall skills.

The team finds it easier to bond when they have strong communication. The girls do many different activities to form a bond. Some of these things consist of team dinners and long bus rides when they have away games.

This improvement and bond emerged

during the Sept. 13 game against Lake Forest Academy. LFA scored in the first quarter, but senior captain Katie Quirke quickly tied the game up 1-1. LFA scored another goal, leading most of the game 1-2, until the last quarter, when senior Faith LaCerbera scored, tying the game up and sending the game into overtime; the game continued and consisted of two, 10-minute halves with each team reduced to seven players. Varsity coach Terry Dewing set up her overtime line-up, and the girls proved what they had been working on the past four weeks. LaCerbera scored another goal at the end of the second half, earning the girls their second win of the season.

Though both varsity and JV have several underclassmen, the upperclassmen still significantly impact newer players due to many of those underclassmen just starting their field hockey careers.

"All the older field hockey girls inspire me," Thompson said. "They are all so funny and welcoming and I'm so lucky to have them."

One player in particular that inspires the underclassmen is Maggie Volkmar, a senior captain of the team.

"[Volkmar] is an aggressive player," sophomore Jasmine Fisher said. "She knows how to play the game."

This season, the girls welcomed back Madelynn Soberano, a second year junior varsity assistant coach to their team. With a new but familiar face on the field, the girls will continue to work hard to push for future victories this season. Their next home game will be on Sept. 27 against Glenbard West at 6:30 p.m.



LAUREN DEGUZMAN
Writer



Meryl Resurreccion
Photographer

Sequoit to Watch: Kaitlin Baylen

Freshman Kaitlin Baylen has plenty of talent to look up to in the predominantly upperclassmen field hockey team, but is ready for the torch to be passed once her time comes.

"There's a lot of talent on the team right now," Baylen said. "The encouragement that all of the older players give me has really improved my game, and I hope to do the same for players younger than me once I'm in their shoes."

With the time and dedication that Baylen has already put into the sport as a freshman, there is no ceiling for how well she will be able to play in the future.



TYLER COOK
Sports Writing Editor

ROSTER

Kaitlin Baylen
Callie Bemis
Allie Curry
Jasmine Fisher
Vera Fogel
Samantha Klemm
Faith LaCerbera
Peyton Lyndon
Kelsie MacMillan
Cameron Pluciennik
Grace Quirke
Katie Quirke
Laila Salata
Hannah Schaufele
Julia Shipman
Katie Smith
Mollie Tubbs
Macie Volkmar
Maggie Volkmar

Athlete Profile: Maggie Volkmar

To be a senior in high school, especially for an athlete, is exceptional. It is a year that many athletes prepare and look forward to. Seniors finally have the chance to be at the 'top of the totem pole,' can take on responsibility, and can have much more freedom. Senior athletes have an even bigger obligation; now, they are the leaders of their teams.

One of those many senior athletes is senior Maggie Volkmar. Volkmar is one of this year's senior varsity field hockey captains. Volkmar has been playing field hockey since she was a freshman in high school and is very excited for what this year will bring for her and her team.

"I feel like we are going to finish better than we started, because in each game, we learn how to play better as a team and individually," Volkmar said.

While Volkmar is one of the biggest leaders on the team, senior Faith LaCerbera is one of the other leading seniors on this team. She believes that they have a great season ahead of them and that Volkmar can lead this team to a great season.

"Maggie is always working her hardest at practice, and during games to make sure she plays the best she can," LaCerbera said. "In past years, she has always shown sportsmanship and leadership skills on and off the field to earn the captain spot."

Volkmar has been showing her leadership on the field during both practice and games. She has demonstrated to her teammates that she can lead them to a great season.

She cannot do it alone; however, she is with her fellow captain and teammate, senior Katie Quirke. Quirke is in her fourth year of varsity field hockey, and this is her second year of being captain.

She is both a leader on and off the field. They share the same goal for the season is to be both successful and have a connected team. Quirke and Volkmar share this same passion.

"Mine and Maggie's goal is to make sure everyone feels included," Quirke said. "We also go out of our way to build relationships both on and off the field."

Volkmar has prepared for this season in many ways, but when it comes to being a senior athlete, being both a senior leader and an athlete on the team comes from having experience.

Seniors on teams are leaders for many reasons, the biggest reason being having a lot of knowledge of the sport and knowing how the games are going to go during the season. Even the younger players on the team have started to take notice. Junior Mollie Tubbs has noticed Volkmar's up and coming leadership skills.

"In the past years she has worked really hard during practice," Tubbs said. "She also works really hard in games to earn the captain spot."

Volkmar shows throughout every game that, with the help of Quirke, they can lead this team to a great season and a fantastic rest of the year. The Sequoits are about halfway through their season and are looking for another great half. With the rest of the year ahead, the team is looking to finish off the season hot and head into the playoffs.

"I think if we keep working hard during practice and keep working hard to finish off the season strong, we will have a great rest of this year and try and make a deep run into the playoffs," Tubbs said.

They have quite a bit to look forward to with their captains Quirke and Volkmar. They also can look forward to more

big plays this year from both Tubbs and LaCerbera. As the season's final games start to roll around, the Sequoits are looking forward to a good rest of the season and a deep playoff run to cap off the year and send the seniors away in good spirits.



PATRICK SHEEHAN
Sports Online Director



MERYL RESURRECCION
Photographer



F
ootball

JAKE PANKAU
Photographer

ROSTER

Paul Adams	Payton Holmes	Brock Sooley
Logan Angus	Jack Holway	Ashton Swanson
Anthony Ascencion	Prince Karimu	Ryan Swanson
Christopher Avila	Ty Kaufmann	Kevin Taxis-Garcia
Elias Bentley	Ethan Kolloff	Ben Thomson
Jake Bloniarz	Maddux Lane	Andrew Tindell
Andy Bowles	Jeffrey Leighliter	Edward Tindell
Jovias Bracey	Aiden Lennon	Ryan Tolbert
Alejandro Bueno	Jack Levy	Donovan Tommy
Hunter Bukowy	Jacob Moisa	Aiden Van Alstine
Hayden Butenschoen	Quade Moll	Thomas Van Sickle
Donald Carson	Joseph Neumann	Austin Vasquez
Colin Chamberlin	Aiden Niemczyk	Sean Wagner
Chase Clark	Caleb Nobiling	Bryce Williams
Christopher Cook	Adam Pankau	Dean Wilson
Evan Davis	Jake Pankau	Nick Winkler
Nicholas Day	Gabriel Pasko	Nathan Young
Jordan DeVaughn	Brandon Pollak	Diego Zamora
Roberto Dominguez	Ryan Raiman	
Carter Dziadosz	Leo Reband	
Ryan Emering	Joshua Reynoso	
Jonathan Gobeyn	Antonio Rodriguez Caballero	
Seth Gomez	Robert Rohrs	
Joseph Haight	Briar Russel	
Ryan Hanrahan	Joshua Sanchez	
Juan Hernandez	Elliott Schaffer	
Jacob Hertowski	Matthew Schultz	
Keith Hill	James Sheehan	
Reino Hill	Patrick Sheehan	

