

THE ARROW



THE TOM TOM 2023-2024

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class of '25

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AVILA
Football



BOWLES
Football



BRAWNER
Football



COOK
Football



DAY
Football



DZIADOSZ
Football



GOBEYN
Football



HANRAHAN
Football



HORTON
Football



INGMAN
Football



PANKAU
Football



SHEEHAN
Football



SWANSON
Football



THOMSON
Football



VAN ALSTINE
Football



WEBB
Football



ALEKSAITE
Golf



BARRETT
Golf



WAGNER
Golf



BREWER
Golf



STACKHOUSE
Golf



HUGHES
Volleyball



GLAUSER
Volleyball



LARSON
Volleyball



MARCELL
Volleyball



YEAGER
Volleyball



BORIWAIK
Tennis



CORREA
Tennis



CAYA
Tennis



COOK
Tennis



DAVIS
Tennis



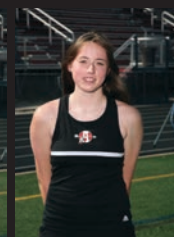
FOGEL
Tennis



KANE
Tennis



KUTCHER
Tennis



LINDSTROM
Tennis



MINTON
Tennis



MURPHY
Tennis



POLICHT
Tennis



SHEDY
Tennis



VIVEROS
Tennis



DIAZ
Soccer



HASIK
Soccer



WOOD
Soccer



FISHER
Field Hockey



FRANCKE
Field Hockey



MARTIN
Field Hockey



SALATA
Field Hockey



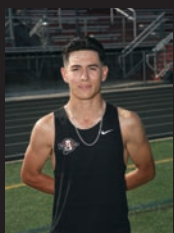
SCHAUFELE
Field Hockey



VOLKMAR
Field Hockey



AUGUSTO
Cross Country



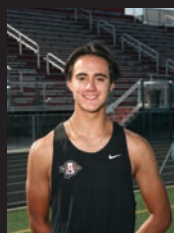
CASTILLO
Cross Country



LOIACANO
Cross Country



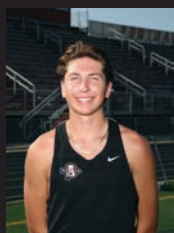
MILLER
Cross Country



RODRIGUEZ
Cross Country



SOOLEY
Cross Country



WEBB
Cross Country



WOLFE
Cross Country



LANE
Cross Country



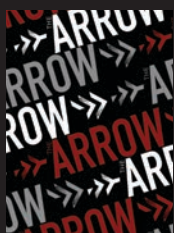
LUBKEMAN
Cross Country



RODRIGUEZ
Cross Country

ATHLETICS AND ADMIN

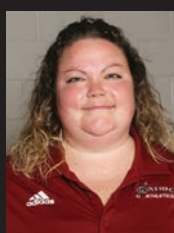
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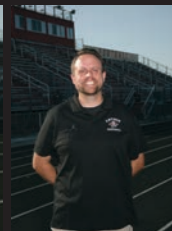
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Assistant Coach



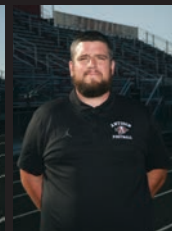
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EDER
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BAILEY
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HLINAK
Assistant Coach

Dear Student-Athletes and Families,

Please let me extend a warm and heartfelt THANK YOU for the welcoming environment I've experienced since taking the helm of the Athletics Office at ACHS! The conversations with students and parents has reaffirmed my belief that our community is truly an exceptional place to live and pursue our passions. Summer has now concluded, which means I can officially welcome you all to the Fall Sports season. The 2023 Autumn campaign promises to be amazing for the Sequoits!

There's always been something very special about the changing of the environmental seasons aligning with fall athletics. The heat transitions to sweatshirt weather. The leaves turn from green to colorful shades of yellow, red, orange and brown. Our Sequoits move from the fresh new feeling of opening scrimmages and contests into the excitement and challenge of mid-season play and conference/post-season aspirations.

Our young men and women have the unique opportunity to represent the community of Antioch throughout their high school careers. Personally, I'm overcome with a sense of pride and responsibility when I reflect on that. Our student-athletes not only carry the tradition of competitive excellence Antioch benefits from, but also a collective sense of honor and duty to personify class and character each and every time they step on the field, court, pitch, or course. When we respect our past while forging a new current exciting chapter, we enjoy the total experience reserved especially for high school athletics. It's truly the purest form of sports. I'm just so fortunate to share that journey with our Antioch Sequoits!

Good luck to all of our competitors this fall! Parents, enjoy this fleeting time in your children's lives. It certainly doesn't last forever. Wear the A with pride. Respect the game and your opponents by always displaying integrity. Be a source of inspiration for teammates and peers.

I look forward to being your biggest cheerleader! Go Sequoits!

Mike Maloney

Athletic Director



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SEQUOIT SNAPSHOT

JUNIOR LANI SALDANA

Since the beginning of summer, the Antioch Community High School football team's defensive line has been grinding for this fall season. Running new plays and using speed to their advantage allows the defensive line to hone in on their skills. Defensive Coordinator, Pat Swanson, along with his players, have been practicing eagerly to stomp out any opposition, emphasizing speed and updating their plays.

"On third downs, especially third and long we have to get off the field," Swanson said. "We've not been good at that the last couple of years. So, that's our main focus when it gets to that point."

In other words, the Sequoits must prevent opposing offenses from getting clutch third down conversions to continue their drive. Eventually these first downs lead to scoring, which is what the defense's primary goal is to prevent.

Swanson also went into detail about some of their statistical goals for every game of this season.

"We want to make sure that we [give up] less than 100 yards rushing and less than 100 yards passing," Swanson said. "We also want to try and get three turnovers a game and if all that happens, [we] win the football game."

Senior and captain Chris Cook, who plays linebacker, shared his insights on the new defense as well as his own expectations for the team this year. Cook explains how he feels that a substantial challenge for the team this year could be the size of the opponent's players.

"I think the real challenge we'll get is competing with various people who are much larger in size," Cook said. "We have strength to go with it, but we just don't have a ton of size, but we have people that have

strengths, both pros and cons."

Cook also believes that the defensive line will stand out in comparison to other teams, and what valuable skills can be game changing for them.

"I think compared to other teams, even though we don't have the biggest defense, I think our speed is what's going to be a determining factor for us," Cook said.

Similarly, junior Brock Wagner, who plays outside linebacker, touched on the reasons why defensive plays are the most crucial plays of the game, as well as the challenges that may come up for newer defensive players.

"It gives us more momentum and time to set up our offense," Wagner stated. "Getting confused more often, probably getting more confused with all the new play calls and everything."

Swanson also discussed why these defensive plays are so important to the game. Swanson said that a singular play could turn an entire game around, and how these changes impact the defensive line compared to past seasons.

"If the offense has a turnover, we come back and get a big stop and they turn the ball back over to us. It's a big momentum thing in football," Swanson said. "The bones of the defense are the same. We just lighten the load of the kids that have to think as much."

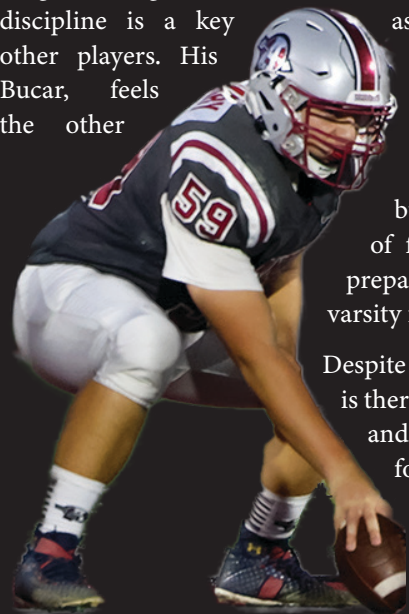
The Sequoits defensive line is continuously working toward achieving their goals for the 2023 season. With an updated defense and an emphasis placed on skills work, new Defensive Coordinator Pat Swanson brings a new perspective of success onto the field.





SEQUOIT TO WATCH: Lucas Curry

Sophomore Lucas Curry has made a name for himself despite only being at Antioch Community High School for two years. He is one of two sophomores on the varsity football team this year and is fortunate enough to be the starting center. Curry has put in the work and dedication to get to where he is, whether it be with his meal preparation, weight lifting or his coachability. His coachability and discipline is a key aspect that sets him aside from other players. His teammate, sophomore Jack Bucar, feels as though being younger than the other players brings about challenges.



“There is definitely a separation, but we still have a bond outside of football, but if anything it just prepares us for the future years on varsity football,” Bucar said.

Despite everything, Curry shows that he is there to work for his spot on the team and is dedicated to being a better football player and teammate.

KAITLIN BAYLEN | writer
Tom Tom Staff

you can't miss this

HOMECOMING GAME

October 13, Antioch, ill.

Following @SequoitSports on Twitter and Instagram won't be enough. Come see the team or stream it live to show support for our Sequoit athletes.

SCHEDULE / RECORD

- W 42-13 [8.28] @ Schaumburg
- W 55-21 [9.1] vs. Zion-Benton
- W 48-6 [9.8] @ Lakes
- W 62-13 [9.14] vs. North Chicago
- [9.22] @ Grayslake North
- [9.29] @ Wauconda
- [10.6] @ Grant
- [10.13] vs. Grayslake Central
- [10.20] vs. Round Lake
- [10.27] IHSA Regionals

SEQUOIT TO WATCH: Lily Green

SCHEDULE



Lily Green is a freshman at ACHS and she recently made her varsity debut for the Sequoits girls golf team. Green just recently picked up golf as a serious sport this summer and has made huge strides to improve her game. Coach Whitney Walsh is very pleased with her coachability so far.

