

THE

# ARROW



# THE TOM TOM 2022-2023

The Tom Tom is a student-produced magazine that is distributed to students, faculty and staff of Antioch Community High School, as well as the members of the Antioch Community. Members of the Tom Tom staff contribute to sequoitmedia.com, the Sequoit Media website, on a regular basis. The student magazine serves as a public forum and is supported by New Voices legislation in Illinois and policies of Community High School District 117. Opinions expressed in this publication are not necessarily those of ACHS or D117, nor Antioch Community High School's faculty, staff or administration.

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Tom Tom Staff



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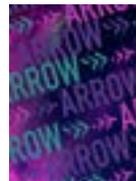
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# SENIORS



**DeMartini**  
Boys Cross Country



**Georgia**  
Boys Cross Country



**Krusley**  
Boys Cross Country



**Schieler**  
Boys Cross Country



**Streib**  
Boys Cross Country



**Vazquez**  
Boys Cross Country



**Pasdiora**  
Girls Cross Country



**Curry**  
Field Hockey



**Lazar**  
Field Hockey



**Linderman**  
Field Hockey



**MacMillen**  
Field Hockey



**McNeany**  
Field Hockey



**Pluciennik**  
Field Hockey



**Strub**  
Field Hockey



**Tubbs**  
Field Hockey



**Angus**  
Football



**Ascencion**  
Football



**Bloniarz**  
Football



**Bueno**  
Football



**Butenschoen**  
Football



**Carson**  
Football



**De La Cruz**  
Football



**Emering**  
Football



**Gomez**  
Football



**Holmes**  
Football



**Kokumo**  
Football



**Kolloff**  
Football



**Leighliter**  
Football



**Lennon**  
Football



**Moll**  
Football



**Neumann**  
Football



**Niemczyk**  
Football



**Nobiling**  
Football



**Olson**  
Football



**Pollak**  
Football



**Raiman**  
Football



**Reynoso**  
Football



**Sanchez**  
Football



**Schneider**  
Football



**Barnett**  
Boys Golf



**Behrens**  
Boys Golf



**Deutscher**  
Boys Golf

# SENIORS



**Gutke**  
Boys Golf



**Frasch**  
Boys Golf



**Mallek**  
Boys Golf



**Pederson**  
Boys Golf



**Starck**  
Boys Golf



**Gange**  
Girls Golf



**Kraus**  
Girls Golf



**Parker**  
Girls Golf



**Sekany**  
Girls Golf



**Brose**  
Soccer



**Harrison**  
Soccer



**LeBrun**  
Soccer



**Luksik**  
Soccer



**Shipman**  
Soccer



**Thompson**  
Soccer



**Turrubiarres-Alvarez**  
Soccer



**Appelt**  
Tennis



**Bemis**  
Tennis



**Bergl**  
Tennis



**Carley**  
Tennis



**Gaydovchik**  
Tennis



**Gorski**  
Tennis



**Hasik**  
Tennis



**Ipsen**  
Tennis



**Kaiser**  
Tennis



**Lopez**  
Tennis



**Nujeidat**  
Tennis



**Pierce**  
Tennis



**Thomson**  
Tennis



**Wilson**  
Tennis



**Osborne**  
Volleyball



**Rettig**  
Volleyball



**Runyard**  
Volleyball



**Serdar**  
Volleyball



**Timmer**  
Volleyball



**Townsend**  
Volleyball



**Williams**  
Volleyball



## SEQUOIT SNAPSHOT

**SOPHOMORE FLYER LEILANI SALDANA  
CHEERING ON HER SEQUOIT FOOTBALL  
TEAM AGAINST LAKES.**



## SEQUOIT SNAPSHOT

**ACHS STUDENT SECTION AND  
CARDINAL CRAZIES CHEER-  
ING ON THEIR FOOTBALL  
TEAM AGAINST MORRIS.**

KYLE BEHRENS | photographer  
Tom Tom Staff



CA



ADDISON LANE | photographer  
Tom Tom staff

# THE RACE TO THE FINISH LINE IS ON

The boys cross country team is eager to have a successful end of season.

Throughout this season, the boys cross country team has had impressive success in their meets. Starting off strong at their first meet taking second place at a quad meet against Carmel Catholic High School, Lakes Community High School, Richmond Burton High School and Westosha Central High School. This was then followed by them taking the top spot at the Richmond Burton High School invitational, the boys were off to a hot start.

"I prepared for this cross country season through practice after school as well as practice during the summer mornings," junior Tyler Miller said.

The boys' practices started over the summer in June, they practiced every week Monday through Thursday for either an hour and a half or two hours depending on the day and work out.

"Practice consisted of fast-paced workouts on the track, or longer time and distance runs," Miller said.

Since the team has been practicing with each other for a couple of months now they have created special bonds. The team holds bonding activities such as having team spirit days and team dinners.

"My favorite memories from cross country are the pasta parties every Friday before a meet, the team comes together and we eat a bunch of pasta and hang out," senior Leo Vazquez said.

"It's a really fun way to make friends with people on the team and to form a closer team."

Every year, the team has a meet down in Peoria, ILL. where the boys get to not only run together, but create lots of fun memories as a group.

"This season I [was] most excited to go down to Peoria to race," Vazquez said. "It is a really good course to get a PR, the bus ride is always fun and we get all-you-can-eat pizza on the way back."

The team placed 30 out of 59 teams at the Peoria meet, but it was still an enjoyable three-hour bus ride and a very long day for the boys.

"[In Peoria] as a team I thought everyone did very well," Miller said. "It was a long and tough weekend for everyone, but everyone managed to do amazing, even beating their personal records while they ran in the tough heat."

To get pumped up before a race the team has a pre-game ritual. This gets the team fired up and ready to run a great race.

"They do their chant right before their race

and they throw the flag around," cross country assistant varsity coach Ryan Hlinak said.

With every sport, there is always a little bit of nerves before competing. Before the meet emotions are high.

"The cross country meets contain a lot of emotions, normally ranging from hype to feeling pretty nervous to run," Miller said. "When I am on the starting lines I am definitely nervous, but when the gun goes off, the feelings fade away"

Staying calm before a race is crucial. Getting in the right mindset is key for runners as they begin their race.

"I spend most of the meet nervous and getting ready to race," Vazquez said. "While I'm racing the nerves go away and I try to just focus on my pace."

With the season coming to a close, keep an eye on the boys cross country team as they try to make a deep run into the state championship.

JAZZY FISHER | writer  
Tom Tom staff

SYDNEY PARKER | designer  
Sports Writing Editor

# SEQUOIT TO WATCH: Carson Lanners

Freshman Carson Lanners is turning heads with his running. He placed second in the Antioch Quad, and head coach Christopher Bailey is ecstatic to see him grow. "The sky's the limit for him," Bailey said. "He speaks volumes with his running."

With Lanners being one of the team's top runners, Bailey hopes he will further the team to the state meet. "I think if we're going to [go to state], he's a big part of that," Bailey said.

Since Lanners is only a freshman, he still has time to improve and become one of the state's best runners.



KYLE BEHRENS | writer  
Tom Tom staff

ADDISON LANE | photographer  
Tom Tom staff



## SCHEDULE

- |                          |                             |
|--------------------------|-----------------------------|
| [8/24] Quad              | [10/01] @ Silver lake       |
| [8/30] @ Richmond Burton | [[10/03] vs. Grant/Wauconda |
| [9/03] @ UW-Parkside     | [10/07] @ Lakes             |
| [9/10] @ Peoria          | [10/11] Invite              |
| [9/13] @ Round Lake      | [10/15] @ Grayslake Central |
| [9/17] @ Gurnee          | [10/22] Regionals           |
| [9/20] @ Grayslake       | [10/29] Sectionals          |

Support the Sequoits XC team on Oct. 29 at

# SECTIONALS

@ Deerfield



# SCHEDULE

W-[8/24] vs. Quad [9/17] @Warren  
W-[8/30] @ Richmond [9/20] @ Central Park  
[9/03] Invitational [10/01] Invitational  
[9/10] Invitational W-[10/03] @ Fox River Park  
W-[9/13] @ Round Lake [10/22] Regionals  
[10/29] Sectionals



Come support the Sequoits XC Team on Oct. 29 at

## SECTIONALS

@ Deerfield



### SEQUITO TO WATCH: Angela Ortiz

Sophomore Angela Ortiz has proven that she is capable of doing great things for the cross country team this year; she is excited to showcase her abilities and what she can bring to the team in the future. Being very young this year, the cross country team was in need of leadership from the underclassmen to help push the team toward a successful season.

“I think she can be a leader,” head coach Chris Bailey said. “She can motivate and inspire a lot of athletes just through her talk and communication.”