Sequoit to Watch: Nick Day

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FOOTBALL

Sophomore Nick Day is one of the varsity running backs on the Antioch Community High School football team; he is also one of the youngest players on the team. Since Day is a sophomore, he has a significant amount of time to improve and can make ACHS history.

“If he takes off-season training seriously, stays healthy, keeps his grades up, he has the potential of being one of the all time great running backs we’ve had here,” head coach Brian Glashagel said. “We have a pretty good history of running backs.”



LUKE DRAGIN
Writer



JAKE PANKAU
Photographer

Football tackles first loss difficulties head-on

As football returns to a normal season, many players are excited to get back on the field, and they are eager to show the school their progress they have made since COVID-19. The Sequoits have been preparing all offseason to shine under the lights on Fridays.

“I have done a lot of offseason training,” senior varsity player Austin Vasquez said. “I have been to football camps, done a lot of lifting with friends and a lot of training just by myself in the field.”

The dedication to the sport shown by the Sequoits gives real hope for the team this year. The team chemistry seems to be alive and well, with a lot of the Sequoits having high hopes; the team prides themselves on helping out their teammates if they may get knocked down.

One of the team captains, senior Tommy Van Sickle, had good things to say about the team composition and his expectations

for the team.

“This football season, we hope to make the playoffs,” Van Sickle said. “Hopefully, we will make the state championship, but I just have aspirations to make the playoffs.” According to Van Sickle, the team is focusing on one goal at a time, while remaining optimistic for the future. Staying positive despite former losses is crucial in order for the team to succeed.

“Yeah, I really hope we can get the rest of the eight victories on our schedule,” Van Sickle said. “And I am looking forward to making the playoffs.”

While some looked to their team to find their strength, others focused on improving themselves so that others could rely on them during the game. Senior Roberto Dominguez was one of the Sequoits who heavily focused on self improvement during practice, and focusing on his weak points. When asked about his goals for this

season, he said that improving his own performance was really important.

“[I want] to make sure that I am getting better,” Dominguez said. “[I am] using every opportunity I have during practice and in the game to capitalize on areas that I can improve, and just all around get better; I give my best out there every day.”

This season shows some real promise for the Antioch Sequoits. With a solid overall team and great teamwork, this season is sure to be a good one.



LOGAN VAN ALSTINE
Writer

Athlete Profile: Hunter Bukowy

Growing up, many children follow in the footsteps of a family member or friend who shapes who they grow up to be. For senior football captain Hunter Bukowy, he not only had his older brother Kyle Bukowy, a recent graduate of Antioch Community High School and former football player, but he also had his father's athleticism to look up to, as he played football up to and throughout college. With an athletic family background like this, it was not a matter of if Bukowy was going to play football, but when.

"I can't remember when I put on my first set of pads," Bukowy said. "It was probably just hand-me-downs from my brother a few years before, but I can still remember how it made me feel to be able to play for the first time."

Because the age gap between the brothers is only two years, and their builds being roughly the same, the boys were able to play on the same team for many years as they grew up. With this came not only Bukowy's closest teammate, but also his greatest rival.

"I think the greatest driving factor for me growing up was just the level of pressure that my brother and I put on each other," Bukowy said. "No matter how the game was going, we were always pushing each other to go all out, especially when I was younger. No older brother wants to lose to their younger sibling, so I was always on the field trying to make sure that exact thing happened."

In high school, the rivalry between the two boys continued to push them to their athletic limits, but was now often used to work towards a common goal, as the brothers helped give the team an edge when both were put on the field at the same time; their energy throughout both games and scrimmages brought up the intensity for the team as a whole.

"I think it's always good when siblings get to play in the same sport," Antioch alum Will Beake said. "After Hunter started playing with Kyle on the field during practice, I think both of their abilities just skyrocketed. I only got to see them play while Hunter was a freshman, but coming back to watch them play the following year was great."

Even though it has been two years since Bukowy's older brother graduated, and the brothers have not played together since, that innate drive to better himself has not left; Bukowy's competitiveness and dedication to the sport has only grown.

"Bukowy is a captain for a reason," senior Colin Chamberlain said. "He has every factor that not only a good football player needs, but characteristics that can apply to every facet of life. His dedication to not only the sport itself but also his teammates is unmatched. I think he is one of the best people to have leading this team."

Along with his drive to become a better athlete, Bukowy also inherited many other traits from a life filled with competition with his older brother. One of the most notable traits is his willingness to help others both on and off the field in a wide range of scenarios.

"Hunter and I have always been pretty tight knit," senior Andy Bowles said. "Whether it was baseball, football, or just school in general, if I needed something I knew I would be able to count on him if we talked about it."

This willingness to help others was first shown to Bukowy through both his fathers and brothers offers to help him as he grew up, and he believes that this positive reinforcement during his younger years has played a large role in not only who he is as a football player, but also as the person he is today.

"I think I owe a lot to my family," Bukowy said. "When I was younger they were definitely hard on me about a lot, especially when it came to sports, but looking back they knew exactly how to drive me to become my best self. As a captain this year, I know it's my duty to show the same dedication and eagerness to help others as they showed me while I was growing up."

For many star high school athletes, a senior season has a lot to do with leaving a legacy, for good or for worse. Bukowy plans on using this season to cement not only his name, but his family's name, in Sequoia Football history for their commitment to the sport and the school.

"Regardless of the ups and downs that a season may bring, I know that it has helped me become a better person in general," Bukowy said. "If I could have anything about me and my style of play remembered after I graduate, it would be my passion for the sport, and the bond that being a part of the same team can bring even for people as close as brothers."