“Lily is someone who wants to learn,” Walsh said. “When you give her instruction, she’s genuinely listening and trying to figure out how to apply her new knowledge to the game. She’s always willing to go outside of her comfort zone and try something we think will make her a better golfer.”

Her dedication and willingness to try new things will take her a long way in this sport. If Lily continues to work this hard, she will be able to accomplish great things in her four years at ACHS.

JAKE PANKAU | writer
Copy Chief

- [8.15] vs. Grayslake Central
- [8.16] vs. Wauconda
- [8.21] @ LC Invitational
- [8.22] @ Grayslake North
- [8.26] Invitational @ Home
- [8.29] @ Wauconda
- [8.30] vs. Grant
- [9.5] @ Grayslake Central
- [9.6] @ Lakes
- [9.8] @ Libertyville
- [9.11] @ Rockford (Guilford)
- [9.12] vs. Grayslake North
- [9.13] @ vs. Lakes
- [9.16] @ Rockford (Guilford)
- [9.19] NLCC Conference @ Grayslake North
- [9.21] @ Grant
- [9.28] IHSA Regionals @ Home



MADDIE BARRETT
class of '24



MAKENNA SEKANY
class of '26



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IHSA REGIONALS

@ HOME

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POSITIVE THOUGHTS, POSITIVE SHOTS

The girls golf team is gearing up for a fierce season thanks to new faces and positive role models.

The Antioch Community High School girls golf team started off this fall season strong with seven wins and placing third at their Rockford Country Club tournament. They started out their season against Grayslake Central High School with a one-stroke victory. With such a powerful start to the season, the team is looking to become conference champs and send individual golfers to sectionals. Last year, they sent two golfers to sectionals, and they hope to increase that number this season. As this team already gained wins in their first matches, they are proving that they have some talented prospects. Their match against Grayslake North High School brought another win for the senior co-captain Maddie Barrett.

Although they fell short by two strokes in a close competition with Wauconda, the Sequoits avenged Wauconda with a two-stroke victory in their fourth match, which junior Manu Posada-Velasco led. The Sequoits have proven their hard work has been paying off with another win against Grayslake North High School. Barrett and Posada-Velasco both earned another win in this conference match-up.

The team attributes their success so far this season to training hard and focusing on practicing outside of their scheduled practices. Many players go above and beyond and practice independently. That may include using a chipping net in their backyard, going to driving ranges or going to a golf course near them.

“When I practice outside of practice time, it has helped me improve with my short game and my midrange,” sophomore Zoie Ziewacz said.

Although practicing the game is integral to a winning season, golf is also a mental match. The golfers understand they need to be focused to win.

“staying in the zone is the most important thing a golfer can do,” Barrett said.

Practicing has helped the team improve their golf game and grow their confidence. With each victory earned, the girls golf team is building their confidence to meet their goals and to have a successful season.

Like every sport, adaptability is key,” Barrett said. “Staying focused is the best thing you can do.

This team is ready to send players to sectionals, crushing their upcoming matches. The entire team, including their coaches, knows that staying positive is the key to competitiveness in this sport. Being positive comes with meeting new people from your own team and other teams. Bonding with players from other schools has also helped with staying focused and happy during their matches.

“Meeting new girls and sharing our whole life story is super fun and it helps create relationships with new people,” sophomore Makenna Sekany said.

With the ACHS girls golf team having goals in mind, they have been putting in hard work in and out of practice to stay ready for upcoming matches. The golf team is ready to overcome any hooks and slices and hopes to dominate the NLCC conference.

KIRSTEN HAMMOND | writer
Tom Tom Staff

AUBREY ULTSCH | designer
Tom Tom Staff

Sophomore Cole Hoerle enters this golf season with excitement, prepared to be the best player he can be. Hoerle says that his favorite part of playing golf is driving; however, one of his weaknesses is his slice, which he aims to improve upon this season.

Alongside that, one of Hoerle's goals this season is to win his match against Grayslake Central High School, one of the top golf teams in the NLCC. Hoerle plays matches almost every week, therefore, Hoerle occasionally struggles to keep a healthy balance between golf and school work. In order to maintain strong mental abilities during this time, he works to manage his time and does not give up when things get tough. Hoerle's interest in playing golf was influenced by his father and his grandpa.

"I'd probably say my dad [is my biggest role model] because I know he's been there for me the whole time, and [is there] to drive me everywhere," Hoerle said.

With his dad and grandpa supporting him through the season and his teammates appreciating his work ethic, Hoerle is anxious to see what the 2023 season is going to bring.

SCARLETT VICTOR | writer
Tom Tom Staff



HANNAH BARGZAK
class of '24

ANTIOCH GOLF “DRIVES” IN NEW CROWD

Golf has seen rapid growth in the past few years and has influenced a younger crowd to become involved with the sport.

The earliest evidence of golf's creation was a painting of St. Andrews playing it in the 1740s, but the sport has just recently started to gain popularity with a younger crowd. The Antioch Community High School golf team has seen the benefits of this uptick in involvement by younger athletes.

This year's team is younger than teams in the past; these young players help bring new perspectives to the team. However, the team took a hard hit due to losing key players from a year ago; Ethan Frasch and Donald Barnett, who both currently play golf at the college level. Even with losing these two athletes, the golf team still shows promise for a strong future. In golf, one of the most important things is having a positive mindset. Everyone will have bad shots, but you can not let that affect play and focus.

“This year's team, they're very passionate about their game,” junior Michael Titus said, “And everyone encourages each other and we all celebrate each other's

successes. In golf, everyone has their own score so when you are having a bad day you really get in your own head, and having teammates that can support you goes a long way.”

People look at golf as an individual sport, but having supportive teammates is a critical part of individual success. It also helps younger players feel more comfortable on the team and gives them a sense of belonging.

One thing that makes golf so appealing is that people can play it forever. With many sports, that is not the case; you can only play in high school and, if athletes are lucky, in college.

“I started golfing because my dad and brother encouraged me to when I was young and I happened to really enjoy the game so I kept wanting to play it more.” sophomore Ryan Stackhouse said.

Stackhouse's brother, senior Tyler Stackhouse, also golfs for the school. R. Stackhouse says that golfing with his

brother is one of his biggest motivators for improving his game. Golf is a sport that takes a lot of time to get good at it and is very difficult; that is one of the reasons why it is so popular.

“Golf is one of the most difficult sports, and you can always improve your game.” Junior Rylan Frazer said, “That's what makes it so fun, seeing the progress is addicting.”

This is one of the reasons people never get bored of it. It is never too late to start the sport. You can start at the front tees if you are young and lack power. This way, young and old can all still compete with each other.

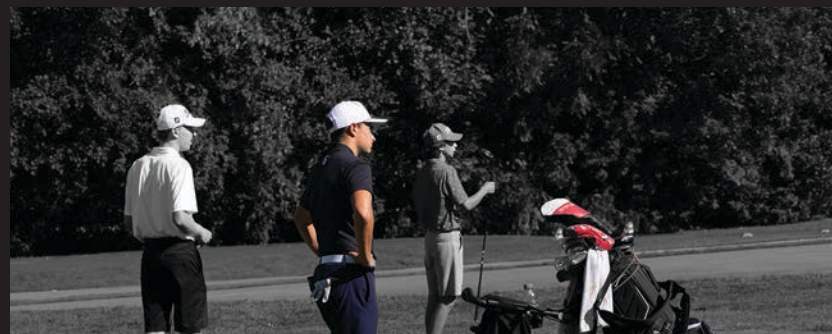
As the years go by, the interest in golf continues to grow. With the inclusion of all grades and all different types of people, golf continues to gather younger audiences. A mix of that and the fact that you can always improve your game makes it so that there is something for everyone. This leads to a promising future for Sequoit Golf.

SCHEDULE

- [8.15] vs. Grayslake Central
- [8.21] Lake County Invite
- [8.22] vs. Grayslake Central
- [8.25] @ Wauconda and Grant
- [8.28] VS Lakes
- [8.30] @ Grant
- [8.31] @ Grayslake Central
- [9.5] vs. Wauconda
- [9.7] @ Grayslake North and Round Lake
- [9.9] Roger Alm Invite
- [9.11] Quad Match
- [9.13] @ Lakes
- [9.16] Tournament
- [9.19] NLCC Confrence

RODDIE RATHMANN | writer
Tom Tom Staff

EMMA WAGNER | designer
Tom Tom Staff



you cant miss this

NLCC CONFRENCE

vs. Grayslake Central @ home

Following @SequoitSports on Twitter and Instagram won't be enough! Come out and see the team to show support for our Sequoit athletes!

SCHEDULE

[8.30] @ Marian Central Catholic
[9.5] @ Mundelien
[9.7] @ Lakes Community
[9.9] Invitational @D117
[9.14] @ North Chicago
[9.16] Quad @ Elkhorn
[9.21] vs. Grayslake Central
[9.23] Invite @ Hersey
[9.26] @Johnsburg
[9.28] @ Grayslake North
[9.30] Invite @ Richmond-Burton
[10.3] vs. Warren Township
[10.4] @ Wauconda
[10.5] vs. Grant Community
[10.19] @ Round Lake
[10.23] IHSA Regionals
[10.30] IHSA Sectionals
[11.3] IHSA Super Sectionals

SEQUOIT TO WATCH: Kayliana Losinger

Kayliana Losinger is a junior on the ACHS varsity volleyball team for the 2023 season.

She began playing volleyball six years ago, and currently plays for Sky High volleyball club. Playing club volleyball helps Losinger prepare for the high school season and helps improve her skills.

With Losinger being one of the oldest on the team, and always being on the court last year. She is now seen as a leader and is continuing that role.

“One of the biggest factors to impact a team is being nice,” Losinger said. “A team all needs to get along and if you’re never nice you can ruin a team’s dynamic.”

Since Losinger is only a junior, she still has time to work on her game and continue to lead the team to victory within her next two seasons.