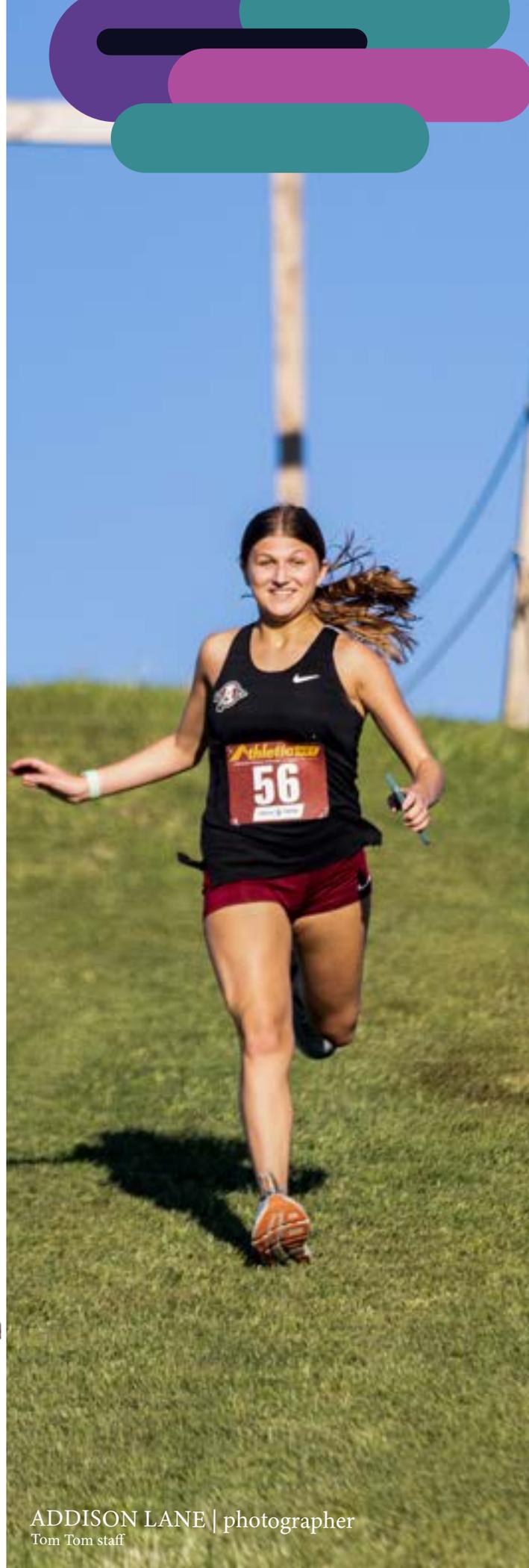
Being a talented athlete and just as good of a leader is a rare combination of traits few high schoolers have, yet Ortiz has already proved she is one of those special few. It is safe to say that Ortiz has a very bright future as a Sequoit.

**NATHAN YOUNG** | writer

Tom Tom staff

**ZAMORA RODRIGUEZ CABALLERO** |

photographer



ADDISON LANE | photographer  
Tom Tom staff

# WHO RUNS THE WORLD, GIRLS

Trying to hold a strong record, the girls cross country team sprints toward the finish line.

The girls cross country team has just finished another successful season. The coaches and runners are hopeful for the regional and state runs they can make and are immensely proud of what they have accomplished this year.

“This year’s group of girls might be one of the best girls teams we’ve had,” head coach Christopher Bailey said. “We have never seen a girls cross country team qualify for the state meet in the last 20 years, and that is something I want the girls to experience this year.”

The team is full of young athletes with plenty of potential.

“The weeks leading up to the state championship is something that I am looking forward to because we have a solid girls team,” Bailey said. “It is kind of young, but I believe we have the potential to be at the state championship in November. I am excited to see how the girls prepare and handle the meets leading up to regionals and sectionals.”

Some may think running is an all-physical sport, but in reality, it requires a lot of mental strength as well. Runners need to have a good mindset and prepare themselves not only physically but mentally as well.

“This year, I am trying to be more mentally aware and more positive than I was last year,” sophomore Piper Ipsen said. “I’m trying to help boost the team’s energy.”

The girls cross country team is a well-bonded group of girls, which can be key to any team’s success. They participate in many team bonding activities throughout the season that help them grow closer together. By having a family-like environment, it motivates the girls to want to see their teammates succeed.

“We have team pasta dinners on Fridays before meets,” sophomore Abby Sooley said. “I like to keep the energy high before each meet; on the starting line, I even tell the team encouraging words.”

The girls have faced many obstacles throughout the duration of their season, but the team worked together and overcame the challenges.

“Preparing the athletes’ bodies to be able to handle the high demands of running can be tough, also just the mental part of it and being able to meet the challenges that we face with some good competition, especially within the conference,” Bailey said.

Last season, the team suffered many in-

juries, which is why staying healthy and maintaining a nutritious diet in and out of practice are very significant to runners. Ipsen makes sure to take care of her body and hydrate whenever completing a workout.

“I make sure out of practice I eat well and drink lots of water,” Ipsen said.

Having a healthy diet outside of practice is just as important as practicing and stretching itself.

“We train with the intention of having our best day Saturday and do our workouts early in the week, and then we have a recovery the day or two leading up to the meet,” Bailey said.

With lots of focus and practice, the girls are showing why they are the best runners in their conference.

FAITH FRANCKE | writer  
Tom Tom staff

SYDNEY PARKER | designer  
Sports Writing Editor



TYLER WOLFE | photographer  
Tom Tom staff



BRAYDEN CECCHI | photographer  
Sports Writing Editor

# BARNETTS' FINAL SWING

With the golf season finishing up, the boys made a deep run to the championship they wished for.

**B**arnett was the only golfer on the Antioch golf team to advance from regionals to sectionals and make the trip down to ISU for the state finals. His teammates and friends attribute his success to a lifetime's worth of energy and effort put into the game. Barnett also has very good poise through the ups and downs that each round brings. Staying calm and having confidence are some of Barnett's best attributes.

"Donald has been doing this for a very long time, ever since he was just a little kid," senior Ethan Frasch said. "I think his success in high school was inevitable. He is calm during his rounds and confident in every shot he takes."

Being able to hit the ball far and accurately off the tee is something that can improve a round of golf immensely. Barnett has this skill nailed down as well as the work that he has put in on the greens. Hitting the hard putts and not wasting many strokes on the green is very important for scoring well in a competitive round.

"Donald made it to sectionals because of

JAMES SHEEHAN | writer  
Tom Tom Staff

DEAN BREWER | writer  
Tom Tom Staff

BRAYDEN CECCHI | designer  
Sports Writing Editor

his long drives, as well as his great putting," junior Tyler Stackhouse said. "He played well in sectionals and made a surprising comeback."

Trusting yourself when things are going bad is a skill that is very helpful in the game of golf. Barnett has harnessed this skill throughout his four years of high school. He has played in many golf matches throughout his life which has taught him many valuable lessons. Barnett's golf game is always evolving and will continue to throughout his golf career.

"Trusting my game and my decisions and the work I've done over the years is ultimately what lead to me making it to sectionals," Barnett said. "I started off 4 over through 4 so the round got off to a poor start but it all went back to trusting what I can do and the round ended."

After advancing from sectionals to state, Barnett made the trip down to Illinois State University with his coaches, and prepared to compete for the rest of the weekend.

With one final tournament to play under

the Sequoit name, Barnett was not planning to go down without a fight.

Keeping ones composure, and staying in a good mental space during a round is something that can help, or hurt ones score drastically.

"I saw a smile on his face after each hole so I could tell he was in a good place mentally," senior Kyle Glassman said.

Barnett came in strong on the frist day of state shooting a 77 and qualifying for the next, and final day.

Shooting a 77 in the weather the match was held in put Barnett in a good spot for the second day, knowing he could play well in the harsh conditions.

The second day, or "placement day", Barnett ended up shooting an 83, which placed him 48th overall out of 110 golfers.

Although Barnett was hoping for a better overall placement, he still had a very successful year helping the golf team win conference this year, as well as putting the ACHS golf team on the map.



## SEQUIT TO WATCH: Ryan Stackhouse

Freshman Ryan Stackhouse is already exhibiting what he can bring to the team this year and in the following seasons. Stackhouse is proving himself through his character on the course, and those around him have noticed.

“Ryan plays with a lot of poise, and he’s very calm,” Head Coach Trey Hickey said. “He doesn’t let his emotions get the best of him, which is very rare for a freshman.”

Stackhouse has already shown improvement throughout this year. With a senior-heavy team, Stackhouse is one of the players that helps the coaches find comfort with the team’s future.

LYNEA SEKANY | writer  
Tom Tom Staff

BRAYDEN CECCHI | photographer  
Sports Writing Editor



## SEASON RECORD

- |                                 |                             |
|---------------------------------|-----------------------------|
| W-[08/11] @ Grant               | W-[09/07] @ Grant           |
| [08/15] Tournament              | L-[09/08] @ Grayslake North |
| W-[08/16] vs. Grayslake Central | [09/10] Invite              |
| W-[08/17] vs. Wauconda          | [09/12] Quad                |
| [08/22] Invite                  | W-[09/13] @ Lakes           |
| W-[08/23] vs. Grayslake North   | [09/17] Invite              |
| W-[08/24] vs. Lakes             | [09/20] Conference          |
| W-[08/30] vs. Grant             | [09/28] Regionals           |
| W-[09/01] @ Grayslake Central   | [10/03] Sectionals          |
| W-[09/06] @ Wauconda            | [10/07] State               |

# IHSA State Qualifier: Donald Barnett

# SEASON RECORD

L-[08/12] vs. Grant  
[08/15] Tournament  
L-[08/17] vs. Wauconda  
[08/22] Invitational  
W-[08/23] vs. Grayslake North  
L-[08/26 vs. Lakes]  
[08/27 Invitational  
W-[08/30 vs. Grayslake Central  
L-[09/07] vs. Wauconda

L-[09/09] vs. Libertyville  
L-[09/12] @ Grant  
W-[09/13] vs. Grayslake North  
L-[09/15] vs. Lakes  
[09/17] Tournament  
[09/20] NLCC Conference  
[09/29] IHSA Regionals  
[10/03] IHSA Sectionals



## SEQUITO TO WATCH: Kenna Sekany

Freshman Kenna Sekany is new to the team as well as the sport of golf, but with her work ethic, she is quickly becoming a force to be reckoned with on the course. Junior varsity coach Whitney Walsh is already impressed by Sekany's performance and progression compared to the beginning of the season.

"I learned last week that she picked up golf over the summer," Walsh said. "Her ability [to think] about the shot she's making and the mental game of everything shows she's grown so much already."