Although football season comes and goes, Hunter Bukowy has realized that sports are about so much more than winning and losing. His goal of teaching others dedication, both to the sport and the betterment of oneself, proves that growing up, these lessons were instilled in him by those he had chosen to look up to. A team may only stay together as long as a season lasts, but the lessons and ideas that are shared, along with the friends that are made, may last a lifetime, and Bukowy hopes that what he has done with the team over the past four years will do exactly that.



TYLER COOK
Sports Writing Editor





G_{olf}

BRAYDEN CECCHI
Photographer



BRAYDEN CECCHI
Photographer

Sequoit to Watch: Rylan Frazer

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BOYS GOLF

Freshman Rylan Frazer secured a spot on the varsity golf team this season. In his first season, he is already making a name for himself and has quickly been recognized by coaches.

“Rylan has stepped up and contributed immediately,



LUKE DRAGIN
Writer

posting scores that are counting towards our matches,” head coach Michael Hickey said. “It is rare for freshmen to play in varsity matches, and even more rare for them to contribute as much as he does.”

With his talent and potential, look out for Frazer in the future.

ROSTER

Ethan Frasch
Tyler Stackhouse
Donald Barnett
Rylan Frazer
William Torres
Ethan Losinger

Boys golf “putting” in the work

The Antioch Boys golf team is off to a great start to the season, consistently putting up better scores than the week prior. They have made huge improvements from last year. The varsity golf team consists of Donald Barnett, Ethan Frasch, Tyler Stackhouse, Will Torres and Rylan Frazer.

Barnett is the varsity number one golfer for the Sequoits. He is a great leader for the team, which mostly consists of younger athletes. Barnett has been golfing for most of his life. His dad is the one who got him into the sport and he has never looked back. Barnett looks to lead the team to a conference championship this fall and has noticed considerable improvement in his teammates. According to Barnett, one teammate that stands out in terms of improvement is junior Ethan Frasch.

“He got considerably better all around,” Barnett said.

Frasch and Barnett have been golfing together for a long time, and have been friends for even longer. Frasch has been getting better all summer long. He improved immensely from last year’s season, and he plays a key role in the low scores that varsity puts up. Frasch is looking to put up good scores for the rest of the year and

to make a run in sectionals. Frasch believes that overall, the team’s performance has improved in most of their matches.

“[Our matches] are pretty decent depending on a few individuals’ scores. It really determines how the match goes,” Frasch said.

The top four scores really determine how the team scores in a match; it can make or break a good round for the team.

Junior Dawson Gutke is playing exceptionally this year. He was the JV five and six last year; this year he has worked his way up to the JV one or two-spot player. He is a great leader for the JV team and is working his way to be on the varsity team. Gutke has been playing golf for his whole high school career and plans to play it for the rest of it by improving both his individual performance and the entire team’s skills as a whole.

“To improve scores on match days, the coaches look at what the team overall struggled on, and we practice those types of shots the next practice,” Gutke said.

The team is improving thanks to head coach Michael Hickey and assistant coach White. They help by creating a good practice plan that allows the team to work on what they

struggle with.

The Antioch golf team is looking to improve as the season goes on. They hope to create a winning tradition that the future teams can carry on.



JAMES SHEEHAN
Writer

Athlete Profile: Ethan Frasch

Not many sports are as relaxing and tranquil as golf. Golf is a sport that does not require much physical activity, but it does require a good mindset. Junior Ethan Frasch found a new passion for golf due to the peaceful nature of the sport.

“[I like] how peaceful it is; I am not much of a guy who likes physical activity,” Frasch said.

Frasch started playing golf his freshman year of high school because one of his best friends plays golf and encouraged him to go out for the team. Ever since that day, Frasch has continued to play and grow at the game.

Frasch's best friend and golfing partner, junior Donald Barnett, enjoys golfing with Frasch because it takes the pressure off his shoulders and makes the game less tense.

“It is very stressful to play in a regular tournament, but then when you play with Ethan, someone you can screw around with, it takes your mind off of golf,” Barnett said.

Barnett and Frasch are very competitive with each other when it comes to golf. They both want to beat each other and their opponents at the same time.

“We are very competitive; we try to beat each other, or see who can hit the farthest drive, or the closest shot,” Barnett said.

Golf is not a game about who can hit the ball the furthest, it is about who has the best mental game and approach. Getting angry over a bad shot or missing a putt can change the ending results in a negative way.

“[My mental game] is terrible, I get mad way too easily,” Frasch said. “I am surprised I have not broken a club yet.”

Frasch's golf coach Michael Hickey has been helping him with both his physical weaknesses and his mental game. Hickey had been coaching Frasch since his freshman year of golf and continues to coach him now.

“Ethan has been taking private lessons this year, so my coaching is mostly about

the mental aspect of the game and making good decisions,” Hickey said.

Frasch's mental game is not the strongest, but he is still growing and practicing the perfection of the mental game.

“I try to control it by just focusing on the next shot instead of the shot I just hit,” Frasch said.

Not only has he been working on the mental aspect of golf, but he has also been working hard on the entire game itself; Frasch practiced hard over the summer to get better and lose some strokes off his score.

Frasch has improved a lot from the past few years and many are noticing it as well. Hickey is one of the people who has noticed it the most.

“Ethan is by far our most improved golfer and every aspect of his game has improved a great deal,” Hickey said.

The hard work and the effort Frasch has put in are paying off. Frasch's score has improved by a lot; he has cut at least ten strokes off his score, and in the future, it will be more.

When Frasch has a golf meet, he always preprase himself so he feels comfortable and ready to golf.

“[I] just take a couple deep breaths, and I get used to the greens on the course so that I do not suck at putting,” Frasch said.

When Frasch started to golf, he looked up to a professional golfer named Jordan Speith. Frasch follows in the footsteps of Speith by showing leadership. Becoming a leader for a team is hard, but Frasch excels at it, showing his team that hard work pays off.

“The other players see him working on putting, chipping, etc., before each practice,” Hickey said. “He will set up drills for himself and invite teammates to work with him.”

Not only has Frasch showed leadership during practice, but he has shown leadership in his game, as he has led the team to multiple wins this year.

Being a good golfer is finding the time to be serious and the time to not be serious.

Frasch knows when it is time to be serious and when it is time to be his humorous self.