JAZZY FISHER | writer
Social Media Coordinator



KAYLIANA LOSINGER
class of '25

BELLA BELLUCCI
class of '25



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SENIOR NIGHT

October 5, Antioch, Ill.

Following @SequoitSports on Twitter and Instagram won't be enough. Come see the team or stream it live to show support for our Sequoit athletes.

SET-UP FOR SUCCESS

The girls varsity volleyball team starts off a strong season with new talent to bring more success.

The 2023 girls varsity volleyball team gained a winning streak with two back-to-back wins. Their first game against Lake Forest High School was tough, but they ended up winning the game in only two sets. This is a huge victory for the girls varsity team since this is the first time they have ever beaten Lake Forest. Followed by this victory came their second game against Vernon Hills High School. It was a harder match, but in the end, the Sequoias pushed through and gained their second win. They hope to keep this winning streak up and to have an amazing season this year.

Some of the varsity players, including returning seniors Nora Larson, Ava Yeager, and Olivia Marcell, are ecstatic about their winning streak. Starting off the season strong is a good way for the girls to keep striving for more and more wins.

“I feel like we’ve been doing better than I thought we were going to and I think we have good potential for the rest of the year,” Yeager said.

All the returning players are overjoyed with this new winning streak, seeing that last year they were not as lucky and ended the season with more losses than wins. The older girls on the team believe that the newfound talent of the rookies have gained them a great winning advantage.

The new varsity players such as sophomores Mia Alanis and Mikayla Haskell, juniors Kayliana Losinger, Bella Bellucci, Ryen Lyndon and Sydney Walker have brought so much talent to the team and have overall helped the varsity team succeed. All these new players are the key to the varsity teams winning streaks.

“I’m excited because we have lots of potential and I’m excited to see what we do with it and what kind of team we can be,” Yeager said.

With all the help from new players, the seniors are excited for this season seeing that it is their last. They hope to end on a good note with lots of wins.

Since the varsity team now consists of more newcomers than returning players, they needed to get to know each other better in order to establish a good team connection.

“I’m excited about getting to know all the new players on our team because we have a lot of underclassmen who have been helping us go against hard and really good teams,” Larson said.

By having many team bonding moments and working with each other on the court, their relationships have gotten stronger and so has their playing. The team’s playing style has been working very well for them lately since they now have three

setters. Alanis, Lyndon and Bellucci have all contributed to the team’s improvement. The girls have worked hard for these wins and with the help of their three new setters, they are very confident.

“I’m excited to see our new setters: Mia, Bella and Ryen,” Larson said. “I’m excited to see how they’ll step up and run the offense this year.”

The rookies have been a big help to the team this year and will inspire the younger girls as they become the returning players next year.

The team is feeling confident this year and they are all excited to be able to play and learn together as the season goes on.

BRYNN GLAUSER | writer
Tom Tom Staff

KATIE SMITH | designer
Sports Editor



BRYNN GLAUSER
class of '24

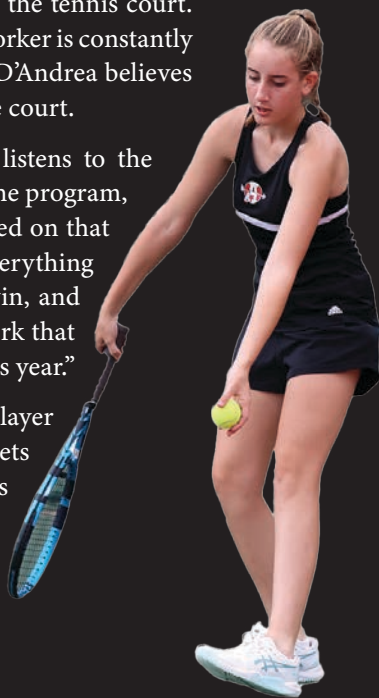


HANNAH BARCZAK
class of '24

Sophomore Aubrey Dickey is an ace on the tennis court. With an unmatched drive, the diligent worker is constantly striving to improve. Head Coach Jamie D'Andrea believes this is why Dickey is so proficient on the court.

"Aubrey is extremely competitive; she listens to the feedback she is given by the coaches in the program, and she works to improve her skills based on that feedback," D'Andrea said. "She does everything she can to put herself in a position to win, and it's that competitive nature and hard work that earned her a spot on the varsity team this year."

Dickey's determination to grow as a player and her willingness to accept criticism sets her apart from new competition. She is set to have a bright future in tennis and will continue to be a valuable asset to the varsity team.



you can't miss this

IHSA CONFERENCE

October 6, Lake Villa, Ill.

Following @SequoitSports on Twitter and Instagram won't be enough. Come see the team or stream it live to show support for our Sequoit athletes.

SCHEDULE

- [08.25] Match @ Vernon hills
- [08.26] Quad @ Home
- [08.29] Match @ Zion-Benton
- [08.30] Match vs. Waukegan
- [08.31] Match vs. Lakes
- [09.02] Invitational @ Cary-Grove
- [09.07] Match vs. North Chicago
- [09.09] Invitational @Grayslake Central
- [09.12] Match vs. Graslake Central
- [09.14] Match vs. Grayslake North
- [09.18] Match vs. Woodlands Academy
- [09.19] Match vs. Grant
- [09.21] Match @ Wauconda
- [09.23] Invitational @ Lakes
- [09.26] Match @ Round Lakes
- [09.28] Invitational @ Lakes
- [09.30] Quad @ Warren Township
- [10.02] Match @ Woodstock
- [10.03] Match @ Woodstock North
- [10.06] NLCC Conference @ Lakes
- [10.13] IHSA Sectionals @ Lakes
- [10.14] IHSA Sectionals @ Lakes

THE DYNAMIC DUO

Doubles Partners Layla Kane and Nicole Kutcher Prepare for their final season together.

It is vital to have a strong connection with your teammates, senior doubles partners Nicole Kutcher and Layla Kane are a force to be reckoned with. They are already off to a great start for their senior season. Even though this is Kane and Kutcher's first season playing as a duo, they have had a strong friendship for multiple years.

"We work well together because we are both very open-minded and try to focus on the positive aspects of our matches," Kutcher said. "We try our best to pick each other up and that definitely helps us play better."

Having a strong bond on and off the court is important because matches can get tough at times and they need each other's support to be successful. In order to win their matches, the girls must be able to build each other up and encourage the other to play to their full potential.

"It's nice to be able to laugh because you're relying on another person and when you make mistakes, it makes you feel bad for the other person because they couldn't control that," Kane said. "Being able to have a good friendship with them shows they're not mad at you or anything."

Varsity head coach Jamie D'Andrea selected the doubles partners using player similarities to pair them and believes that Kane and Kutcher have complementary personalities and have skill sets that work well together.

"Nicole and Layla are strong athletes who have a knack for anticipating what the other team will do and position themselves to defend their side of the court," D'Andrea said. "They are multi-sport athletes who have played other sports together like basketball so they have an idea of each other's strengths and weaknesses and their skills are very complementary."

As Kutcher and Kane start out their senior season, they do not have any specific accomplishments in mind but they hope to enjoy it while it lasts and have as much fun as they can before the season is over.

"We played in our first weekend tournament and as our #2 doubles team, Nicole and Layla played well enough to win medals for second place," D'Andrea said. "I think they will find success like that throughout the season, and despite them both being fairly new to tennis, I'm hopeful that their athletic ability will help them finish the season as NLCC All-Conference players."

Kutcher and Kane have developed a strong relationship, D'Andrea knows how hard high school can be as a student athlete and knows that the two can support each other well through all the mental struggles that come with the mentally draining sport.

"Tennis is more of a mental game than many people recognize, so finding partners who will help each other when one's serve is off or the other's volleys are going long, is paramount," D'Andrea said.

Overall, Kutcher and Kane are off to a great start to their final season and are eager to see what this year brings them.

KATE SHEEHAN | writer
Tom Tom Staff

FAITH FRANCKE | designer
Morale Coordinator



LARKIN MURPHY
class of '24



HANNAH BARCZAK
class of '24

The Sequoit soccer team is back and better than ever for their 2023 season. Last season the team ended 0-18-1. However, this season the boys took home a 3-0 weekend win at the IMSA tournament on August 26, which left fans wondering why there has been a sudden turn of events for our boys. This season, the boys are being taken in a new direction led by their new head coach, Maddie Lyon. With the change in coaching staff, the boys are taking charge of the opportunity ahead of them to become stronger athletes.

“The boys seem to be more active and open to the new coaches,” junior Cade Ternes said. “Which is great to see.”

In past years, the team seemed to go through the motions without having a game plan or strategy to move them forward throughout the season. This year, there is a new structure to the way the team plays and practices. Coach Lyon is leading the boys down a positive path providing them with goals and a gameplan for what they want to accomplish in these next few months. They have been working extra hard this season to ensure that they are proud of how they compare to previous years. However, the boys are not the only ones that are going the extra mile this season.

“Something that [has] made a difference is the effort [from] the coaches. [They] want to be there and strive to make us better,” junior Max Mehring said. The extra effort that is being shown by the coaching staff, pushes the team to compete at their highest level. As a whole, the boys and coaches are creating a very positive and driven community within the ACHS soccer program.

Not only is Coach Lyon taking charge of the boys soccer team during the fall season, she also is the head coach of the girls soccer team during the spring. Lyon is taking on a challenging role this year. She must help the boys achieve a great season, while still figuring out how to run the program smoothly.

“Being a female [and] head coach of a male program always is going to [have] challenges,” Lyon

said. “But these boys are great and 100% respect me as a coach and [it] truly has been a pleasure coaching them.”

The bond between the boys and Lyon is becoming a leading factor to their success so far this season. They are able to achieve greater things by setting goals for themselves while also allowing themselves to enjoy the time they spend together.