With the rapid growth Sekany continues to exhibit, the sky's the limit for her potential on the golf

**KATIE SMITH** | writer

Tom Tom staff

**KATIE SMITH** | photographer

Tom Tom staff



**DONALD BARNETT** | photographer

Tom Tom staff

# A SEASON TO LOOK BACK ON

The girls golf team had a season to remember, achievements that the program has not seen for a long time.

The fall sports season is coming to an end, and the girls golf team is showing that they are skilled. This was shown throughout the season when players were playing at their best. This year's team had a significant number of seniors compared to past seasons. One of them, senior Lynea Sekany, has been a continuous key component for the girls this season. On Sept. 20, Sekany placed fourth at the conference tournament as well as earning the leadership medal. This showcases one athlete from each team in the conference who demonstrates admirable sportsmanship throughout the entire season. Senior captains Sekany and Sydney Parker both placed at regionals as individuals and went on to compete in sectionals.

"[The seniors] always give advice on what you should be working on," junior Ugne Aleksaite said. "They want to create new friendships with each other and stay positive."

The team's season started Aug. 12, with a home match against conference opponent Grant Community High School. This means it was the seniors' final opening match of their high school career. However, the team consists of four juniors who

hope to carry the legacy of their departing seniors. The team also includes two sophomores and two freshmen. As the season comes to a close, the underclassmen are excited to see what the next season will bring. This year the team had a goal of continuing the family-like atmosphere where the golfers could create positive and memorable moments while playing the sport they love.

"Something memorable from this season was getting stuck in Rockford for an extra two hours because the bus broke down," senior Julia Kraus said. "During those two hours I was so mad but looking back I think it's pretty funny and it was nice because we all got to hang out with each other."

The way a player and coach view the most exciting or memorable moment of the season is very different. The players create bonds and become close with each other, for the players that moment during the season may be more about friendships and fun times. For a coach, it is about the growth and high achievement of their players.

"The most exciting moment was having

players advance in the state competition; this has not happened in a while," head coach Bill Hamill said. "Also beating three teams in our conference."

The season included a total of 14 matches played, most of the matches being played at the team's home course Spring Valley Country Club. After these regular season matches, the team headed to conference at Renwood Golf Course, where they placed third out of the seven teams in the conference.

"The team really got focused at the end of the season and it showed when two players qualified for sectionals," Hamill said. "We also had many other players show good growth in their golf game."

At this tournament three varsity and junior varsity players medaled, this outcome helped drive the team's motivation and excitement going into regionals. Even though the team didn't have the outcome they wanted at regionals, two senior's still had a season to complete.

LYNEA SEKANY | writer  
Tom Tom staff

SYDNEY PARKER | designer  
Sports Writing Editor



DONALD BARNETT | photographer  
Tom Tom staff

# PRACTICING LIKE A CHAMPION

The field hockey team shares what practice looks like on a day-to-day basis.

Practice is essential in every sport but crucial in field hockey. Field hockey is a very demanding sport, both technically and physically. In order to be effective on the field, players not only need stick skills and field vision but players need to be able to have short bursts of speed paired with endurance to keep the pace of the game.

The Antioch Community High School field hockey team ended their season with a 7-6 record and a championship trophy from the Gateway St. Louis tournament. With all the success the Sequoit field hockey team saw this season, the spotlight turns to the practices and the work they put in to achieve these feats.

The team typically starts off practice with a warm-up that includes taking a half-lap around the field and a stretching circle. After the team warm-up, they go into dribbling and shooting drills, followed by a scrimmage. Senior Campbell Lazar enjoys the game-like drills against her teammates.

“My favorite part of practice is coming down from the 50 because I like scrimmaging three on three against everyone,” Lazar said.

Field hockey can be exhausting, so conditioning is critical to success. Since the team can play more than one game a week, long-distance running builds endurance to perform well when game day arrives. Offensive players can average out to three miles of running per game, but even goalies, senior Allie Curry and freshman Allison Reif will run on conditioning days with the team.

“We conditioned every Thursday and usually were [running about] two miles or to the water tower,” Curry said.

Having effective practice is extremely important, and the ACHS field hockey team knows this, so they have a healthy mix of player and coach lead drills. When players lead stretching and drills, it builds leadership and team morale. When the coaches step in, the players can learn about the strategy around the game and skills that

will better them. Senior Kelsie Macmillan feels knowing their own position and reading the field is the key to their success.

“I think our practices are pretty effective. Especially when we do drills that are specific to our placement on the field,” Macmillan said.

The Antioch field hockey team has been practicing hard and playing even harder. The team is setting up stellar expectations for the future and hopes to continue this success next season.

DONALD BARNETT | writer  
Tom Tom staff

BRAYDEN CECCHI | designer  
Sports Writing Editor

DONALD BARNETT | photographer  
Tom Tom staff



# SEASON RECORD

- L - [08.22] @ Latin
- W - [08.24] @ Highland Park
- L - [08.29] vs. Francis Parker
- W - [08.31] vs. Lakes
- W - [09.06] @ Lake Forest Academy
- L - [09.08] vs. Glenbrook South
- L - [09.14] vs. Lake Forest
- L - [09.26] @ Glenbard West
- W - [10.01] vs. Evanston
- W - [10.03] @ Stevenson
- L - [10.18] vs. Latin



## SEQUITO TO WATCH: Addison Webb

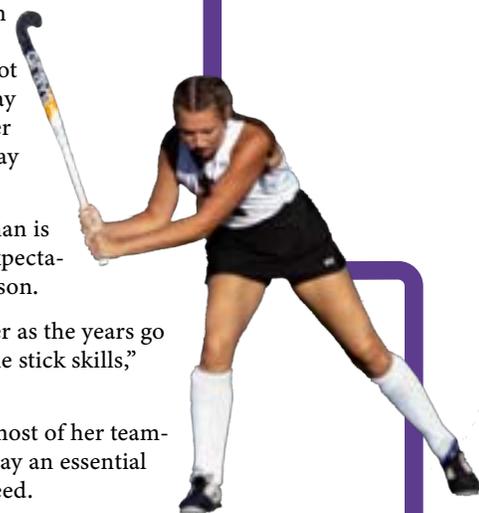
Freshman Addison Webb has surely left her mark on the field hockey team this year. Webb hopes to play collegiate softball but could not pass on the opportunity to play field hockey after watching her sister alumna Hailey Webb play throughout high school.

Playing on varsity as a freshman is a big accomplishment, and expectations are high for her first season.

“I want to get better and better as the years go on and hopefully pick up some stick skills,” Webb said.

Though she is younger than most of her teammates, Webb is prepared to play an essential role in helping the team succeed.

DONALD BARNETT | photographer and writer  
Tom Tom staff



## SEQUITOIT TO WATCH: Martin Cohen

Running back sophomore Martin Cohen is a Sequoit who is making extravagant plays on the football field. Being one of the youngest players on varsity, Cohen's ability to gain yards and score touchdowns shows why he is playing on the varsity level. He prides himself on improving in practice and praises those around him for making that happen.

"Honestly, it's the people around me, like my coaches and teammates, that make me better," Cohen said. "They push me harder every day."

With Cohen's ability on the field, you will continue to see him in the endzone for the next two years.

**CHARLIE HULTING** | writer

Tom Tom Staff

**LYNEA SEKANY** | photographer

Tom Tom Staff



## RECORD / SCHEDULE

L-[8/26] @ Carmel Catholic    L- [9/30] vs. Wauconda

L-[9/2] vs. Morris                W-[10/7] vs. Grant

W-[9/9] vs. Lakes                W-[10/13] @ Grayslake Central

W-[9/16] @ North Chicago    W-[10/21] @ Round Lake

W-[9/23] vs. Grayslake North [10/28] @ Niles Notre Dame

**GRACE GREEN** | photographer

Tom Tom staff

**HANNAH BARCZAK** | designer

Visual Director

# KINGS OF THE NORTH: FOOTBALL WIN THE NLCC CHAMPIONSHIP

A new season means new challenges, and the Sequoits have tackled everyone that came their way.

Friday night lights are a nostalgic part of Antioch Community High School's student life. The ACHS football team has had an outstanding season year after year and is always pushing themselves further to better their program.

"It's shorter than any of your other sports," senior Quade Moll said. "We only have eight [or] nine games, so we [have to] give it our all."

Antioch has competitive football programs at all levels, whether it be varsity, junior varsity, freshman and sophomore or even the youth program, Antioch Vikings.

Each year, the ACHS football team has a strong desire to be Northern Lake County Conference champions, and they have done it again this year. However, the team that puts up the toughest fight against the Sequoits varies from season to season.

"[Grayslake] Central is probably the most aggressive team we will play against," senior Aiden Niemczyk said.

After a close loss in the first round of playoffs in the 2021 season, the Sequoits

have rebounded and hope to make a deep run.

"We know we can do it, and we expect more this year," Moll said.

The team is not afraid of a challenge; they spent the majority of their summer training for this season and will not go down without a fight.

With such a high-caliber program comes standards that each athlete follows. In a mediocre program, coaches would expect the athletes to attend practice, but in a high-caliber program like ACHS, coaches expect athletes to give 100% at all times.

"[Defensive] core values are play hard, play fast and pursue the ball," Niemczyk said.

Defense and offense work simultaneously with one another. Without one or the other, it is impossible to succeed. No matter what side of the ball one plays on, the team has a common goal in mind.

"We all want to push each other, and we all want to win," Moll said.

Due to the senior-dominated starting lineup, the Sequoits have the experience and close connections needed for an unstoppable season. Even with the younger additions to the lineup, the Sequoit football team still has the connections they need to thrive; they know what they need to do and are determined to achieve their goals.