“Ethan is what I would describe as laid back, and [he is] goofy and silly at practices. [However, he is] super serious during matches,” Hickey said. “I think that is perfect as it allows him to have fun with his teammates during practice and remain focused during matches.”

Competing with multiple schools' top golfers is difficult, but Frasch makes it look easy because of how hard he has worked. Frasch's scores have been consistent and always help the team.

“Ethan also contributes by always shooting a score that we keep in competitions,” Hickey said.

Maintaining scores that contribute to the team's overall score is difficult, but Frasch always finds a way to help out his teammates.

Since Frasch is a junior, college is around the corner, which means the decision whether or not he wants to play in college and compete at a higher level is on the horizon. Frasch can see himself playing golf in the future, and he is looking forward to that opportunity. Hickey has high hopes for Frasch's golf future. College competition is a big step up from high school competition, but Hickey looks forward to seeing Frasch golf at a higher level.

“If Ethan continues to work as hard as he did before this season, I absolutely see him having an opportunity to play college golf,” Hickey said.

Frasch still has some time to decide on where he wants to play in college and whether or not he wants to pursue a future in golf. Frasch is still growing as a golfer, and in a few years, he will grow up to be a smart golfer who knows how to play the game well.



SYDNEY PARKER
Writer



BRAYDEN CECCHI
Photographer



G_{olf}

ASHLEY LUBKEMAN
Photographer

Girls golf drives it home

Antioch girls golf is underway, and with some wins behind their belt, they have high hopes of making it to conference this year. Assistant coach Whitney Walsh says that after every match, the scores have improved. Walsh believes that this team can beat any other team as long as they play to the best of their abilities.

Although the team only had three practices before they competed in their first match against Wauconda at their course, they had nowhere to go but up. With most of these players never playing in a real match or not practicing much in the off season, the nerves and pressure are on.

“The jitters, being nervous and being in the right mental state [were common],” sophomore Madelynn Barrett said. “So the pressure is the hardest thing we have to face.”

There are a lot of talented players on the team, but Barrett has stood out. This is only her first year, and she plays varsity four, and she has been a huge contribution to the team. By her se-

nior year, everyone can expect great things from her. As the year goes on, the relationships between these players are growing immensely.

“The team is really bonding throughout these matches, and we’re just there for each other,” Barrett said. “Even if we mess up, we bounce back.”

As the team has had their fair share of wins and losses, Barrett believes that as the season goes on they will be better than ever.

“Even if we lose or not do so well, it won’t be by a lot,” Barrett said. “I think we have a good chance this year.”

Ashley Lubkeman, the only senior on the team, is the captain. She is a huge supporter for her teammates, and she always checks in on them and gives them positive reinforcement.

Junior Julia Kraus, who has been a part of the team for three years now, says that Lubkeman, who plays number one on varsity, has stepped up to the plate and has been doing a great job. With some more practice, this

team is going to be something amazing, and they are hopeful that they will place at conference this year.



NATALIE LABICKI
Writer

ROSTER

- | | |
|-------------------------|---------------|
| Madelynn Barrett | Ashlyn Olsen |
| Nora Cecchi | Sydney Parker |
| Bo Deutscher | Lynea Sekany |
| Lily Gange | Emma Wagner |
| Layla Hankins-Salazar | |
| Riley Hughes | |
| Julia Kraus | |
| Ashley Lubkeman | |
| Brooklyn Meyer-Schaffer | |

Sequit to Watch: Julia Kraus

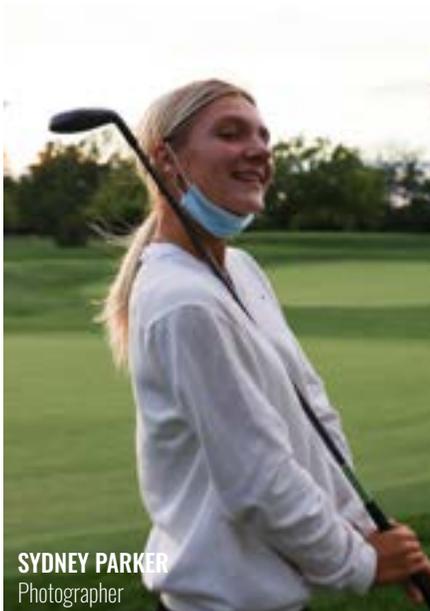
Junior Julia Kraus is a force to be reckoned with on the golf course. With her bubbly personality and positive attitude, she does not go unnoticed. With a team predominantly consisting of underclassmen, Kraus uses her energetic and exciting personality to bring up the spirits of her teammates.

“Julia on the course is always willing to put in the work, even when we are asking them to do drills on things that they don’t want to do,” assistant coach Whitney Walsh said.

With this being her third year on the team, it’s expected that she will excel on the course this year and thrive as a teammate.



PEYTON LYNDON
Writer



SYDNEY PARKER
Photographer

Athlete Profile: Ashley Lubkeman

Most people see golf as something you can just have fun with; they see it as an activity that you can do to have fun with your friends and family. But for senior Ashley Lubkeman, she sees it as not only a fun activity, but also as something to take seriously.

Lubkeman has struggled with multiple things in her golf career, but she has learned from her struggles to make her play better. A lot of people struggle with the mental side of golf, and this is no different for Lubkeman, but she has learned how to deal with her mental struggles.

“I struggled with not comparing myself to the girls I was playing with,” Lubkeman said. “I did a lot better with it my junior year, and instead compared how I was doing to how I had played the previous game. This helped me to improve my scores and get a better visual of the specific things I had to work on.”

While she has struggled with some mental weaknesses, Lubkeman has been able to bounce back and get better mentally. She has also had some help with her mental game from head coach William Hamill. Hamill has taught her a numerous amount of things about the mental and physical side of golf.

“I have told her that every shot is a new one and to play the game, and not let the game play her, as well as to always figure the risk and reward of each shot,” Hamill said.

Lubkeman has been playing golf since freshman year, she really liked the game, and immediately connected with some of the girls on the team at summer camp. Ever since, she has loved the game and being on the team and being able to play with her friends.

“I started playing golf because I had been playing hockey since I was little, so I thought the sports were pretty similar,” Lubkeman said. “I really connected with the girls on the team during summer

camp.”

Lubkeman has loved being on the golf team, and being able to bond with others that have the same love for the game that she does. Since she loves the game so much, she has goals that she hopes to accomplish in her high school career.