“Our new coaches have many strengths. One of them is knowing how to have fun, that is very important,” junior Max Mehring said.

Having a positive environment is part of what has driven the team to come together with such great chemistry this year. However, the team still has some areas of struggle.

“Our bench is pretty small. We would have liked to have more numbers. So far, the fitness levels of the guys have been great and we’ve had no issues, but the season is still young,” Lyon said.

The team is full of great players who have tons of talent and passion for the sport, however with such small numbers, the team must remain dedicated all season.

Having such strong chemistry between the team, as well as great communication, has allowed the boys to take this challenge head on.

“I think our biggest challenge is being able to come out better and stronger after games,” Ternes said.

“This year we were coming off a high after winning all three games of the IMSA tournament and taking home the trophy, but after that weekend we came to practice sluggish, and that shows on the field the next game.”

Though the boys had a lot of negativity towards the end of last season, they are working on becoming mentally stronger as a whole. The team dynamic has greatly improved and the Sequoit fans are excited to see how far the team can go. Stay on the lookout for the boys soccer team this fall and all that they accomplish.

SCHEDULE

SEQUITOIT TO WATCH: Matthew Miller

Freshman Matthew Miller started his first year as a Sequoit soccer player and has already made an enormous impact on the team, Miller plays on varsity and has helped the team collect their first wins in the past two years. Miller may be new to the Sequoits team but he is not new to soccer. Miller has been playing soccer for seven years; both for his school teams and club. Miller is the Sequoit's goalie which means he is playing one of the most meaningful positions on the field. Miller is extremely eager to have three more years ahead of him. He hopes to see the program rise to become one of the best soccer teams in school history.

"I am most excited for team improvement," Miller said. "I want to watch it grow."

He is excited about the growth that the team has already created this season and wants to see it continue. You can catch Miller in the goalie's box for the rest of the fall season.



- [8.22] @ Westosha Central
- [8.25] @ IMSA
- [8.26] @ IMSA
- [8.29] @Deerfield
- [9.6] vs. Mchenry
- [9.7] @ WoodStock North
- [9.9] vs. Lake Forest
- [9.12] @ Richmond Burton
- [9.14] @ Lakes
- [9.19] vs. North Chicago
- [9.21] vs. Grayslake Central
- [9.26] @ Grayslake North
- [9.28] vs. Grant
- [9.30] @ Vernon Hills
- [10.3] @ Wauconda
- [10.5] @ Round Lake
- [10.10] vs. TBD



HANNAH BARCZAK
class of '24

you can't miss

SENIOR NIGHT

vs. Grant @ home

Following @SequitSports on Twitter and Instagram won't be enough. Come see the team or stream it live to show support for our Sequoit athletes.



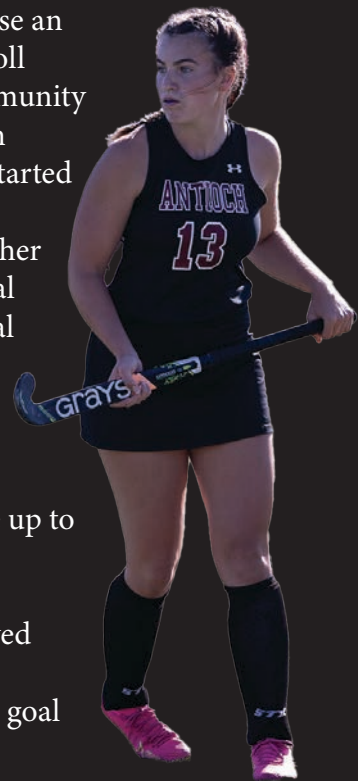
SEQUITO TO WATCH: Scarlett Carroll

Following the steps of an older family member can cause an athlete to feel a lot of pressure. Freshman Scarlett Carroll certainly has big shoes to fill with recent Antioch Community High School graduate and Division 1 Central Michigan commit Cameron Pluciennik as a cousin. Carroll just started playing this year and has already made an enormous impact on the team with her speed, dodging skills and her ability as a scorer. As the starting right forward, her goal is to get the ball in the circle and score. With her natural hand eye coordination, scoring comes easy. Being a freshman starter can be very challenging, especially on a team full of upperclassmen.

“It is a lot of responsibility,” Carroll said. “I hope to live up to Cameron’s name.”

A big goal for the team this season is to have an improved record from last year and be placed higher for the state tournament. As for Carroll, she seeks to be a prominent goal scorer and distributor on the team.

KATIE SMITH | writer
Sports Editor



SCHEDULE

- [8.19] vs. Loyola Academy
- [8.21] @ Oak Park River Forest
- [8.25] vs. North Shore Countr
- [8.30] @ Homewood-Flossmoor
- [9.6] @ Lake Forest Academy
- [9.9] @ DePaul College Prep
- [9.12] vs. Latin School of Chicago
- [9.13] vs. Deerfield
- [9.16] @ Evanston
- [9.18] vs. Naperville North
- [9.20] @ Highland Park
- [9.23] vs. Saint Viator
- [9.27] vs. Stevenson
- [9.28] @ Glenbrook South
- [9.30] vs. Saint Ignatius
- [10.3] @ Lakes Community
- [10.5] vs. Glenbard West
- [10.11] @ New Trier

GRACIE QUIRKE
class of '25

MILEY VOLKMAR
class of '26



you can't miss this

RIVAL GAME

@ Lakes

Catch the lady sequoits against lakes for their final rival game of the season!



SCARLETT CARROLL
class of '27



THRILLS, GOALS AND GLORY: FIELD HOCKEY SETS UP FOR A SUCCESSFUL SEASON

The Antioch field hockey team seeks success after losing key seniors.

The Antioch Community High School varsity field hockey team started their season without the 2022 captains and key players Cameron Pluciennik and Allie Curry. This year, the girls strive to make it farther in playoffs than ever. The team is currently sitting 8-4; however, they are eager to keep improving.

Former captains Pluciennik and Curry left big shoes to fill for this year's season. Seniors Jazzy Fisher and Hannah Schaufele have now stepped up into that captain position and are working hard to fill their spots.

"Our captains are our leaders, they're very inclusive and outgoing people," junior defender Grace Quirke said. "They just make our team feel like a real team."

Fisher and Schaufele helped lead their team to a consecutive four-game victory streak with a 3-0 win against North Shore Country Day, a 7-0 win against Homewood-Flossmoor High School, 9-0 against Lake Forest Academy and an 11-0 against Depaul College Prep. As the first couple of weeks are

completed, the girls are figuring out ways to work as a team to complete their goal. Sophomores Nellie Hill and Allison Reif have jumped into the net to fill Curry's position.

"We lost one of our major goalies, so it's been challenging trying to help out the younger goalies on how to play and also having a different type of leader in the cage than we did last year," Schaufele said.

As the girls learn how to fill the alum's positions and how to play without them, they also have to learn how to play with new teammates such as freshman Scarlett Carroll. Carroll is one of two freshmen on varsity, accompanying Alaina Tan. Carroll is the team's starting right forward and is already living up to her team's expectations, while Tan is one of the team's lead scorers alongside senior Laila Salata. During their game against Homewood-Flossmoor, Tan scored a hat trick as well as the first goal of the game. Fans can expect Tan and Carroll to be a dangerous duo throughout the next four years.

Fisher and Schaufele both bring

different characteristics to the team, such as being hardworking, dedicated and trustworthy. The team saw them as leaders and role models for multiple years, even when they were not officially name captains of the team until this year.

"They were my teammates for a long time and they were definitely leaders and role models for the whole team, so it's definitely changed without them," Schaufele said.

It has been a challenge to get the team back and running without them but, with the help of the team's new captains and the rest of the players they will make their adjustments and strive to succeed. As the season progresses, the girls are looking to score more goals, seal more wins and secure a higher spot in the state tournament.

LILY TINKER | writer
Tom Tom Staff

AUBREY ULTSCH | designer
Tom Tom Staff



HANNAH BARCZAK
class of '24

Qualifying for State in the previous season was a huge achievement, considering the last time the ACHS cross country team qualified was over 30 years ago. This also means the girls have higher expectations placed on them this year. Hopeful for another incredible season, the Antioch girls cross country team works as a team to build and accomplish some big seasonal goals.

With many returners knowing what to expect at State, the Sequoits have a greater outlook on this year. During the beginning of last year's season, qualifying for State looked like an unreachable goal, however, once they realized they could make it, they began to step it up and push themselves.

This year, the girls want to take their passion to go state even more serious than before. To become stronger as a team and see results, they practice together, do team building together and also run individually outside of practice.

"I love training as a team because you have people to carry you through a workout even when you are struggling," junior Piper Ipsen said. "This helps prepare me for meets where I run by myself against other schools. Those other schools act as a push to get me to stay with the pack and not fall off."

Cross country is typically viewed as an individual sport and people often forget the team aspects of the sport. Cross country is scored by adding the finishing place each member of the team. The team with the least points would be declared first place.

"Each individual impacts the overall success of the team. But in the end, it is a team sport" Coach Chris Bailey said.

Bailey, going into his 16th year coaching cross country, expects a good season with a tremendous amount of work towards the achievements the girls want to qualify for.

"It's not given that we're going to go back [to state] just because we have our top seven returning, there's no free ticket to State." Bailey said. "In fact, I think we're going to have to work even harder this year if we want to accomplish that."

During the offseason, runners are expected to run and numerous cardio-based workout to stay in shape. Running can be draining especially in the summer days the athletes spent preparing themselves for their season, but it shows their dedication and desire to achieve success.

"Being down at State makes you realize that you're just like everyone else and you're doing the same training methods as everyone else, it's just that some people want it more," senior Addison Lane said. "Once you realize that, it makes you want to try harder and do better."