"We just have to keep working together and keep being positive," senior Alex Bueno said.

With the team's best interest in mind, the coaches are pushing their athletes to be the best possible players they can be to achieve each of their goals and make a deep playoff run.

Facing Niles Notre Dame, keep an eye out to watch the Sequoits tackle the first round of the IHSA state playoffs.

AALIYAH LIZAK | writer  
Lifestyles Digital Director



EMMA WAGNER | photographer  
Tom Tom Staff

# PASSING IT FOWARD: THE YOUNG AND HUNGRY

As the 2022 season commenced, the once familiar seniors left behind a youthful boys soccer team craving for victory.

This fall, a new boys soccer team stepped upon the field with one mindset: win or lose, no backing down without a fight. The group ranges in diversity, with upcoming freshmen and soon-to-be graduating seniors; though the boys may differ individually, the camaraderie they have already built is evident, especially in their coaches' eyes.

Head coach Michael McDermott played soccer for 14 years, and his love for the game and players has grown from the first day. When he was originally asked to coach at Antioch Community High School, he had no information about what level it was for or if it was the entire program. His answer to that question was a yes without hesitation, and he urges others to see why.

"It's not like football where you want to have to put pads on and have a gladiator match in the middle of the field," McDermott said. "Sometimes, there are those in soccer, but it's a sport that I've always enjoyed playing, watching and being around, so it was a no-brainer for me."

At the end of the last season, 10 seniors, almost the entirety of the starting lineup, graduated, leaving behind only a handful of returners. However, this year was not solely viewed as a rebuilding year: it was a season of learning from past mistakes, realizing nobody is perfect and relying on each other to form a cohesive squad.

"I get that people have looked at Antioch and seen, 'hey, same old Antioch,'" McDermott said. "We see the results online that everybody posts on social media and the results of those games. They might overlook us, but nobody should."

To lead the soccer team to victory, three captains were named for the season: senior Nathan Shipman, senior Brett Brose and sophomore Cade Ternes. Though the

beginning half of the season was not the hoped-for start for the team, the boys attempted to make the ending half better.

Ternes began playing soccer at age five and plays for FC Lake County outside of ACHS; he is the center defensive mid for both teams. The youngster is a force to be reckoned with on the field, and his newfound leadership role furthers himself and his team.

"It definitely puts a big impact on the way I play, [reminding] me that I'm playing for the school," Ternes said. "I hoped for a couple of wins to take out of this season; they're great guys and have a lot of potential."

Another young face on the team is freshman Max Mehring, who also began playing soccer at the age of five, and is a part of the Lindenhurst Area Soccer Club. Mehring is the center-attacking mid for ACHS, and though it is different playing against all grades, he knows one sure thing.

"Our team does not give up," Mehring said. "I think we were getting better every game we played, and we're really young. Hopefully, we can improve throughout the years."

Though the team is young, the aspiration to live up to expectations and grow as the season moved forward was apparent. The boys did not conquer a win, but that does not mean they stopped craving victory. Get ready and be prepared for the next season: they are hungry and want it all.

CHLOE BARBARISE | writer  
Editor-in-Chief

SYDNEY PARKER | designer  
Sports Writing Editor



FIONA SERIFOV | photographer

Tom Tom staff

SYDNEY PARKER | designer

Sports Writing Editor

## SEASON RECORD

L-[08/23] vs. Waukegan  
L-[08/26] @ Illinois Math and Science Academy  
L-[08/27] @ Illinois Math and Science Academy  
L-[08/30] vs. Deerfield  
L-[09/06] @ Lake Forest  
L-[09/10] @ Glenbrook North  
L-[09/13] vs. Lakes  
T-[09/15] @ North Chicago  
L-[09/17] vs. Woodstock North  
L-[09/20] @ Grayslake Central  
L-[09/21] vs. Grayslake North  
L-[09/27] @ Grant  
L-[09/29] vs. Wauconda  
L-[10/04] vs. Marian Central Catholic  
L-[10/06] vs. Round Lake  
L-[10/07] @ Zion Benton  
L-[10/11] @ Warren  
L-[10/14] Regionals



## SEQUITO TO WATCH: Matt Behrens

The Antioch Sequoit boys soccer team is full of up-and-coming stars. One of which being sophomore Matt Behrens. This is Behrens' second year playing center defense on varsity. Last year, he was pulled up from junior varsity and played most of his season on varsity.

"[Matt] is definitely a kid the JV players can look up to," junior Spencer Wood said. "He is a great team leader and has a lot of skills."

Behrens is a very talented player and is sure to improve even more during his last two seasons as a Sequoit soccer player.

SOFIA TINKER | writer  
Junior News Editor

JAZZY FISHER | photographer  
Tom Tom staff



FIONA SERIFOV | photographer  
Tom Tom staff



# LIVE, LAUGH, “LOVE” TENNIS!

Girls tennis creates an unforgettable season.

After fall sports made their comeback, the tennis team trained to set the standards for the rest of the season. After losing three valuable seniors from the previous year, the girls were ready to work their way back up to the top.

Junior Nicole Kutcher has been playing tennis for just under a month. Although she is new to the game, her passion for tennis has helped her learn and grow in this short amount of time. While Kutcher's tennis career has not been the longest, her wins this season have been big.

“The game isn't over until it's actually over, and you can still be down and come back because that's what happened in that first game,” Kutcher said.

Kutcher explains how she and her doubles partner, senior Hannah Gaydovchik, started to fall behind in a match that had gone into overtime. After a short pep talk from their coach, Jamie D'Andrea, Kutcher and Gaydovchik fought even harder and ended the overtime match with a win.

As an athlete, it is important never to give up, even when it seems like there is nothing more that can be done. Not only this, but in a sport like tennis, it is also essential to work as a team, no matter how difficult that may seem.

“We work together and will talk things out when we disagree, and everyone will get a say,” junior Tessa Cook said.

Since freshman year, Cook and junior Hailey Caya have shared the court and have seen great success since being paired up.

With their teamwork and cooperation, they hope to continue strengthening their partnership.

“I think we will do pretty well,” Cook said. “We've gone into tie-breakers, and we just need to not get down on ourselves when we mess up or get a bad call.”

Many girls on the team this year had very successful seasons. Junior Linnea Lindstrom won all her conference matches this season and is ready to continue the battle for more next year.

When times get tough on the courts, finding ways to push past the negative moments and struggles is crucial.

LAILA SALATA | writer

Tom Tom staff

HANNAH BARCZAK | designer

Visual Director

# SEASON RECORD

- L-[8/23] vs. Carmel
- W-[8/24] vs. Woodlands Academy
- L-[8/26] vs. Vernon Hills
- [8/27] Quad
- L-[9/06] @ Mundelein
- W-[9/08] vs. Lakes
- [9/10] Invitational
- W-[9/12] @ Waukegan
- W-[9/15]@ North Chicago
- [9/17] Quad
- [9/24] Invitational
- [9/28] vs. Johnsburg
- W-[9/29] vs. Grayslake North
- [10/01] Invitational
- [10/06] @ Grant
- L-[10/11] @ Grayslake Central
- W-[10/13] vs. Wauconda
- L-[10/17] @ Warren
- W-[10/20] vs. Round Lake

## SEQUOIT TO WATCH: Hailey Caya

Hailey Caya is a junior at ACHS and is on the varsity Hailey Caya is a junior on the varsity tennis team for the 2022 season and plays alongside her match partner, junior Tessa Cook.

She began playing tennis during her freshman year due to COVID-19 restricting her from playing other sports which are softball and volleyball.

“We knew each other outside of school from softball, so when we play together, it works really well,” Caya said.

Having a strong relationship with your match partner is very important to the dynamic and skill set of the duo, which Caya and Cook luckily have.

Accomplishing All-Conference has been her favorite memory and is very important to any tennis player. After this season, senior year looks bright for Caya.

**SCARLETT GOODLUCK** | writer  
Tom Tom staff

**LAILA SALATA** | photographer  
Tom Tom staff



**IHSA State Qualifiers:  
Mia Kaiser  
Elle Ipsen**



**LAILA SALATA** | photographer  
Tom Tom staff





FIONA SERIFOV | photographer  
Tom Tom staff

# SERVING UP MEMORIES

As the regular season comes to a close, the Sequoit girls volleyball team has created great bonds with each other.

**T**hroughout the 2022 season, the girls have set the court on fire with not only their energy, but the wins they have achieved as well. From the beginning of this season, all the way to the end, these Sequoits never stepped away from a game without giving it their all. During this time as athletes, the team dedicates themselves to work towards their goals and strives for excellence.

Many new opportunities have arisen this year, and head coach Greg Bruns is ecstatic to expand with six new players this year on varsity. Welcoming in new players with open arms and high expectations, the underclassmen may have to step it up to where the team left off previously, as a lot is at stake.

“A lot of new players [are] getting together,” Bruns said. “We lost a lot of seniors, so it’s nice to see them come together.”

Even though there are new athletes on the team, the returning players continue to thrive with different techniques and outlets for improvement; junior Nora Larson returns for her third season at Antioch Community High School. While maintaining persistence to stay accountable for herself in and outside of practice, Larson motivates her teammates to remain stellar athletes when in need of some enlightenment.

“I like to work out a couple of times a week and then come in every day at practice and just try to have a positive attitude,” Larson said. “I try to uplift my teammates [to] have the best attitude they

can and be the best players they can be.”

When being immersed in a sport, most of the time spent during the season is with those on one’s team. The relationship and bonds within a team are almost as important as the positive mindset necessary to become successful as an athlete. Senior Katie Timmer returned for her fourth year and is thrilled with her teammates and the bonds that were created on the court. Different from previous years, there are more sparks within each of these Sequoits; the stronger the bonds, the stronger the team.