“I’ve wanted to get first in conference as a team since freshman year, but individually, I’m aiming for top three in the conference tournament,” Lubkeman said.

Coach Hamill also has a few goals for Lubkeman; he knows her abilities, and knows what she’s capable of doing with her golf game. One of those goals is to help her gain the ability to play in college.

“A few goals I have for her are to medal at the conference tournament, qualify for sectionals, and possibly play somewhere in college,” Hamill said.

Even though coach Hamill may want her to play in college, Lubkeman is not specifically looking at colleges for golf, but mainly for a great academic program.

“I’m not looking for colleges specifically for golf, but if a college I was accepted to also offered me a golf opportunity, I would take it,” Lubkeman said.

Since she has been on the team for close to four years now, she has learned a lot, not only from coach Hamill, but also from herself. She has learned things about the game of golf that she can relate to life in the future, as golf is mentally challenging; learning to cope with her personal challenges in golf has helped her prepare for other struggles in the future.

“I’ve learned you can’t just rely on being good at one club or aspect of the game, which can relate to life in a lot of ways,” Lubkeman said.

Since Lubkeman is a senior, she is a leader on the team. Lubkeman is an inspiration for the other girls for many reasons, including the fact that she likes to accept anybody on the team into her life, and

tries to make a relationship with them.

“Ashley is willing to accept all players into the makeup of the team and will even address situations positive and negative with other players,” Hamill said. “Ashley may be a little quiet, but all players respect her and her abilities, and when Ashley talks to the team they listen; that is the reason she is the captain this year.”

Lubkeman may be quiet, but she plays such a big role on the team that whenever she does something or says something, her teammates want to learn from her and listen to what she has to say. She has earned her role as captain for this year’s golf season, and is happy to be able to lead her team to hopefully being contenders to win the conference.

Being a senior, Lubkeman knows that this could be her last time on a golf team, and wants to make her time worthwhile. She hopes to end the season on a good note, and have a great season. Lubkeman wants to leave a mark on the Antioch girls golf team, and wants to see the team succeed after the end of this season. After the season ends, Lubkeman will still try and spend time with her teammates, and probably go and play golf with them before she goes off to college next year.



WILL TORRES
Writer



SYDNEY PARKER
Photographer

NATALIE LABICKI
Photographer

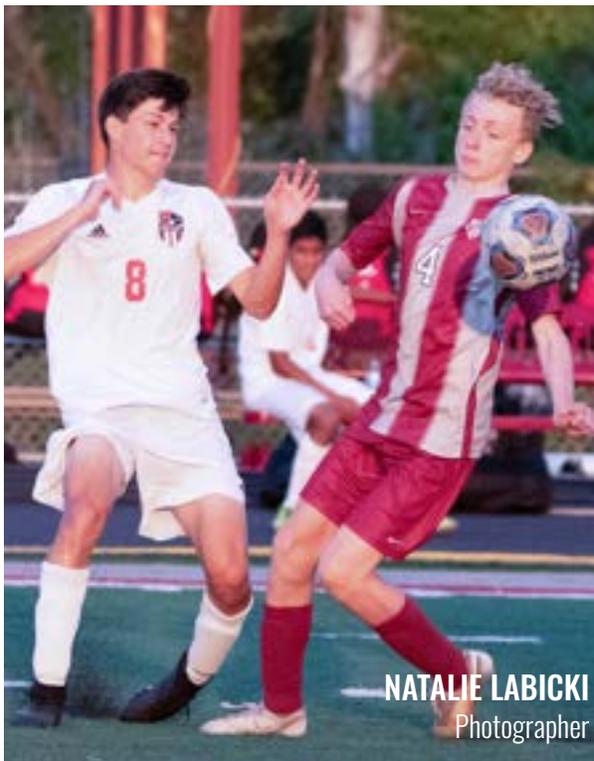


Soccer

ROSTER

Cody Basovsky
 Brett Brose
 Camilo Carillo
 Alex Correa
 Geo Diaz
 Rex Eifert
 Daxton Foote
 Elijah Gonzalez
 Remi Ivanovas
 Brock Jurinek
 Brendan LeBrun
 Jared Luksik
 Victor Manke
 Carlos Mendez
 Cade Ternes
 Evan Vazquez
 Carter Webb
 Spencer Wood

Sequoit to Watch: Cade Ternes



NATALIE LABICKI
 Photographer

Freshman
 Cade

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 The Arrow
 September 2021
 SOCCER

Ternes is getting a taste of what high school soccer is all about. After being brought up to the Varsity team, Ternes looks to make an impact on and off the field.

“A couple of my goals for the season are to get a few goals and assists on the score sheet,” Ternes said.

In order to do this, Ternes plans to improve on game-like shots and being able to make runs off of the ball. Be on the lookout for Ternes to make an impact on the soccer field this year.



LEIGHTON COSTELLO
 Promotional Manager

Boys soccer sets goals high

The Antioch boys soccer team started the season out at 3-4. After facing some tough out-of-conference opponents, the team feels confident that they can win a lot of games going forward. They believe they have a lot of potential and talent, but there is a lot of room for improvement.

Overall, the players seem very happy about the team’s chemistry. They all get along great and they have a lot of fun together.

“I just really like the sport and being a part of the team,” senior Dax Foote said. “Everyone on this team gets along really well, and I’m excited to see what we can do this year.”

They are very optimistic about all the positive things they have shown throughout the start of the season.

“The biggest strength the team has is the chemistry, and just knowing everybody super well,” senior Cody Bavosky said. “We’re all good friends and I think that’s why we play really well together.”

Games so far could have gone better, but the team really likes the direction that they are headed. With each game, they improve, and the pieces are starting to come together.

“I think we can do very well this season-- we are a talented and experienced group,” senior Victor Manke said. “As long as we work together and work hard, the sky’s the limit.”

Manke was also impressed with the effort shown at practice but would like to see them practice at a higher speed to prepare for games.

Like all sports, COVID-19 has affected the soccer team’s level of play. However, the removal of some restrictions has improved their level of play.

“We don’t have to play with masks, which means we don’t get tired as easily. We also get to go further away,” Bavosky said. “We get to play a lot more games and play some better teams, which helps us get better.”

In order for the team to reach its ceiling, the players must continue to put in work in the offseason.