As her last year on the team, Lane wants to see the team get top three in conference or top 15 in state. Having such big goals to execute, the team needs to stay encouraged and motivated throughout the season. As scary as the expectations rising for the girls can be, they are excited to see what they are capable of accomplishing this year.

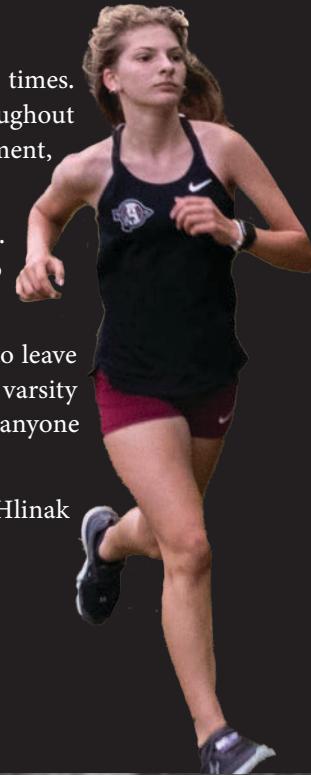
SEQUOIT TO WATCH: Marilyn Moore

Junior Marilyn Moore runs into her second year of cross country, fired up for faster times. Moore has prepared for the current season with long runs and intense workouts throughout the off-season. As Moore is a sophomore this leaves her with more room for improvement, as she can only build off her speed and endurance.

Moore moves closer to becoming a vital part of the varsity team with each practice. Moore is hoping to support the girls on their journey to the IHSA state championship this November.

She is also putting in the hard work to build herself up as a future leader of the team to leave her mark on the cross country program. The team understands that breaking into the varsity roster will be a challenge this season, but assistant Coach Ryan Hlinak believes that if anyone will, Moore will.

“[Moore] is always improving and doing all the things she needs to do,” Coach Hlinak said. “By the time next year rolls around, she will break through that varsity lineup.”



TYLER MILLER | writer
Tom Tom Staff

SCHEDULE

- [8.30] Lake County Invitational
- [9.2] Invitational @ University of Wisconsin- Parkside
- [9.9] Invitational @ Detweiler Park- Peoria
- [9.12] @ ACHS
- [9.16] Invitational @ Warren Township
- [9.19] @ Grant
- [9.30] Invitational @ Fox River Park
- [10.2] @ Foss Park- North Chicago
- [10.6] Invitational @ Lakes
- [10.14] NLCC Conference @ Grant
- [10.21] IHSA Regionals
- [10.28] IHSA Sectionals
- [11.4] IHSA State @ Detweiler Park- Peoria



you can't miss this

IHSA STATE

November 4, Peoria, ill.

Following @SequoitSports on Twitter and Instagram won't be enough. Come see the team or stream it live to show support for our Sequoit athletes.



SEQUOIT TO WATCH: Tony Sculuca

Coming off an impressive sophomore campaign, junior Anthony Sculuca is more prepared than ever to show what he is capable of. Sculuca, being part of a very talented junior class, put in hundreds of miles during the offseason and has been building up his endurance and speed to an all-time high.

“I was running 30, 40, 50 miles a week, getting my miles up,” Sculuca said.

Sculuca has various different goals for this season. These goals include setting new personal bests and making it to the State Finals as a team. He is very confident in his abilities, along with the team's.

In order to make sure he keeps improving throughout the season, Sculuca intends to put forth 110% effort into each workout and run the extra miles every day the team goes on long runs to put himself in the best position to be successful.

Look to see Sculuca running at the State Finals on Nov. 4, at Detweiller Park in Peoria. Coming off an impressive sophomore campaign,



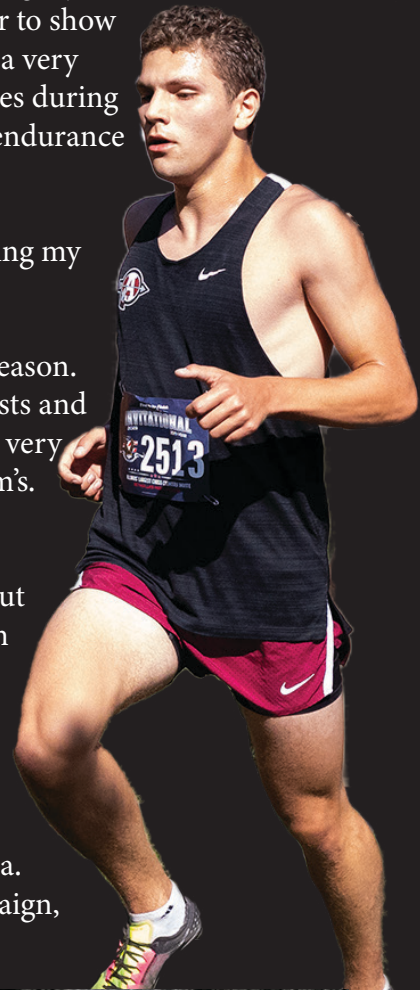
HANNAH BARCZAK
class of '24



HANNAH BARCZAK
class of '24



BRADY KOB
class of '25





you can't miss this

IHSA STATE FINALS

@ Detweiler Park in Peoria

Following @SequoitSports on Twitter and Instagram won't be enough. Come see the team or stream it live to show support for our Sequoit athletes.

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RUNNING TOWARDS REDEMPTION

After not qualifying for the state finals by only one person last year, the boys cross country team looks to end this season down at Detweiler Park in Peoria, IL.

ADDISON LANE | writer & designer
Sports Editor

On Oct. 29, 2022, the boys cross country team participated in the Sectional Finals, competing against some of the best teams in the state. The goal, of course, was to place within the top seven teams, which would secure their spot to participate at the IHSA Cross Country Championship. Unfortunately, the team was unable to reach this goal as they ended up falling one place short.

Many of the returning boys were frustrated with the outcome of their performance last year, however, this determination drove them more than ever to redeem themselves. As last year's season slowly came to a conclusion, the boy's team felt a shift in their mental toughness as a whole.

Last season, many runners started to become unmotivated and unwilling to put in the effort to make the necessary changes to improve. Without everyone on the same page, the boys cross country team saw this attitude start to affect the outcome of their season. Looking to make a change for the season, the team is determined to come back with better attitudes and better commitment. Webb feels that not only did the team's mindsets

change, but the program as a whole has changed their mindset about the new season.

"This year everyone has a better mentality, especially the returning boys," Webb said. "My teammates come into practice each day wanting to improve and wanting to hit practice hard."

Along with Webb, head coach, Christopher Bailey believes that in order for this season to be different from the last, the mindsets of his runners need to stay positive. Bailey feels that not only does the mentality of each runner matter, but the way they motivate their team also plays a huge role in success.

"I feel runners are motivated and stay on track if they understand they are an important piece to the puzzle in the team's success," Bailey said. "If they fall short, they not only hurt themselves, but they hurt the team."

Junior Griffin Freeman believes that coming so close to making it to state last year has pushed his teammates along with himself to become better. The team is more eager than ever to have a show-

stopping season.

"We finally feel like we have all the pieces that we need to be successful, and if we put them together, we can make some truly special happen for both the guys and the girls team," Freeman said.

For this to become a reality, they needed to see a change in one more area. Although having accountability for oneself and putting in the work on your own can be hard, it must be a priority for the team. This season has shown dramatic changes in the commitment level and the level of accountability for themselves.

"When people miss practice, the team knows that they're going to make up what they missed on their own time," Webb said.

With this year's boy cross country team having a new mindset, a newfound hunger for making it to State and more accountability, they hope to have a season like never before. With much physical and mental improvement, they are off to a great start to their season and are eager to see how this season ends.

THE ARR



ROW





Senior Nick Day's high school football career has not been an easy journey. Playing varsity sports as an underclassman is difficult, especially when an injury cuts your freshman year short.

In the second to last game of his freshman season, Day broke his fibula, which is the small bone between the knee and ankle. After this injury, he was advised to sit out of sports for a minimum of six weeks to heal, and required surgery to repair the damage in his ankle and to help stabilize the bones. Due to COVID-19, his freshman and sophomore seasons were back-to-back and he was forced to make a rapid recovery.

"It took me six weeks to recover from breaking my leg," Day said. "I was fully [back] in [sports] after the sixth week because the first day I got back [to school] we started football so I didn't really have a choice."

Coming back from such a devastating injury can be tough for most players, but Day was determined to lock in his position on the team, which heavily relies on leg and ankle strength. Due to jumping right back into the sport, there have been several injuries to following his original break. He continues to push through these obstacles in order to continue playing the sport he loves. More recently, Day sprained his ankle and got tendonitis in the same spot due to the metal in his leg.

In the beginning of the 2023 season, head varsity football coach Brian Glashagel noticed Day's injury was affecting his play throughout practice. Typically, he is a fast and agile athlete, but at practices it was showing that he was not performing at his best capability. This concerned the coaches and players especially since the start of the season was approaching quickly.

For the first game of the season, the team was not sure whether or not he would be able to play. It was a game day decision for Day to choose to take a chance and play or be safe. He chose to play.

The full back position is one of the three running backs that play on offense. Day's position, in particular, requires a lot of running and force which puts strain on

the ankle and requires mobility of the legs. With the extensive injuries Day has suffered through, it makes playing this position difficult.

"Fullback is the [player] that carries the ball the most. He's got to get inside and get the tough yards" Glashagel said.

Day chose to not allow his injury to affect his play; due to the fact that he was not able to run as fast as he normally would, he applied his skills in different ways that only ample players would be able to realize and adjust to on the spot.

"On Friday [at the Schaumburg game] he was not as nimble and quick," Glashagel said. "So he [resorted] to what else he could do and just ran people over. He has that ability to switch the type of runner he is."

After the first game, it was questionable if Day would continue to feel able with all of the strain he had put on his ankle; however, he went to practice feeling better than ever. Day said that he felt better after the game than he did going into it, and ever since then he has been playing almost normally. He has recently been building back the strength he once lost.