“We definitely [have] more of a culture as a team,” Timmer said. “We are together a lot more, we have more chemistry, we are just always positive and we are always having fun.”

With all of the goals and excitement ahead of these Sequoits, a challenge is never skipped over. Whether becoming comfortable with the uncomfortable or working with new teammates, these athletes face new obstacles daily.

FIONA SERIFOV | writer  
Tom Tom staff

HANNAH BARCZAK | designer  
Visual Director

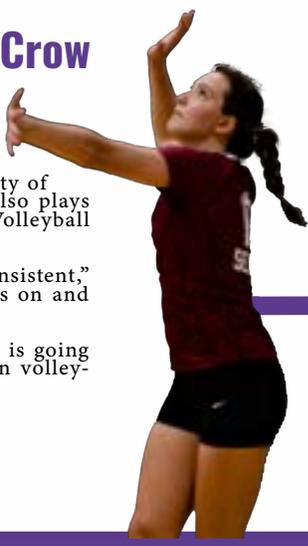
# SEQUOIT TO WATCH: Emma Crow

Sophomore Emma Crow has been giving it her all when practicing on and off the court. Crow is the youngest girl on the ACHS varsity volleyball team this year, which gives her plenty of time to improve before her senior year. She also plays outside of school for the Wisconsin Juniors Volleyball Club.

“My serves have gotten a lot better and more consistent,” Crow said. “I’m excited to make fun memories on and off the court.”

With her skills of serving and blocking, Crow is going to have a successful year and a great future in volleyball.

**NORA CECCHI** | writer  
Tom Tom staff  
**MADI SERDAR** | photographer  
Tom Tom staff



## SEASON RECORD

- L-[8/22] vs. Richmond Burton
- L-[8/24] vs. Lake Forest
- W-[8/31] vs. Marian Central Catholic
- L-[9/02] @ Wheaton Academy
- L-[9/06] @ Mundelein
- L[9/08] vs. Lakes
- [9/10] Invitational
- W-[9/12] @ Waukegan
- W-[9/15] @ North Chicago
- [9/17] Quad
- [9/24] Invitational
- L-[9/28] vs. Johnsburg
- L-[9/29] vs. Grayslake North
- [10/01] Invitational
- L-[10/06] @ Grant
- L-[10/11] @ Grayslake Central
- L-[10/13] vs. Wauconda
- L-[10/17] @ Warren
- W-[10/20] vs. Round Lake
- [10/25] Regionals



**SCARLETT GOODLUCK** | photographer  
Tom Tom staff



# ARROW



# PROFILES



# SCHIELER ON THE RUN

Braxton Schieler is running his fourth year as a team captain for the boys cross country team.

Senior Braxton Schieler has been running for as long as he can remember; he joined cross country halfway into middle school and has continued his running ever since. This year he is a captain alongside senior Ben Georgia and junior Carter Webb.

“They do a good job of keeping things together, and they know when it’s time to play and have fun [or] when it’s time to get to work and get serious,” head coach Christopher Bailey said.

Being a captain comes with great responsibility, and throughout Schieler’s last four years at Antioch Community High School, he has learned both as a student and as an athlete. The team captains complement each other to lead their team to success by having different perspectives that work together. Without these team captains, it can be a little chaotic, but they are able to keep it together.

“The biggest day-to-day responsibilities [as a captain] are leading drills and strides [and] making sure that everyone’s working hard through those,” Schieler said.

Bailey commends Schieler for being an athlete he can count on; he keeps the team dynamic positive while keeping them organized, which his teammates can look up to for guidance.

“He’s a leader in the sense that he does everything the right way,” Bailey said. “He leads by example, and the kids recognize that.”

Certain responsibilities like keeping the team’s spirit up, giving motivational speeches before a big race and even hosting an occasional team practice when a coach cannot are just somethings that team captains are responsible for.

Schieler’s teammates are a tremendous inspiration to Schieler every day, but as a freshman, he was truly inspired by ACHS alumnus Charlie Smith who won the state championship for boys cross country in 2019. Smith had the mentality to become better: he would often demand a teammate to make sure they were always giving their full potential, and these are traits Schieler had learned when falling in love with the sport. During Schieler’s freshman year, he had the opportunity to go to Peoria, Ill., with a couple of friends, where he witnessed Smith’s victory. He made it a goal to become a leader by his senior year.

“It’s been motivating to know that I have a leadership capacity and people are

watching what I do,” Schieler said. “The fresh motivation of knowing that the kind of work ethic that I come to practice with or the kind of energy that I bring is the kind of energy that my teammates are going to reciprocate has been a big motivator for me.”

Georgia, Schieler’s co-captain, teammate and friend believes that Schieler is kind, intelligent and hardworking. He keeps himself down to earth and finds solutions to any problems. Schieler would put in 10-mile runs daily over the summer. He has become an inspiration to his teammates by exemplifying his hard work ethic and commitment to the sport.

“In school, Braxton may seem like a reserved, smart guy, but during cross country, he’s different,” Georgia said. “With the help of our teammate [sophomore] Griffin Freeman, you can see Braxton in an environment where he is relaxed and opens up a lot as a person; it is clear he loves the sport and enjoys the culture behind our cross country team.”

The love Schieler has for the sport reflects on the whole team. They have strived to become more like a team every day by keeping their spirits high.

“They come every day to work hard, but they also have fun, and we’re a family. When they bring [hard work and fun], it’s easy to want to come and do it yourself,” Schieler said. “[When] you have that culture [of grit] around you, people who make the sport enjoyable and who care about the same things you do.”

Schieler’s favorite ACHS teacher Anne Eichman, the Social Studies Department Chair, AP US History and AP European History teacher, is also a big influence on his day-to-day philosophy, whether in the classroom, personal life or during cross country. Eichman’s class taught him consistency and conducted high expectations that challenged him every day. Within her 20 years of teaching, Schieler’s academic insights and accomplishments are among the highest Eichman has ever seen

“Others can look to his example as someone who works hard, comes to class ready to engage with his peers and the material, treats everyone with kindness and respect and takes full advantage of every opportunity afforded to him,” Eichman said.

Schieler constantly wakes up every morning around 5 a.m.; Schieler gets up early enough to ensure he fits in a devotional for spiritual growth and to eat

some breakfast. He goes to his zero-hour class that starts at 7 a.m. and goes through the rest of his classes that start at 8 a.m. His class schedule is a little easier this year. He then has practice from 3-5 p.m., where he spends time with his teammates.

“It’s not fun [waking up early], but it’s not so bad in the summer; in the wintertime, it’s a little different,” Schieler said.

Coach Bailey has noticed that Schieler shows passion, commitment and grit every day.

“He’s not afraid to get in there and sweat and give it his all,” Bailey said. “I’d say those are three good things to strive for.”

Schieler has made extraordinary progress in the last four years. He will continue to progress for his final year of high school cross country by leading his team to victory for the rest of the season for sectionals and hopefully state.

LAUREN DEGUZMAN | writer  
Tom Tom Staff

HANNAH BARCZAK | designer  
Visual Director



# PASDIORA RUNS THE TABLE

Senior Alison Pasdiora plans to have an exceptional final season as a Sequoit.

The ACHS girls cross country team has just started their season, and the hopes are high for senior Alison Pasdiora. This is Pasdiora's second season on the team, and she has many goals for herself and the team for this year.

Pasdiora originally started running her sophomore year on the track and field team in order to stay in shape for tennis. She then decided to quit tennis and fully pursue running by joining the cross country team her junior year.

"I actually just started kind of as a way to stay in shape for tennis," Pasdiora said. "But then as soon as I started running, I just instantly loved it and I met some great teammates like Addison Lane, who was the one who really got me into running and convinced me to try cross country as well."

Although Pasdiora did not start cross country until she was an upperclassman, she still was able to become a great runner and a great role model for others on the team. Pasdiora is a great leader and is someone that the team looks up to. She always puts forth her best effort in practice and meets, and she is always encouraging others around her to do the same.

"To set a good example for my teammates, I make sure that I'm at every practice that I'm giving 100% and that I'm prepared for my meets," Pasdiora said. "Not only physically though, I do whatever I can but like mentally as well, like making sure I stay positive and have a good mindset."

One of the most important parts of cross country to Pasdiora is the team aspect. She believes that if the girls are all friends, they will perform better during practices and meets. Building a team environment starts with the captains, so Pasdiora feels that she must help bond the team together. She does so by providing support and positive energy all the time, even when things are not going the best.

"[The] team atmosphere is also something that's really important to me, and as a captain on my team I make sure that I'm always checking in on my teammates and keeping a positive energy at practice and

at school as well," Pasdiora said. "I really like our team this year, all of us girls are really close with each other and it's just created this amazing support system where we all have each other to rely on."

As important as it is to take sports seriously and to put forth full effort, it is also important to have fun and build core memories to look back on later down the road. Pasdiora has a specific meet that the team attends every year that she enjoys the most.

"My favorite memories from running cross country are the Peoria meets," Pasdiora said. "[Peoria] is three hours away, so we leave super early in the morning and we don't get back [home] until super late at night, so you're literally spending the entire day with the team, and it's just really great for team bonding, it's a lot of fun."

As an athlete, the off-season is arguably just as important as the actual season. The off-season gives people a chance to separate themselves from others by putting in hard work and staying dedicated to their sport. Pasdiora takes the off-season very seriously in order to be the best that she can possibly be. She does various workouts, as she believes changing her workout everyday leads to more success in training.

"I usually take about a week off after the season ends, then I get back into running six days a week taking a rest day on Sundays," Pasdiora said. "I usually do one long run and then I usually do two workouts a week which are focused on more speed-related work, the other days are just basically over distance runs, usually four to six miles, and then I'm stretching out stretching, rolling out and making sure I do recovery exercises as well."