“I do a lot of running,” Bavosky said. “And a lot of the guys on the team and I do indoor leagues, which helps us improve a lot and stay in shape.”

The soccer team’s future looks bright. They’re super optimistic about the amount of effort people are putting into practices and preparing for games, and they believe once they fix some minor flaws in their game, they will have a successful and fun season.



JAKE PANKAU
 Writer

Athlete Profile: Brock Jurinek

Soccer is a sport in which teamwork is very important. One of the best to do it at Antioch is senior Brock Jurinek, a team captain and a leader. Although the team has not started the season with the best record, they are looking forward to competing to be the NLCC champions this year and finishing their year strong.

“After a rough start, I believe we have the potential to finish at the top of the conference, and a common team goal is to win the conference,” Jurinek said.

Jurinek started playing soccer nearly 10 years ago; it has been a passion of his for a long time. He is a star on the field and excels in the classroom as well. He does not look to differ from his path as he continues on to college.

“I am very interested in playing soccer in college, and I want to go to a place in which I can play and [also] have challenging courses,” Jurinek said.

While keeping his college experience in mind, Jurinek is going to take his athleticism very seriously as well. With this goal in mind, Jurinek dedicates a large amount of time to the sport and has set an exceptional example for the rest of the team; he has been a role model for both veteran players and rookies that have recently joined the varsity soccer team.

Of course, being a leader on the soccer field is no accident, and being looked up to by others often comes from one’s vibrant personality. One teammate who has recognized this is senior Cody Basovsky. He is grateful for Jurinek making him a higher energy person and for being someone who makes the long practices more enjoyable.

“Outside of soccer, [Jurinek] is still extremely hard working and very energetic, and that’s carried onto me when we hang out. He has helped me become more energetic,” Basovsky said. “He always gives 100% at practices and games.”

No captain comes about without holding others accountable and having traits which influence others to be the best version of themselves. Jurinek does not stray from this as he is a role model as a person and on the field. Senior Daxton Foote has been a close friend of Jurinek for many years and recognizes Jurinek’s impact.

“Brock portrays leadership and hard work, and he is always motivated. This helps younger players by giving them a role model to look up to, considering he not only has good grades but is also amazing on the field,” Foote said. “Brock is one of my closest friends, so he has impacted me greatly. He always has something funny to say and is always in good spirits. Brock has made me better by making practices and games a higher intensity.”

Last season, the Sequoits finished near the middle of the pack in conference play and only expect to grow from here on out. The team has not started out as they planned but is hopeful for a deep playoff run, as they believe they have the tools to be able to accomplish this.

“I feel like the team right now hasn’t played the way we wanted to, but we are still looking forward to getting better,” Basovsky said.

The Sequoits this year are primarily led by seniors, and with a very strong senior class, they expect to be very successful. With Jurinek as a leader, they have even more optimism.

“I think the team will do pretty well this year. The hope is to win the conference and go on to see what we can do further along the road,” Foote said. “Brock has positively impacted the team not only by his incredible skill but his attitude towards the game as well. He is always wanting to work hard and is always looking for ways to make people better.”

Jurinek is an excellent scorer, which helps him succeed; he is one of the

leaders in goals and holds himself to this standard. It is not hard to spot Jurinek as he excels in being able to dribble, shoot and pass.

Competing in a conference with relatively good opponents is no easy task, but Jurinek still manages to be one of the best. He hopes to carry on his impact on soccer and others to the next level where he can hopefully excel and succeed; whether playing soccer or learning in the classroom, he never fails to give it his all and not give up.



JOEY NEUMANN

Writer



LOGAN VAN ALSTINE
Photographer



Tennis

Sequoit to Watch: Linnea Lindstrom

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The Arrow
September 2021
TENNIS

ROSTER

Mackenzie Carley
Hailey Caya
Tessa Cook
Hannah Gaydovchik
Caitlynn Gsell
Elle Ipsen
Mia Kaiser
Natalie Labicki
Linnea Lindstrom
Sam Sy
Paige Wilson



The girls tennis team holds one of the up-and-coming bright stars, sophomore Linnea Lindstrom. Lindstrom is very focused and excited about this season and what it holds for her.

“I would say I’m looking forward to working super hard to try and place high in the conference and improving my serve,” Lindstrom said. “I want to have a more powerful serve to win more matches.”

She is very excited for what this season is going to bring.



PATRICK SHEEHAN
Sports Online Director

Girls tennis serves up a win

The Antioch Sequoits girls tennis team has had a strong start to their season so far, winning seven matches and dropping only two losses against Vernon Hills and Jacobs High School. However, senior Samantha Sy believes one of varsity’s greatest accomplishments was their match with Vernon Hills, despite the loss.

“Vernon Hills has consistently been a team we have struggled against, and the girls over there are really experienced players,” Sy said.

Despite this, Sy is optimistic about upcoming games thanks to Coach D’andrea and Coach Mac.

“We have done a handful of drills working on taking the point and being offensive against our opponent,” Sy said.

Luckily, the girls have been consistent with incorporating their hard work in practices into their games.

However, their frustration can sometimes get the best of them as they put pressure on themselves to do well. Senior

Regan Conway sometimes feels this way when she plays with her partner.

“When you mess up playing doubles in tennis, you lose the point for both you and your partner,” Conway said. “I know that there really is not a way to avoid this, but I know I can get better. I also know that my teammates would never judge me.”

Conway is new to the tennis team and plays on the JV team. She has had a positive attitude learning to play a new sport, and has only encouraging words to say about it.

“I know so many people who have such good mindsets. Tennis is a sport based on having fun and good sportsmanship,” Conway said. “It is always a good time and there is so much support built in a season.”

The perfect demonstration of a commendable teammate is sophomore Linnea Lindstrom, whom Conway looks up to.

“On the first day of practice, she came up to me and welcomed me with open

arms,” Conway said. “She is on varsity and she still decided to warm up with me.”

The kindness off the court adds to the good chemistry they need on the court.

“The best part about playing doubles is the encouragement from my teammates. I also love hyping them up for their successes,” junior Elle Ipsen said. “We all motivate each other and help each other improve with our weaknesses.”

Although the teams are split into singles and doubles, there is a close knit community with each player that has continued to thrive on motivation; the team hopes that they can carry on the momentum of their past wins into the rest of the season.