Senior captain James Sheehan has been playing football with Day for 10 years now. Over the years, the boys have become very close on and off the field. With Sheehan being the quarterback and Day being a running back, they heavily rely on each other on the field.

"[Nick's] a beast, everytime we give him the ball I feel like he hits someone pretty hard," Sheehan said. "[When] he gets the ball I think we have a chance to make a good play."

Not only is Day a key piece to the physical aspect of the game, he is also extremely good at keeping a loose atmosphere during games and practices. He has a certain sense of humor which the whole team benefits from. Losing him to another injury would take a toll on the team's morale.

"Nick brings a sense of funniness to the team. Whenever he's around, the morale is always higher," Sheehan said.

Although Day is known throughout the

team for bringing a light hearted spirit, he does not show that on the field. Not only is he a strong player but he is remarkably humble which shows during games.

"[Nick] lets his actions speak for his words [on the field]," Glashagel said. "Just the way he plays when he gets the ball at full speed."

With all the obstacles that Day has been thrown throughout his high school career it would be easy for him to give up on the sport or not put full effort into it. He has shown by his quality of play and his positive attitude that he truly deserves all that he has earned starting on the team and stands out from other players.

"We've had short, smaller compact guys that can play football [such as Nick]," Glashagel said. "I think that one of the surprising things when you watch [Nick] play is that he plays faster and smaller than he is."

Day continues to surprise his opponents and has made a name for himself. He has become a crucial player on the Antioch Community High School football team due to his energy and level of play. Day has taken his injuries and overcome them, by continuing to persevere through everything that life throws at him.

GRACE GREEN | writer
Tom Tom Staff

HANNAH BARCZAK | designer
Visual Director

Senior co-captain Emma Wagner is in her fourth year of golf at Antioch Community High School and is a valuable asset to the varsity team. Wagner started her golf career during the midst of the COVID-19 pandemic. Since then she has made unbelievable progress in her playing, this is what earned her a varsity spot in the following years.

Wagner comes from a long line of golfers in her family, so when she decided to join the team her freshman year, it was no surprise that she would perform greatly. Her family owns Spring Valley Country Club which is the home course for both the girl's and boy's golf teams. This gives her an advantage, as during off days she is easily able to perfect her craft on a course she is comfortable and familiar with.

The girls' golf team has shown that perseverance and positive attitudes are key to performing well not only as single players but as a team. An athlete's mental attitude affects their entire performance, especially in a sport like golf, so it is difficult to perform at your best without having confidence. Having teammates that can push you to do your best but also complement your playing style is essential to make the complicated dynamic of a golf team work.

"We should always support each other, if someone shoots a good score we are all very supportive, if someone shoots a bad score we are the same way," senior Maddie Barrett said. "It doesn't matter, at the end of the day we are all teammates and we are rooting for each other."

The team is always making sure to constantly uplift their teammates and wish them luck before and even during every match. This is an important aspect to make sure the team dynamic stays positive all the time and the girls are able to have fun while competing in a sport they love.

"I've learned to always keep pushing and have a positive mindset because positive thoughts equals positive shots," junior Enza Nawrocki said.

The team's overall dedication to the sport plays a large role in their ability to succeed as individuals and as a team. Fortunately

for the girl's golf team, the players are all dedicated to always improving their game and making an effort to put extra practice in when needed. Along with this the girls are always helping each reach full potential on and off the course, this is an extremely tight knit group of girls. They make sure to push themselves to constantly be the best version of themselves. They girls make sure there is an equal amount of both fun and hard work put into a season.

"We are all really focusing on this season and taking our playing seriously," Barrett said. "I think we have a really good shot at the conference this year."

Three co-captains lead the girl's golf team; with all of them being seniors. This has meant they have all grown as players together which makes them perfect fits for co-captains Both the coaches and other younger players on this team have recognized the immense amount of effort these girls have put in to make sure they are performing their best every match. Wagner takes a huge initiative on the team by making sure to take younger teammates under her wings and teach them the ropes of high school golf and by setting good examples that the younger players can follow. Wagner is a perfect example of a role model for the underclassmen and is someone they can all look up to not just as a player but also as a person as she is always the first one to volunteer when an underclassmen needs a ride home or just someone to sit with on the bus.

"We have made it to a point where we are helping lead and getting people what they need. We always help them," Wagner said. "Co-captains are a leadership role."

Wagner's coaches have had a large role in getting her where she is today as a golfer. Someone she looks up to and gets a lot of inspiration from is head coach Bill Hamill. Having a good coach can make or break your performance as an athlete, it is important for these girls to have a coach who fuels their passion for the sport rather than a coach who puts out their spark and love for the sport which happens all too often these days.

"My coaches are for sure everyone's biggest

supporter, like coach Hamill. [My coaches] definitely pushed me to be who I am today," Wagner said.

Hamill helps the girls learn from their mistakes and strive for the best. He is a crucial part in helping the girls improve their game and play at their best 100 percent of the time. As Hamill has been coaching girls golf for a long time he has gotten extremely good and pointing out certain areas the girls can improve in and helping them work towards their goals.

"Remembering that this [sport] might be played as an individual but team scores decide everything," Hamill said. "They must remember every shot counts no matter what their current score is. They know they can count on each other and they hold each other accountable for their performance on and off the course."

Not only is Wagner an excellent athlete but she is also an outstanding student, she is always pushing herself in school by taking multiple AP classes a year and being a large part of the Tom Tom, constantly volunteering to stay after school and helping the newer students with designs. For many students, balancing school and sports can be difficult, but Wagner has proven she can do both, with maintaining an honor roll worthy GPA all throughout school. Although Wagner does not plan on continuing golf in college like many ACHS golf alumni, she is still planning to play as a hobby whenever she gets the time.

MYCAH THOMPSON | writer
Tom Tom Staff

HANNAH BARCZAK | designer
Visual Director





Golf is often an underestimated sport in today's society. The mental and physical demand is something that all golfers have to overcome. Junior Ben Clausen has been golfing at Antioch Community High School for three years now. His drive to succeed once he steps onto the green is what leads not only himself, but his team to victory at each match.

Prior to high school, Clausen had never picked up a golf club or played a full 18 holes. Getting involved in a high school sport is something that many people recommend. It is important to help incoming students find new interests, along with friends and talents for their following four years of school. This advice is something that Clausen took into consideration.

"I came from a smaller school so I didn't know very many people. I thought it was just a way to meet new people freshman year," Clausen said. "I like that it's very self driven so you can get better by yourself."

When thinking of physically and mentally demanding sports, common first thoughts are sports like football, gymnastics, or soccer. However, many people don't realize how much strength it takes to be a golfer.

"I'd say it's more physically demanding than people actually think that it would be just because walking 18 [holes] with a heavy bag on your back for however hot it can be in the summers," Clausen said.

Clausen's impact on his teammates around him does not go unnoticed. His positivity radiates to others and allows the team to put their best foot forward and help each other when necessary. Being a varsity athlete comes with hardships and days where a negative mindset can take over. Despite this, Clausen pushes through and brings light into the dark days.

"Ben always seems to be happy," head coach Trey Hickey said. "A lot of golfers can be very serious, which can be good and bad. Ben is unique because he just always seems like he's in a good mood, no matter

whether he's playing well or he's playing poorly, which I appreciate. Because when people are grumpy it makes everybody around them grumpy."

Alongside being the head choir director and the fine arts department chair, Trey Hickey is the head boys golf coach. Hickey's passion for golf began when he was just eight years old and he has been sharing his interest and skills for nine years at ACHS. Over the past few years, Hickey has analyzed the immense improvement that Clausen has made since his first year. Clausen's dedication and improvement have earned him a spot on the varsity level.

"The number one characteristic for a good golfer is the ability to not let mistakes affect the next shot," Hickey said. "You have to have a short memory and I would say that Ben is very good at not getting down on himself if things aren't going well; and that is a very good quality to have."

Clausen creates an atmosphere that brings teammates together and leaves everyone feeling involved and excited to be at practice or a match. Being a favorable person on and off the course is truly what holds the ACHS team together.

Similar to Clausen, Rylan Frazer is a junior at ACHS and is also aiming for success in his third season. Frazer also notices Clausen's ability to take corrections and spread positivity throughout the team.

"He's always like the backbone of everything," Frazer said. "He's always there to help and make everything better. He's just positive; he never brings people down."

As the seniors on the golf team prepare to leave their final mark, Clausen is given one final opportunity to learn from the upperclassmen before he reaches his senior year. One major asset to the team is senior Tyler Stackhouse. Stackhouse has been golfing for just over two and a half years and has already done great things with his athleticism and passion for the sport.

Stackhouse explains that he has high hopes for the team after he graduates because of

the hardworking juniors such as Frazer and Clausen. As a senior, one of Stackhouse's main roles is ensuring that he provides a leading example for the underclassmen. By doing so, it sets the bar for future programs.

"I think he'll only continue to grow honestly," Stackhouse said. "With [the] other teammates' help, he'll become one of the better players Antioch has seen. On top of that, he'll be good at teaching the underclassman the correct ways to golf."

Hickey explains that Clausen is already very helpful to the younger players on the team. Clausen knows when to lock in and focus in order to learn from the examples of the seniors. Putting in additional work outside of required practices is what helps an athlete improve their skills as well as their drive toward success. Clausen golfs about twice in a weekend and every day during the summer. Similarly, Clausen has learned the importance of balance between athletics as well as school.

"I've learned that you need to take any free time that you have available and work on your classes and other schoolwork," Clausen said.

In the blink of an eye, Clausen will soon be a senior and have one final chance to leave a legacy on the ACHS golf team. Until then, he will continue to strive for excellence and help lead the team to victory at each match. Clausen has been a prime example of determination and mental strength as an athlete. Despite being newer to the sport, he has taken chances to improve on his own for the greater good of those around him. With this attitude and drive, Clausen has the ability to do great things not only for the ACHS golf team, but beyond high school as well.