Pasdiora's teammates view her as a great leader and captain of the team. She helps create a better practice environment and helps the team bond together. Her positivity and energy motivate her teammates to always try their hardest. She also gives great advice to help her

teammates perform their best during meets.

"She helps us mentally prepare and what to think of during a race," sophomore Piper Ipsen said. The other day she told us that she reminds herself to stay calm during a race, which I think is really good to do."

Outside of cross country, Pasdiora is still a very friendly person that teammates enjoy being around. Teammates see her not just as a leader or a captain, but as a friend of theirs.

"Everybody really loves her on the team, and she is a great friend," junior Nora Lubkeman said.

Since Pasdiora loves running at a competitive level, she plans to run cross country in college. She has not committed to a school yet, but she plans to visit many schools and find the right fit to continue her cross country career.

"I'm looking at Division 2 colleges for running," Pasdiora said. "I have a visit coming up at Bemidji State University, and I'm looking at some other colleges, mostly in Minnesota."

In her last season as a Sequoit, Pasdiora hopes for the team to have great success and to make it to state. The team's overall improvement over the course of the season and summer is promising, and Pasdiora believes they can accomplish great things. Although it will be her final season as a Sequoit, her running career will continue as she transitions into college next year.

JAKE PANKAU | writer  
Tom Tom Staff

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Visual Director



# STACKHOUSE DRIVES TO SUCCESS

Junior Tyler Stackhouse competes and completes his third year on varsity.

Junior Tyler Stackhouse is impressing his teammates and coaches out on the golf course this season. It is Stackhouse's third year on the golf team and his second year on varsity. As a freshman, Stackhouse was on the fence between varsity and junior varsity, but as he entered his sophomore year, he had secured his permanent spot on varsity. This year, Stackhouse is number three on varsity, but by next year he may be the number one golfer.

Stackhouse started golfing because of his dad, who still inspires him to keep playing. Even though Stackhouse's dad did not get him into golf at a young age, he was able to get Stackhouse to fall in love with the sport and continue to play as he got older. To this day Stackhouse's dad continues to push him to be the best golfer he can be, which motivates him to continue golfing.

"He helps me stay focused, and when things are bad I just remember my goals," Stackhouse said. "He always pushes me to work harder and trains me as much as he can."

Stackhouse is one of the hardest-working golfers on the team because he is always out on the course perfecting his game. Over the summer, Stackhouse practiced just about every day for numerous hours; he now practices with his team almost every day after school for about two hours.

"I practiced almost every day for five to six hours," Stackhouse said. "I was way more consistent [in the summer] than I am now."

In golf, not every shot will be perfect, but Stackhouse's shots are always hit hard and have lots of force behind them—a trait especially apparent to head coach Michael Hickey.

"[Tyler is a] naturally talented ball striker; some golfers can just hit the ball consistently well and Tyler is one of them," Hickey said.

Stackhouse's favorite golf clubs to hit are his eight iron and nine iron because he can hit the two clubs consistently with lots of power. These two clubs are very useful to him because he can hit so many different shots with them.

"I can hit different types of shots with [my eight and nine iron] with ease

compared to my six [iron]," Stackhouse said. "If I tried to hit a fade [shot], it's a little harder to control."

The most dependable part of Stackhouse's game is his short game; his chipping and putting keep his scores low, which is very important for the team's overall score. Stackhouse relies on his short game, so when it is off, his whole game gets thrown. Luckily for him, his pitching wedge and lower-distance clubs are usually always consistent.

With his harmonious clubs, Stackhouse's scores have been low and are used for almost all of the team scores. As Stackhouse continues to put up low scores for matches, he is projected to continue putting up low scores for future matches.

"He is our streakiest golfer, when he gets hot, he can score as low as anyone in the conference," Hickey said.

Before any big game or match, players listen to music or have a superstition that helps them get into the zone, but for Stackhouse, it is the driving range. Before his matches, Stackhouse goes to the driving range to prepare. His teammates and coaches call him the "range warrior" because the driving range helps him get prepared and also helps him figure out what clubs are working and what clubs are not.

Stackhouse is showing lots of leadership to the underclassmen on the golf team, especially his younger brother who he took under his wing. Not only does Stackhouse encourage his brother, but freshman Ryan Stackhouse returns the favor to his older brother. Even though T. Stackhouse and R. Stackhouse have not played a match together, they give each other suggestions and help before matches.

"Often, siblings are [very] competitive, but Ryan and Tyler encourage each other while also maintaining a healthy competitive relationship," Hickey said.

T. Stackhouse is always there for his teammates when they need his support, whether on or off the course. Sophomore Rylan Frazer, who is T. Stackhouse's golf partner and has been since last year, gets the most support on the course.

"You hit something bad [or] something bad happens [on the course], he's always

the first person to pick you up," Frazer said.

Next season is important for T. Stackhouse because he will be a senior and the team's number-one golfer, meaning he has to show even more leadership to his younger teammates. T. Stackhouse will also be deciding if he wants to continue to play golf at the next level. As of right now, T. Stackhouse has his mind set on playing at the University of Notre Dame. There is still plenty of work that T. Stackhouse needs to do to continue to the next level and he is ready to put in the work that is needed.

"Tyler will need to work very hard going into his senior year to play at the next level," Hickey said. "I believe he can do it if he sets his mind to it. If he can get a scoring average into the low 70's, the sky's the limit."

As the season is nearing its end, T. Stackhouse still has time to accomplish the goals set for his team and himself. The goals in mind are making it to state and qualifying for the second day, either as an individual or a team. As a junior, it would be a huge accomplishment to make it to state as an individual golfer.

Watch out for T. Stackhouse in the conference and regional tournaments as the season come to an end. There are high hopes that T. Stackhouse will make a run in the state tournament as an individual, as well as qualify with his team.

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# BARRETT CHIPS AWAY AT SUCCESS

Junior Maddie Barrett is continuing to refine her game.

The Antioch Sequoit girls golf team's 2022 fall season is finalized. Junior Maddie Barrett was a key player on the team and always brought positive energy on and off the golf course; her energy flowed throughout the team. Barrett works to improve her skills and get better at the sport she loves. Barrett hopes for much more than a handful of wins this upcoming season.

"She's definitely really funny; Maddie is always cracking jokes, and she's definitely like a leader figure for our team," senior Julia Kraus said. "Maddie is always trying to help the other girls, teaching them and giving them her knowledge."

Barrett's love for the sport did not start when she was young; her dad would bring her to the driving range with him, but she did not care for it much and it was put on the back burner. It was not until her friends started asking her to play that her interest peaked and she began to play again.

"My dad has played [golf] pretty much all his life," Barrett said. "When I was little, he used to bring me to the driving range, and I never really took it seriously, a couple of my friends started playing golf and they just got me into it."

However, when Barrett began to focus on golf is when her game took off to the next level. Barrett is currently number two on the varsity team and is driven to become number one next year. Her aspirations extend to more than just this though; she expects her hard work to drive her through regionals and sectionals this upcoming year and hopefully make a state run.

"She's very hard-working, she's always practicing," Kraus said. "Even after practice, she'll stay later to better herself."

When Barrett's teammates see her stay after practice, it encourages them to push themselves and work harder as well. She is someone they can look up to and be the leader they need. One thing Barrett is attempting to improve is how she handles adversity on the golf course.

"I get upset at shots, and then I may think about the shot for a little while," Barrett said. "So this year, I really just have been focusing on the next shot and realizing what I can do in the position that I put myself in."

Depending on the course you play at, the holes can range from an easy course like Spring Valley to a more difficult one such as Bull Valley. Barrett has her personal favorite courses as well as her favorite professional golfers.

"I would say either Midlane or Thunder Hawk has to be my favorite course," Barrett said. "My favorite golfer has got to be either Collin Morikawa or Scottie Scheffler."

Besides playing golf in the fall, Barrett also plays soccer for the Sequoits in the spring season. Before golf, soccer was Barrett's first taste of sports. Participating in multiple sports was never anything Barrett thought about. Once she tried both sports, Barrett was hooked and never looked back. The first time anyone plays a sport is like the first time meeting someone; they always have a first impression of it.

"The first time I met Maddie, I thought she was pretty nice," junior Emma Wagner said. "We went to middle school together and she was cool then, and she's even more enjoyable now."

Barrett was eight years old when she was introduced to soccer. Barrett has stuck with soccer ever since she started playing. Barrett is very good at soccer which helped her become better at golf because of the teamwork that is involved in golf.

"I've been playing soccer since I was about eight years old," Barrett said. "I've liked all sports my entire life, so soccer was just one of those that I fell in love with."

Barrett's as dedicated as anyone to become the best. She always golfs outside of practice, as well as engages in physical activity. As the Sequoits' golf season came to an end, Barrett is reflecting in order to make the most out of her senior season.

Some of the traits that Barrett's teammates speak highly of are her sportsmanship, ability to lead and dedication. These are just some of the characteristics that are essential to be a great golfer. Golf requires an immense amount of skill that can only be gained through years of practice and hard work. Golf is full of success and failure. If a golfer cannot forget about their last shot and move on to the next, then they will not be successful in the sport of golf.

Barrett will always try and make a teammate laugh, even if it involves them trying to hit golf balls at her.

"We were just playing around and I was aiming at geese and they all flew away," Wagner said. "So I told Maddie to stand still and be my goose and she did, she took it very well."

Playing around and laughing is all a part of the sport. But there can be times when things need to be taken seriously. The regional and sectional meet are two

places where golfers must do so.