MERYL RESURRECCION
Writer

Athlete Profile: Caitlynn Gsell

Senior Caitlynn Gsell is paving her way on the varsity girls tennis team and is making a name for herself this season. She has been progressively improving over the past few years, quickly becoming a sleeper hit in her field.

Gsell did not achieve her skill level overnight; she put countless hours in to ensure herself as one of the top athletes on the tennis team.

“I started because my brother and I used to play it every so often, just for fun, when he played in high school,” Gsell said. “I decided I might as well join since I already know how to play and everything.”

Gsell’s prior knowledge of the sport made fitting in at the high school level a breeze and allowed her to have a head-start compared to newer athletes in the program.

“I actually started freshman year, so [I’ve played for] four years,” Gsell said.

Gsell has made an immense impact on the team. She plays a much more quiet, leader-type role; she encourages and shows her teammates how to pave the way towards reaching their full potential.

Like every other sport, tennis has faced quite a confusing few years here at Antioch Community High School. COVID-19 has created more time for people to improve their game as best as possible, and athletes have been training in many different ways to prepare for the season. One of the more popular methods is the District 117 tennis camp. The camp is a way for athletes to get comfortable and improve their overall chemistry. This training method has been very effective with the newer athletes and strengthens their bond with one another, which inevitably leads to better performances on the court.

Other athletes like Gsell honed in on specific aspects of their style of play and

worked hard to make sure they were at their best for the season.

“I practiced things like serves, forehands and backhands to make sure they were solid for the season,” Gsell said.

Gsell will finally have many chances to show off her newly learned skills this season due to looser COVID-19 restrictions. It allows the team to participate in multiple weekend tournaments and potentially earn medals for their effort, giving them another reason to try their hardest this season.

The chances of success are looking pretty good for the team this season, with plenty of new athletes ready to make a mark on the program, though this may take some time.

“Once the girls become more acclimated to the pace and the style of play, I think we will find ourselves pretty successful,” Coach Jamie D’Andrea said.

There is no doubt that varsity tennis will be a force to be reckoned with this season. With all of these new people on varsity, tennis manager Sam Sheedy has high hopes. Sheedy is the manager for tennis and has a chance to witness every athlete’s playstyle and identify their improvements.

“I hope to see some of the girls work together and hopefully get towards going towards state,” Sheedy said. “It is something that you always strive for, and there are a couple of people that have some potential this year. I hope to see someone go to state.”

Gsell likes to keep her goals smaller, and focus on one goal at a time. For now, she hopes to beat Lakes in the upcoming tournament and conference matches. She looks forward to showing off her newly-tuned skills during these matches, and improving from them as well.

Alongside Gsell in these matches is her doubles partner Elle Ipsen. They have been focusing on their chemistry to

ensure that they are a dominant force on the court this season. Pairing them together spells disaster for their opponents with their intense energy and thoughtful decision-making.

While Gsell enjoys tennis, it is not something she intends on pursuing professionally in the future. It has been an impactful portion of her high school career; however, she feels it is time to step down and focus on her education. Tennis has always been more of a recreational activity for her to stay active. Even though she may not be playing competitively past the end of this season, she will likely continue to use tennis as a recreational activity for years to come.

Even though her experience with tennis is recreational, that does not mean she has not learned anything from it. Gsell learned core communication and teamwork skills from her time on the tennis team, which has furthered her development in the professional world and has enabled her to prepare for her post-high school experience. Among these skills are teamwork, which is vital in a professional scene and can put her a step ahead of her peers.

Collaboration is applicable in any situation, and it will continue to benefit her in the future.



JAXSEN KRAPP
Sports Writing Editor



LOGAN VAN ALSTINE
Photographer



Volleyball

BETH KAMMAN
Photographer

Sequoit to Watch: Nora Larson



BETH KAMMAN
Photographer

Sophomore Nora Larson enters this season prepared and ready to show her progress. She has been working on and off the court to secure her spot on varsity.

"I work out two to three times a week," Larson said. "[I]weightlift, and then I'll practice in the gym, at least three times a week just to get ready for it."

Be sure to look out for number five as she plans to make an impact on the court this year.



LOGAN VAN ALSTINE
Writer

ROSTER

Hannah Benes
Kylie Buehlman
Lianna Corley
Veronica Henkel
Nora Larson
Annika Lindstrom
Reagan Lippert
Ana Marcell
Julianna Rettig
Katie Timmer
Grace Yeager

Volleyball sets up a successful season

The 2020-21 girls volleyball team has seen a somewhat rocky start this season with a semi-victorious record. With girls volleyball quite a ways through their season, it is becoming clear where they stand among other schools in the area. With eight wins so far this season out of fourteen, our Sequoit volleyball team seems to land somewhere right in the middle of the pack with a bit of an edge. However, there are plans to improve and rise above the rest.

Senior captain Hannah Benes has plans to improve her and her team's performance to hopefully gain a lead in the remaining games this season.

"Recently, I've worked on my serve receive," Benes said. "I've also put a lot of work into creating the angle with my platform early to give the setter a perfect pass so we can run a fast offense."

With her head in the game, Benes is making sure her and her team are ready to dominate for the remainder of the season.

The Sequoits are learning from their previous games this season and making sure that they improve from one game

to the next.

"After the first few games, I'm going to focus on taking up as much court as possible," Benes said. "And giving more feedback to my hitters on where to send the ball."

The Sequoits have been putting in the work during the offseason to ensure that this season will be a special one. Many different athletes have been going to camps over the summer and other methods of training.

"I was going to college camps and individual lessons with my club coach throughout the summer," senior captain Annika Lindstrom said. "But some of that time was also spent resting in preparation for the season, which is really important to do in the time you do have off."

The volleyball team's record this season is currently sitting at 8-6 which is impressive considering that they have been playing tough schools like Warren and Woodstock North.

The Sequoits have their hopes set high this season, anticipating to go far with all of the training and preparation they

have done prior to the season starting.

"I think we have a real shot at conference this year, so I'm expecting us to go far there and have a good record," Lindstrom said. "Since most of us on varsity are seniors, I think it's important that we finish strong and on a good note for our last year here at Antioch."

The seniors on varsity are hoping to make this year a good one and leave a mark on the volleyball program, setting up a legacy for the team for years to come.



JAXSEN KRAPP
Sports Writing Editor

Athlete Profile: Hannah Benes

High school sports are often the pinnacle for teenage athletes. Only those truly dedicated and passionate for the sport are able to press on and join the ranks of a college sports team. For senior Hannah Benes, her entire life has been dedicated to volleyball.