LAILA SALATA | writer
Tom Tom Staff

HANNAH BARCZAK | designer
Visual Director

Most high school athletes are often faced with the life-changing choice to keep continuing to play their sport at the next level or not. This decision can be daunting for future collegiate athletes because of the required commitment, competition, and work. However, senior Nora Larson is excited about the great challenges ahead and is hoping to make her last volleyball season as a Sequoia count.

At eight years old, Larson's volleyball career was inspired by her sister playing the same sport.

"I saw my sister playing in camps and I really wanted to try it," Larson said. "Once I started playing it I loved it."

She soon developed a strong attachment to volleyball and the work ethic it demanded. Larson continued to work hard and be diligent when training which led her to excel and make it her craft. Before she knew it, volleyball took up many years of her life. Along her journey, Larson learned many skills that helped her mature not only as an athlete but, as a young woman as well.

"The biggest life lesson that I have learned playing volleyball is that your teammates become your family and you all go through so much together," Larson said.

Without the support from friends, family and teammates, Larson knows she would not have the same success or the amount of opportunities that volleyball has given her today. Antioch Community High School senior, Addison Pyburn has been best friends with Larson for many years and has watched her grow into the amazing volleyball player and woman she is today.

"She always does everything to her full effort and makes sure her teammates are the best they can be," Pyburn said.

The dedication Larson has put into this sport is evident to those around her. Pyburn elaborates on how Larson is genuine and responsible which are not only important traits to have in a best friend, but also a teammate. Respecting and having a bond with your teammates is something that

one must have in order to get the desired outcome in the season. Larson puts forth a great deal of effort to make sure that everyone stays accountable and that the team is cohesive with each other, which takes an immense amount of passion and effort.

"She started taking a leadership role her sophomore year, and since then has become a leader on and off the court, this is her second year as a team captain," Varsity volleyball Coach Greg Bruns said. "Nora has been good at sharing her ideas with me for the last two years and has grown her demeanor on the court."

Larson received the golden opportunity of being on varsity as a freshman in high school, which is a dream most freshmen do not fulfill. Bruns holds the Sequoia volleyball team to high standards which Larson easily withstood and was proficient in. Her growth throughout her high school career helped inspire many younger athletes to stay determined and maintain a passion for the sport that they love.

"She works the summer camps and helps out the middle school players," Bruns said. "In season, as a senior, she has taken the lead in our Big Sister program, she has a group of underclassmen that she will help if they need it, and is a mentor to those players."

Larson stood out and gained respect from teammates and coaches due to having the patience to help younger teammates and athletes.

"Nora is one of the players on the team that works hard to get better, plays club and has done some out-of-season conditioning work to increase her vertical jump," Bruns said.

To maintain the right amount of technique and strength to succeed in the high school season, most athletes often play their sport in a club setting outside of school to grow and improve their skill and performance. Larson plays for Sky High Volleyball club to get extra practice in during her off-season. The initiative and drive she

has for volleyball also led her to do extra conditioning to maintain her durability on the court.

It is very apparent that Larson takes the time to create a bond with her teammates. Being inclusive is very important in the aspect of being a leader, working well with others will make it easier to adapt to different skill styles that coaches or athletes could potentially have.

"I hope to play volleyball in college," Larson said. "I hope to travel as much as possible and work with new people,"

The opportunities are endless as a college athlete. Being constantly surrounded by new people, new coaches and ultimately more subject to holding yourself accountable with what is thrown at you because new expectations must be exceeded. Larson is planning for the future and hoping to play at the next level. With her strong academic background, intense training tactics and ambition, she has a very high chance of achieving her goals and making her nine-year-old self proud by playing at the collegiate level.

"She has become such a mature young woman who stands for what she believes in and this will allow her to be successful in any area of her life," Pyburn said.

Whether it is her teammates, coaches, friends or family, Larson has a substantial support system that will continue to help her grow even more to reach her vast goals. As she enters her last season as a Sequoia athlete, Larson plans to leave an impact on the program. She will continue to make her community proud not only in Antioch but wherever she continues her volleyball career.

SCARLETT GOODLUCK | writer
Tom Tom Staff

HANNAH BARCZAK | designer
Visual Director





Linnea Lindstrom is going into her senior year here at Antioch Community High School playing tennis all four of those years. She originally picked up a racket in the fifth grade when her and her grandfather went to play tennis together, but started taking it seriously freshman year of high school. What has kept Lindstrom going all four years is her feeling that she found her sport in the singles position.

Playing singles allows for Lindstrom to make her own decision and have the weight of the game on her shoulders. Lindstrom mostly enjoys playing singles because she likes to play at the baseline in matches. There is a certain way a tennis ball sounds after hitting the racket that makes the crowd wild no matter if it is on a serve or a back and forth rally. Every match is different, which is also exciting for Lindstrom. She's been known as one of the better players on the team and in the conference. With Lindstrom coming up short last season and not making the state tournament, she is hungry and eager to silence critics.

"We're going to do our best to make sure she qualifies for state somehow," Varsity Tennis Coach D'Andrea said.

"She's also been known as a determined player as well as her serves being second to none and crazy fast. Lindstrom has shown a new determination to win since last season," senior teammate Vera Fogel said. "She is so determined to win and will do anything to win."

Unfortunately, Lindstrom's season did not start the way they wanted, she had hoped as she took a tough loss against Vernon Hills. Although Lindstrom did not start her season on a high note, D'Andrea believes she will make waves in the singles position. Lindstrom has been improving at all aspects of her game each season up until now, making her a dangerous threat in her final year. Due to the speed of her serve makes her opponent have to think and act quickly which usually leads to a mistake.

"Her serves are like rockets," Fogel said. "Which makes it almost impossible to

return."

Lindstrom's growth in the sport definitely hasn't gone unnoticed. She plays tennis in the off season, as well as up in Lake Geneva Tennis for weekly lessons and weekend club games. This has boosted her skill set and separates her from the rest of the competition. She showcases her precision, and strong serving game in every match.

Every match is a true test of not only physical toughness but also mental toughness. In every match, Lindstrom is looking to improve her mindset and confidence in those tough matches.

"Her only weakness is just not having enough confidence in herself" D'Andrea said.

Although the game of tennis can be physically and mentally challenging, D'Andrea is a huge inspiration for Lindstrom. D'Andrea is always pushing Lindstrom to be her best and keep her head up in those tough matches.

"Coach D inspires me to keep going in every match, but especially when I start to lose or mess up," Lindstrom said.

Although D'Andrea is a huge inspiration, Lindstrom uses strategies that she sees used by Emma Raducanu and Rafael Nadal. As Lindstrom watches these two incredible athletes, she learns different ways to not only outsmart but frustrate her opponents.

"Watching them gives me strategies and ways to improve. They help deepen my understanding and love for the sport," Lindstrom said.

"I take the smart plays and good shots that my opponent hits and try to improve my game," Lindstrom said.

With this in her back pocket she plans to carry on the tradition of an Antioch solo player at the state tournament. Over the years, Antioch has built a tradition of having a solo player and a doubles team to make it to the state. With the weight shifting to Lindstrom's shoulders to keep the tradition alive, she is looking to add to her list of achievements and bring home a

state title. However she is still undecided on playing tennis in college, but she is being recruited by Division 2 and Division 3 schools.

Lindstrom knows that tougher competition is only making her better. She believes in the saying, "iron sharpens iron." With her going against tougher competition, she is learning and using new methods to outsmart her opponent. In uncommon situations where Lindstrom's opponent can return her serve, she builds a rally and soon takes a shot, ending the rally in her favor.

Now back and forth rallies are almost the most exciting thing to watch in tennis, there is nothing like two athletes that can go back and forth hitting the ball on each other's side. Lindstrom is looking forward to building off of last season and continuing to win matches to make it to the state tournament down at Buffalo Grove High School and keeping the Antioch tradition alive.

CLAY HORTON | writer
Tom Tom Staff

HANNAH BARCZAK | designer
Visual Director

Finding role models and inspirations while growing up and playing sports is not a rare case. Micheal Jordan, Walter Payton, Joe Burrow, Simone Biles, Lionel Messi and many more are common trail blazers that most young athletes cherish; however, for senior Spencer Wood, he finds his encouragement through his older brothers.

Growing up, Wood found comfort in soccer. When he was just six years old, he would watch his older brothers practice and play games all the time. He got to know the former head coach of the Antioch Community High School soccer team, Marni Polakow, just by cheering on his brothers. Wood agrees that being surrounded by the game for so long it influenced his decision to play as well.

Wood played for a travel team in Lake County for about seven years, then continued his soccer journey in high school, making new friendships and learning new skills along the way. Wood's childhood consisted mostly of constant competition with his brothers and wanting to be the best; his older brothers, Jason and Daniel, are now 22 and 27 years old.

Jason Wood grew up admiring his older brother, Daniel, so when Spencer completed the family, Jason always tried his best to imitate Daniel's actions to help guide Spencer through the treacherous ways of life. Jason and Spencer were always going at each other's throats despite his efforts. They had a terrible relationship until Spencer's freshman year of high school.

"When I would try to mess around with Spencer when we were a lot younger, our parents would protect him," Jason said. "Because of that, I was always pissed because I could never teach him the lessons that Daniel taught me."

Once they all grew up and matured, they created a much stronger bond than the previous years of Spencer's life. While going through the awkward teenage phase that everyone endures, Jason always tries to offer Spencer his wise words of wisdom, being that he has gone through most of the complicated things Spencer has undergone.

Jason agrees that with getting older, asking for advice becomes more comfortable.