Although Barrett did not make it to Sectionals, overall she had a successful junior season. Some of her highlights included being Northern Lake Country All-Conference and shooting a 38 on 9-holes during a match against the Grant Bulldogs. Her hard work and determination are sure to carry her to a lucrative season year.

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# PLUCIENNIK PUSHING THE SEQUOITS TO VICTORY

Senior Cameron Pluciennik's sophomore debut sets her senior year up for success.

Senior Cameron Pluciennik has undoubtedly been a star player for the Sequoits field hockey team this fall, garnering national attention and forcing a team-wide strategy change. Her speed and stick-handling make Pluciennik a matchup nightmare for opposing teams and have earned her a chance to play field hockey in college. Pluciennik plans to sign her letter of intent to Central Michigan University this winter.

Pluciennik has only been playing field hockey for a mere year and a half but competes like a seasoned veteran. Her history in sports and hard work off the field contributes heavily to her natural ability to dominate the field, as she also plays soccer at Antioch Community High School, a sport very similar to field hockey.

"Soccer has helped me a lot with the skills needed to play field hockey; endurance is something I already had from soccer, so the field being the same size really wasn't that big of a change for me," Pluciennik said. "The positions are also the same for field hockey, so my awareness for the field was already there."

Field hockey is played in shapes, with different formations to fit different team needs. The Sequoits have formerly played a 3-3-3 formation with three attackers, three defenders and three midfielders. Instead, Head Coach Terry Dewing has elected to change the teams formation to fit her team's archetype, which is giving Pluciennik area to make plays.

"I'm playing a diamond in the middle of my field, and it seems to be working really well because it gives her the room to move," Dewing said. "You have got to get out of her way."

Being the center of attention and the center fielder bears the same responsibility; everything is about them. Playing Pluciennik in the middle forces her to be the prime communicator in a sport that relies heavily on talking. She has a very wide-ranging role on the team: facilitate, dribble, score and communicate.

"We play best when Cameron is talking to us because she plays the center of the field, and she can kind of see everything," senior

Maranda-Nicole McNeany said. "I think that's really important. She's really good at talking like that."

Pluciennik was no doubt on cloud nine following the Sequoits' latest tournament, taking first place in St. Louis over Labor Day weekend, scoring eight goals and leading her team through pool play and the tournament. Junior Casey Rietschel has been fortunate enough to be the student manager for the team and watch them develop and improve in front of his eyes.

"We did win in St. Louis; we won the championship there," Rietschel said. "I think we have a good chance of winning a lot of games."

The Sequoits are hoping to extend this winning tradition throughout their regular season; unfortunately for the girls, there is no conference championship to compete for due to the lack of field hockey teams in Lake County. Nonetheless, the team is betting on themselves for the playoffs.

"I think we have potential to get into at least the Elite Eight and maybe state, depending on where we get set," McNeany said. "With the players that we have now, we have really good potential to make it pretty far."

Being a multiple sport athlete is something that Pluciennik is no stranger to, having played many sports growing up. Playing numerous sports from a young age is proven to increase coordination, conditioning, prevent injuries and motor skill development. Sports such as soccer, volleyball and hockey have all helped with her field hockey abilities in different ways.

"My stick handling skills are good just because I've grown up playing hockey so field hockey came pretty easy," Pluciennik said. "I just hope to continue to excel at the sport and just keep myself at a high level."

Elusiveness and speed are two attributes that make Pluciennik untouchable in the sport of field hockey. Her natural speed consumes the center of the field in a way that makes it seem like Antioch has more players on the field than its opponent. This unfair phenomenon is the leading rationale for the success of the Sequoits.

"Teams try to triple team her, and she just dribbles around them, but I don't even know how to explain it," Dewing said. "She just has the innate ability to draw a defender in and then get the ball around them to take off down the field."

College coaches quickly took notice of Pluciennik's dominance on the field. In less than two years, she went from never picking up a field hockey stick to being verbally committed to an NCAA Division 1 school.

"I chose to go to Central Michigan because I really liked the campus, and I love the team," Pluciennik said. "The team was a big part of it for me. I think that if you're going to play a sport in college, the team should be a big part of your decision."

Central Michigan competes in the Mid-American Conference, a competitive conference that Pluciennik is looking to hop right into to make a difference in the program. With college comes extra challenges: balancing school work and athletics.

"I think she'll thrive for sure, and she'll be a starter," Rietschel said. "She is very smart too, so that will make it easier for her."

For now, Pluciennik has to focus on becoming the best high school field hockey player and leader she can. Being a leader on the team is one of her best intangibles and is a very important life skill that she will carry on for the rest of her life. Leadership is a given in any successful team, no matter the level or sport.

"She got voted as a captain of her team to be a leader on the field and off the field," Dewing said.

Make sure to keep an eye out for Pluciennik as the season comes to a close and the playoffs begin. Expectations are high for the Antioch Sequoits this year when it comes to a deep playoff run.

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# LENNON LEAPS INTO THE END ZONE BATTLE

Senior Aiden Lennon strives to finish his final season strong.

Senior Aiden Lennon has made a considerable impact on the Sequoits football program. Lennon has been on the football team for all four years of his high school career but has played the sport for around eight years.

As a child, Lennon wanted to start playing football in the fifth grade, but his parents did not entirely agree with the idea because football is such a high-contact sport. After his parents finally decided it was time for Lennon to play, he was ecstatic and could not wait to get out on the field.

One of Lennon's biggest football influences on the game is NFL player Odell Beckham Jr. Beckham's performance on television and determination inspired Lennon to work harder.

"I just loved watching him play," Lennon said. "I loved watching his highlights, and he was just a really exciting player to watch."

Beckham Jr. was not the only person that inspired Lennon. His teammates helped to push him to be the best football player he could be.

"I looked at everybody around me, and they seemed so good for so long," Lennon said. "But then I got older and got better, and I realized how good I can be and how much potential I have; it made me see if I could take this further."

During Lennon's sophomore year, he was pulled up to play with the varsity team and has been playing at that level ever since. Playing on varsity as a sophomore is a huge achievement for any underclassman.

Lennon plays at either the running back or full back position, depending on the plays head coach Brain Glashagel decides to call. Lennon's position primarily focuses on running the ball, but his role expands to more than what it entails.

"Probably one of the best sets of hands catching a football on the team," Glashagel said.

Being a senior who has played at the varsity level for three years, Lennon knows what it feels like to be one of the

youngest players on the field. This year he has shown tons of leadership to the new football players and underclassmen.

"He taught me to stay patient and wait for your opportunities to come, and once you get those opportunities, [then you will] succeed," junior Kellen Brawner said. "[He also taught me to] take every moment, one step at a time."

With this being Lennon's last season, he has become a leader to the younger players and even some seniors. Lennon also worked extremely hard during the offseason, which showed the younger players what it takes to be the best.

"He's a leader in different aspects," Brawner said. "Not so much that traditional [way of] telling people what to do, but I think his energy and ability to make other people around him just so happy; I think that's a great leadership trait."

Even though Lennon's primary positions are on the offense, he may not always get his hands on the ball. When Lennon is not running the ball, his main goal is to block the defensive player.

"[Lennon] has turned into a devastating blocker, which to certain kids might not be all that special, but it is a super important job," Glashagel said.

The feeling players get while playing in front of their whole school is something special. Lennon is one of those players who gets that unexplainable feeling while playing the sport he loves in front of his classmates.

"It's a really exhilarating feeling," Lennon said. "I can't explain it; it is something that I can't compare to anything else because I love the feeling it gives me. It's just such a rush."

Playing a team sport allows players to meet new people and create memories, but for Lennon, many opportunities have come his way while playing football.

"Football has impacted my life in a lot of ways I'd say," Lennon said. "It's definitely brought me closer to a lot of people that I probably would have never talked to if I

didn't play. It also just opened up so many opportunities, especially for the next level when it comes to school. I'm forever grateful for what football has done for me."

With only a few games left and playoff season around the horizon, Lennons' teammates have goals for him to complete before the end of his senior season.

"I want him to get ten touchdowns, and I definitely want him to get a ton of rushing yards," Brawner said.

After high school football, Lennon hopes to continue playing at the next level. Playing football at a collegiate level, no matter the division is a great accomplishment because it is one step closer to playing professionally.

"If athletes are playing college football at any level they are one of the top 3% of all high school football players in the country, so that's an honor in itself, and it's not easy to do," Glashagel said.

Lennon has not decided where he wants to continue his education and football career, but there is still plenty of time to choose a home for his next four years.

"I have a lot of options, and these next few months, I'm really going to take the time to find out what's best for me and where I want to go," Lennon said.

With the football season coming to a near end, Lennon still has a few games left as a Sequoit football player, so continue cheering on Lennon as he leaps into the end zone as the Sequoits continue to on to the first rounds of playoffs.

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# SHIPMAN STEALS THE SHOW

Senior Nathan Shipman is ready to hold down the defense and lead the team to victory

Senior Nathan Shipman has one last year with Sequoit soccer and plans to make it great. Being one of the oldest players on the team, Shipman was elected as a team captain, and for a good reason. As a defensive back in soccer, everything comes toward Shipman's position, and he is able to see it all. To be good at one of the most skillful and important positions in such a fast-paced game, vocality and leadership are something that one must master. Head coach Michael McDermott praises Shipman's ability to make sure everyone knows what is happening while the game is in motion.

"He doesn't need a coach telling him to be vocal and to be loud," McDermott said.

Unfortunately, the boys soccer team has not gotten off to the start that the team would have hoped for this year, unlike in previous years, but Shipman still has high hopes that the team has the ability to turn it back around.

"I'd like to secure a few wins, but we're going to do the best we can," Shipman said. "We have a lot of younger guys, but we've played some good games already."