In the end her resilience has paid off as she has committed to the South Dakota School of Mines and Technology, an NCAA Division II university in Rapid City, South Dakota.

“All my life I’ve wanted to play college volleyball, and now that I have the chance it just seems so surreal,” senior libero Hannah benes said. “It just seems like everything I’ve worked for has finally paid off.”

Benes’ passion for the sport has not only brought herself this far, but has rubbed off on plenty of those around her.

“I used to play volleyball with Hannah, but I never got into it as much as she did,” senior Sarah Benes said. “Growing up I always looked up to Hannah and I think seeing her passion for the sport is what drove me to become as good as I am at cross country. I know the two sports don’t have a lot in common, but I think that just seeing Hannah’s drive to get better is what has made me who I am today.”

The impact that Benes has had is not only seen within her family members. As a four year varsity player, Benes has made an impact on plenty of sequoits both older and younger than her.

“I know a lot of people that look up to Hannah as an athlete,” senior Ana Marcell said. “Even in the past few years, she’s shown people older than her certain areas that they can work on or talked with others about certain plays. She’s probably one of the only people I’ve seen that has had this big of an impact on the team as a whole.”

Playing from such a young age, Benes has learned many different things from many

different people, especially through her years playing club volleyball, showing just how far the reach of her impact is.

“Hannah has set the perfect example for the younger players,” senior Kylie Buhlman said. “Seeing her play on varsity ever since she was a sophomore has definitely had an impact on all of us, and I really think the team has gotten better as a whole because of it.”

As Benes looks on to bigger and better things, her legacy at Antioch will not be forgotten. With the amount of players she has impacted, lessons and examples that she has set will not soon be forgotten.

“Hannah is definitely the most dedicated and passionate player on the team,” senior Avery Larsson said. “She’s involved in everything we do, both on and off the court. Whether its a team dinner or a meetup before a big game, she’s always there. That’s all on top of the positive reinforcement she gives us during play, and I think I’ve become a much better player with her help.”

As the years have gone on, Benes has taken up noticeable leadership roles on the team. Outside of volleyball, she has quickly become an active member in other areas of her community, however. Throughout National Honor Society, National Math Honor Society and other groups that she has played a major role in, Benes is a strong contributor to the community, and believes it is this very connection that has allowed her to care so deeply for her play and those around her as a whole.

“Playing for a high school team was a big change from playing club or in middle school,” Benes said. “There are always so many people there to cheer you on, and it seems like the whole school always has your back.”

With the dedication and energy that Benes has brought to the team, there is no doubt in many of her teammates’ minds that she will perform exceptionally well

throughout college.

“I think if someone was to ask me, or anyone on the team for that matter, who truly deserves to play college volleyball, everyone would answer Hannah,” senior Lianna Corley said. “With the energy that she brings to both practices and games, and just the willingness she has to improve at any chance that she gets, there is no doubt in my mind that college volleyball is where she belongs.”

Benes knows that her higher education is still very important, and is excited about finding a good balance between her course workload and volleyball.

“I know its going to be a lot, but I think I can manage,” Benes said. “It’s going to be a lot different than managing the balance between high school and sports, but I think that’s all a part of the fun. All of these new opportunities are going to lead me somewhere that I’ve never seen before, where I’ll get the chance to do something that I’ve never done before. In college, I think that’s what I’m really looking forward to.”

As Benes continues her volleyball career, Benes is excited to see what it will offer, even long after her college experience is over. Regardless of the amount of time she spends playing the sport in the future, it is guaranteed that those she has impacted are better people because of it.



TYLER COOK
Sports Writing Editor



BETH KAMMAN
Photographer



M

arching Band

Sequoits march to the beat of their own drum

Marching band is a fall activity that requires skills of a musician, athlete, and marcher. Marching bands can often be found at events such as parades, football games, and competitions. Here at Antioch, there is a marching band, better known as the Marching Sequoits, which performs at half-time during football games. Here the band performs a variety of music while adding a visual aspect on the field.

“Marching band is the ability for musicians to move around and add a visual aspect to the music,” marching band director Jonathan Untch said. “Where a normal band would play and all you would do is listen to them, the marching band would be a way for them to either travel down the street or create something cool visually on a field.”

Here at Antioch, the Marching Sequoits do exactly that every home football game. This year the show included music from *The Rise of Skywalker* and *Harry Potter*. Marching band can be a great activity for students who are talented musically to perform for their peers. It can be a great activity for learning how to be a better musician.

“My favorite part is leading a section and getting to help people become better musicians,” high brass section leader and senior Sidney Tindell said.

It has been argued for decades on whether or not marching band is a sport. Some argue that since there are no points being scored, it is not a sport. Others argue that it requires hours of practice and great endurance to perform, therefore, it is a sport.

“While some people debate whether [marching band] is a sport or not, to me, it doesn’t matter because it takes a lot of athleticism and musicianship at the same time,” Untch said.

Whether or not it is a sport, marching band requires lots of skills. Being able to move while playing an instrument requires a lot of lung capacity.

“It requires a firm commitment and it takes a lot of endurance and stamina,” senior and saxophone player Nate Knoll said.

In addition to having to work hard physically, there is a lot of memorization

that goes into marching band. A show can range anywhere from twenty to forty different spots that need to be learned on the field.

“The hardest part [of marching band] is knowing what positions to go to on the field, especially when you’ve never done it before,” Untch said. “You think to yourself, ‘how did this person remember they needed to go?’”

Marching band requires a litany of skills. Coordination, musicianship and cardiovascular endurance are essential to be a successful marching band. The Antioch Marching Sequoits has all of these characteristics as seen at practice, half-time and competitions. Playing while moving in a show creates amazing performances that are enjoyed by many fans.

So make sure to watch out for the Marching Sequoits performing at the next football game.



EMMA POKLOP
Writer

Sequoit to Watch: Peter Bognar

Junior Peter Bognar plays both snare and tenor for the Marching Sequoits.

“I’m most excited about these pretty cool shows that we’re doing like *Star Wars* and *Harry Potter*,” Bognar said. “I meet so many cool people because I’m in the drumline.”

Watch out for Bognar keeping the band on tempo at the next home football game.



EMMA POKLOP
Writer