After losing most of their games this year, Shipman's personality keeps the team's morale high for a quick turnaround, hopefully adding some wins to their record.

"He's very positive and energetic, and he cares a lot about his team, and he is very charismatic," Senior Brendan Lebrun said.

When the soccer team is not playing a game, the team has time to fix and improve on their skills. How athletes participate in practice, and the effort they put forth are what separates them from others; Shipman treats practice as most treat games.

"He takes it more seriously than most," McDermott said. "He's trying to work, trying to push himself."

Being older than almost everyone on the team, Shipman has to set an example for everyone else. Having a sense of accountability while on the field and during practices shows lots of leadership skills.

"[I like] calling [my teammates] out if they need a little correction, but

also not forgetting the good things [they may have done in practice or a game]," Shipman said.

Shipman and his coach are not the only ones who notice his leadership skills and how he presents himself around his younger teammates. Lebrun sees what Shipman does for his teammates and friends.

"He sets a very good example in terms of how you're supposed to act and being respectful and being a good teammate," Lebrun said.

Only having a couple of off days a week and the off-season to improve and work on individual skills, Shipman likes to work on his own whenever he can.

"He does a lot of training outside of school," Lebrun said. "He tells me he likes to do [lots of] running or do [individual] drills pretty seriously."

With Shipman being a senior this year, the idea of playing at the next level has come up, and not only him but the people around him think he has what it takes to take that next step.

"It's his ability to adapt and his eagerness to constantly improve on himself," Lebrun said. "He's an unselfish person and cares a lot about others; he's very open to criticism."

When this soccer season is over, Shipman will officially be done with Sequoit sports, but that does not mean he is not trying his best to stay active in his free time. Shipman likes to participate in both winter and summer sports, which would surprise most people.

"I'm on a [water] ski team in the summertime and like to snow ski in the winter," Shipman said.

Teammates know one's game style best, but Shipman's best friend, senior Ryan Emering, knows him just a little bit better than anyone else. Being lifelong friends, Emering saw firsthand Shipman improve both physically and mentally in the aspects of both soccer and school.

"We are best friends, and we have been since seventh grade," Emering said. "He's a hard worker, and he gets good grades; you can't complain much about that."

With Shipman being a team veteran, he has been through many different

classes of teammates and has learned many things from them that he now uses to lead the underclassman while also having his younger teammates push him, just like he pushes them.

"When I was younger, I was really able to look up to [the older players], and they pushed me to be better," Shipman said. "Now this year, I'm one of the oldest, I'm a senior, so the younger teammates kind of push me and keep me on edge."

Playing defense, everything comes toward Shipman's net, and the ability to tell the team to make quick adjustments and see what is happening is something that Shipman strives for. The ability to make the right decisions based on what one sees during the game is something that Shipman does very well.

"His ability to adapt in terms of who's playing [is good]," Lebrun said. "Let's say we're playing a team that's shorter forward: [Shipman] will adapt and set down good ground rules for everyone on defense and vice versa. If the team isn't as strong as an offense, he will make us put pressure on."

With the last quarter of the soccer season to come, Shipman plans to make his final year special and help the team turn things around, make a run in conference and give a fighting chance in a deep state tournament run.

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# IPSEN SERVING OUT WINS

Senior Elle Ipsen finishes her final season as a Sequoit strong.

With the fall sports season ending, every coach and player identified a leader among themselves. For girls tennis, senior Elle Ipsen was one of the promising leaders for the team this year.

As a freshman, Ipsen intended to be a volleyball player until she realized her real passion was tennis. The first time she picked up a racket was freshman year, and with it came the feeling of fun.

At first, Ipsen started at the lower levels playing junior varsity. Not long into the season, after dominating her competition, the coaches moved Ipsen up to the varsity level, where she continued to shine. As of this year, Ipsen will have been on varsity for all four years of her high school tennis career.

One thing about Ipsen that caught the eye of coaches and helped her make the varsity team every year is her competitiveness and drive to win; she will do whatever it takes to be victorious and leave everything on the court.

Ipsen tries her hardest to do her best and make others around her better. She pushes others to their fullest potential but also reminds them it is okay to make mistakes and to not dwell on them. Senior Mia Kaiser is delighted to call Ipsen her teammate and enjoys being her partner.

“When I play doubles with Elle, she’s always picking us up from any mistakes and just brushing it off,” Kaiser said.

Evidently, she tries her best to not make mistakes, but Ipsen understands that everyone is human and must learn from them instead.

Ipsen has numerous qualities when it surrounds leadership, but her best quality might be her ability to lead others by example; Ipsen does have a loud voice, but she lets her play do most of the talking. Junior Nicole Kutcher believes Ipsen is a role model for other teammates with the effort she always exemplifies.

“She encourages us not only by talking to us and keeping the team together but just by playing her hardest on the court during practices and games to help other

members also play their hardest,” Kutcher said.

Ipsen had a winning record this season and planned to come out of the season with more wins than losses. Although all of the winnings are a good perk, Ipsen’s favorite aspect of playing tennis is all of the friends that she makes.

“Tennis has definitely given me the freedom to meet so many different people,” Ipsen said. “I don’t think I’d be friends with some of these people if I didn’t play tennis.”

However, Ipsen does not intend to play tennis at the collegiate level. Instead, she plans to focus on education and having a good time. Nevertheless, Ipsen wants to continue playing tennis, whether for a club or just for fun.

One of the biggest reasons that Ipsen has gotten to where she is today is because of the support that she gets from her friends, family and coaches. Ipsen loves when her teammates finish their matches and come to the fence to cheer her on as she takes down another opponent. Her coaches are similar in always cheering her on and wanting her to do her best; they are constantly teaching new things, tweaking mistakes and complimenting the good things that Ipsen does.

“They’re super supportive; they’ve taught me multiple things,” Ipsen said. “I’ve had coaches at Antioch and Lake Geneva, and I’ve learned so much through them because, obviously, I was a freshman new to the sport.”

Maybe the largest source of help is Ipsen’s parents; her mom and her dad have been her biggest supporters since day one. They always cheer her on and are proud of her no matter what. On top of that, they give her a push that makes her become the best while also providing her with lessons on the side.

Ipsen had big goals this year for her and the team; it had been a dream of hers since freshman year to play at the state tournament. Luckily, that dream came true, and she ventured to state, playing doubles with Kaiser. First place was the ideal, but making it to state is an

accomplishment in itself.

For Ipsen, tennis is more than a sport. Her teammates are like her family; she loves to spend time with them and make countless memories that she will never forget. Whether it be homecoming week or the long bus rides with the team, Ipsen always looks forward to the good times. Ipsen has created numerous memories with her teammates, but one that stands out to her happened during freshman year.

“My friend Hannah and I made a song and dance routine to anything stupid or funny that’s happened around tennis,” Ipsen said. “We’ve had it since freshman year.”

There are several reasons that Ipsen loves tennis: the competition, the family she makes and the freedom to be herself. She has made her name known as a great athlete and tennis player but also a great person and teammate to others.

Tennis is a difficult sport to master, but with much time and effort put into it, Ipsen has proven that she is one of the best around.

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# ON TIMMER TIME

Get to know Katie Timmer, one of the star volleyball players this season.

Senior Katie Timmer is wrapping up her final year of high school volleyball and is working to improve her skills, preparing to head off to the collegiate level. Timmer plans to continue her volleyball journey at Trinity Christian College once graduating from Antioch Community High School.

Timmer started playing volleyball in sixth grade, and it quickly became a crucial part of her life ever since. Timmer tried other sports, but none stuck with her as volleyball did. It is a game of mental strength and ability, and Timmer stayed with the sport even when times got difficult.

“I have definitely had to overcome the mental part of the sport because club is fun, but it can also be very mentally tough,” Timmer said.

After experiencing the downsides of a sport, it may be common for some athletes to deter from the path they set previously. However, through her years, Timmer remains unmoved, exemplifying her dedication to her teammates especially.

She has a positive mindset that has helped push her through the mental challenges she faces. The passion Timmer possesses for the sport has not only brought herself thus far but has rubbed off on plenty of those around her.

“Katie always has something good to say and something nice to say about everyone,” senior Molly Williams. “No matter what happens, she’s always encouraging you.”

Many players on the team look up to her because she is such a motivating, positive person. Her attitude on and off the court is inspiring.

“She is always supporting her teammates and makes them feel good about themselves, even if they make a mistake,” junior Ava Yeager said.

The only way to help improve others is to constantly improve oneself, and Timmer has been working to improve herself constantly. Despite the draining work, Timmer continues to work persistently to see results; seeing the successes and progression make it worth the struggle. All good athletes work hard, but the amount of physical work and time Timmer puts in to become a better volleyball player is encouraging.

“The results you get from the hard work and dedication make you a better player overall,” Timmer said. “Mentally also helps a lot with everyday life.”

With the dedication and energy that Timmer has brought to the team, there is no doubt in many of her teammates’ minds that she will perform exceptionally well throughout college. Her constant dedication to volleyball is what makes many players look up to her. As a teammate, athlete and friend, she is someone who influences people to become better and stay by their side.

“She is so nice and so energetic and always happy; she’s always someone you can go to,” Williams said.

Her teammates look up to her as an inspiration. Her passion for her sport is inspiring to not only her teammates but also many coaches. Timmer is noticed as an inspiration and a great asset to their team.

As Timmer’s time as a Sequoit volleyball player comes to an end, she has many people rooting for her. Her teammates will miss her but hope she leaves an impact on the younger girls on the team, in hopes that the girls see how much Timmer impacted their team with her positivity and that they will do the same when she is no longer there.

With the volleyball season officially over, keep an eye on Timmer for her next four years at Trinity Christian College.

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