For Jason, he never wanted to seek his older brother's guidance for his problems; however, now he seeks advice from Daniel about his personal life issues. With Spencer being more reserved with his feelings and thoughts, Jason can only hope that he has set a half-decent example for Spencer to emulate.

"I have wanted to be able to provide the same access and advice Daniel offers me, to Spencer if he ever chooses to take me up on it," Jason said.

Since soccer was always the most exposed sport to the Wood boys, they all felt like it was a natural fit. With their Costa Rican heritage, instead of rooting for the United States in the World Cup, you can find the Wood family cheering on "Le Sele," the national Costa Rican soccer team. Through soccer, the Wood boys have all learned about commitment, self-discipline and mental toughness.

"I think that I have a lot of leadership when it comes to certain things," Spencer said. "I have a big voice when certain events are happening. The younger kids on the team like freshmen and sophomores are shy because it's their first year and they don't want to get hated by the rest of the team, but they should have a voice. When they do, it shows that they can actually be leaders too."

Maddie Lyon, boys varsity soccer coach, advocates that Spencer is always willing to motivate the team, even when they are down in the dumps. When senior year comes along, it's easy for many athletes and students' motivation to slip; however, Lyon agrees that Spencer is onto his best year yet. With his position being center back, Spencer takes control of the field. Having a loud voice is necessary for his role, as well as not being scared of telling people where to go and what to do. He brings enthusiasm and a great outlook for his final season and is a very impactful player to the backline.

"He's motivating to the underclassmen which is really awesome to see," Lyon said. "His soccer knowledge is great and he is always wanting to better the team."

With no strong desire to play soccer in college, Spencer would not trade his

memories created with his sport for anything. Spencer found his inspiration within the people closest to him. It is hard to imagine a life for Spencer without older brothers to push him around a little and teach him the important values in life. With college and important life decisions just around the corner, Jason and Daniel want to ensure that Spencer knows he always has a shoulder to lean on when stressed or in need of guidance.

Offering advice to Spencer, Jason said, "Don't let yourself get tied just to Antioch, there's a lot out there in the world that we don't get exposed to here, so set yourself up with a chance to explore all that the world has to offer."

His family's love and support have encouraged Spencer to set himself apart from the rest of the pack and make his family proud.

VERA FOGEL | writer
Sports Editor

HANNAH BARCZAK | designer
Visual Director





Senior Laila Salata has embarked on her final season of field hockey at Antioch Community High School. Salata has played field hockey at Antioch throughout all her three years. She has a positive impact on the team and it rubs off on her teammates. Her teammates know that even when they have a bad practice or game, they can look to Salata for words of encouragement or even a good laugh. With a young team this year, having a player like Salata is very important to keep the team spirit up after losses or long practices. Every season is challenging and having a player who can make the long days go by quicker is very important to manufacture a successful season.

“I have learned that Laila is a very hardworking player and she never backs down to any challenges given to her” senior Macie Volkmar said. “She leads the team on and off the field and is always there to give a helping hand when needed.”

Salata brings more skills to the field hockey team than just her impressive play. An essential game day ritual. Oftentimes, it is hard for the athletes to braid their own hair for the games, that is why Salata is the unofficial team hair braider. She does as many of the girl’s hairstyles before the games as she can. Whether it be on the bus to away games or in the stands while supporting JV, Salata uses her own personal time before games to keep the tradition alive. Not only is this a great skill to have for the team but, it also helps the team jell and become closer.

“My favorite part about playing field hockey with Laila is how she is always positive and can make anyone laugh” Volkmar said. “We all get along really well and have a fun time. She is also the team hair braider.”

Not only is Salata busy with sports like field hockey, but she also holds the 2023 title of Miss Antioch. She was recently elected Miss Antioch this summer and has a loaded schedule with all of her extracurricular activities. She has to figure out how to balance her time with all that she is involved with at the high school and outside of it. One of Salata’s greatest passions is taking photos. Whether it be high school sporting events or special events that she gets outside of school, this

is one of Salata’s hobbies that she does on top of everything else she is involved with. During the offseason for field hockey, she prioritizes these things in her life but she also stays in shape by going for runs and trying to get a field hockey stick in her hand every once in a while to keep her ball skills sharp.

“During the off-season, I take a lot of time to myself and rest my body from the non-stop practices of field hockey and cheer from July through January” Salata said. “However, when the fall season starts to get closer, I make sure to go for runs to prepare myself for games and practices. I also try to pick up my stick during the off-season just to make sure I don’t lose any stick skills.”

Head Coach Terry Dewing feels that Salata’s strong suits on the field are her speed and her ability to score. Dewing also says that one of the ways she has seen Salata improve since first watching her is by finding a way to get into the right position to be able to score. This year’s team is young and having a player like Salata, who shows the right habits on the field to these young players, will help the program’s future by enforcing these on the young athletes within the program.

“Although I am not a captain, I still want to be a role model for the underclassmen and leave a mark on Antioch field hockey” Salata said. “I think that if I continue to push the team to their full potential while still having fun, we could do great things together.”

The team recently traveled to St. Louis for a Labor Day weekend tournament. They did not get the outcome they wanted in the tournament going 1-2, but the trip is more valuable than just wins and losses. The trip gives the team the ability to bond with one another. Salata and other seniors are able to get to know the underclassmen on the team on a deeper level. It allows them to bond over dinner, shopping and the long bus ride. This trip is something the field hockey team does every year and it always seems to bring them even closer than they were when they left.

“My favorite part is going to St. Louis with my team, and trying to win back our title of the Gateway Classic championships” junior Kaitlin Baylen said. “But also just having

fun with my teammates on the field or off”

With the season about halfway over, Salata looks to keep challenging her teammates as much as she can so they are ready for the state playoffs. No senior ever wants it to be their last time on the field but it always comes eventually. Salata is doing everything in her control to help the team prepare for the upcoming challenges that the season will bring. She knows that if she can push the team when they are not as focused or when they are a little tired they will be able to perform under the pressure of a big game. That could be the difference between the team making a deep playoff run or not.

Watch out for all of the great things Salata and the Antioch field hockey team look to do for the rest of the 2023 season.

JAMES SHEEHAN | writer
Sports Online Director

HANNAH BARCZAK | designer
Visual Director

Leadership, vocal, outstanding. All of these words are frequently used by teammates and coaches to describe senior and three-time captain Addison Lane. Lane has been a varsity member of the girls cross country team for the last four years and is excited to lead her team into what will be her final cross country season as a Sequoia.

Lane has been running cross country since fifth grade, and has had a very successful career up to this point. At the middle school level, she was a state qualifier all three years, and placed top-ten at state in seventh and eighth grade. At the high school level, she has been a four-year varsity member, three-time captain and was a state qualifier last season. Lane also grew up as a swimmer, and credits her family for her passion of running.

“My brother was the main push for me to start running because he started running cross country and track in fifth grade,” Lane said. “I always looked up to him, and wanted to be like him so we went from swimmers to runners.”

The girls cross country team has big goals this year, and they know what they have to do to achieve them. With the experience of qualifying for state as a team last year, they want to make it again, but place much higher than last year.

“Our goal is to make it to state, but improve on that and place higher as a team,” Lane said. “Last year we went for the experience, and did not run that well. This year we want to place well and are motivated to place better.”

When a team is coming off a very successful season like the one the girls had last year, it can place a lot of pressure to replicate or surpass last season’s performance. Every member of the varsity team is returning for this year and the girls have set their sights on placing top-15 at state in November. Junior Abby Sooley knows there are expectations placed on the team, but they are trying to tune them out and motivate each other.

“We are hoping to make it back to state and place better than last year,” Sooley said. “We have been trying to run together, and push our teammates harder at practice.”

The added pressure of heightened expectations also comes along with harder practices and workouts designed to push them harder than they have been before. The hardest physical part about cross country is getting into shape, a feat that very few can accomplish before the end of the season. Being able to avoid injuries is key, as is any sport but running so much can lead to heightened risks of injury.

“Injuries in cross country happen so often,” Lane said. “You just need to be responsible and take care of them before they become a serious problem.”

Some may argue that cross country is the hardest mental sport there is. There are not any other sports without a break in the middle of the game, and running by yourself mid-race you can have a lot of negative thoughts. The girls think that this is one of the things that they can improve upon, and that will help them complete what they want to accomplish.

“Something we can work on is just complaining, when it gets too hard we just seem to give up or complain,” Lane said.

Every good team needs a good leader, and Lane has gone above and beyond to be the best teammate and captain she can be for her teammates. It is very rare for someone to be named a three-time captain, you must be well respected and trusted among your teammates, while also continuing your success on the course. Head coach Christopher Bailey knows how hard of an accomplishment that is, and is grateful he has had someone he can trust to lead the team the right way.

“Her experience and leadership is so valuable,” Bailey said. “We know that the girls team will be ready to race because Addison makes sure the team is prepared to compete.”

A good leader also knows how to walk the fine line of good criticism versus bossing others around. Nobody likes being told what to do, but sometimes if a teammate is slacking off and not running as hard as they should be, just telling them to get it together can help. Lane’s teammates and coaches appreciate how vocal she is, she is not going to back down to anybody and

if you are not doing what you’re supposed to she will let you know about it. Assistant Coach Ryan Hlinak, knows how important her voice is to the team, and her teammates respond well to it.

“She is very vocal, she is not afraid to tell it like it is, and she does it in a nice way,” Hlinak said. “The girls know she means it for the good of the team, and they listen to her.”

Going into her final season, the coaches heavily rely on Lane for her experience. Having been on varsity for four years, and participating in every kind of meet you can at the varsity level, they know that the best way for others to learn is just to follow in her footsteps. She leads by example and knows exactly how practices and meets are supposed to function.

“She has been part of this program for four years, and understands the ins and outs of the competition,” Bailey said. “She makes sure the girls are ready to run, and the younger girls know they can depend on her.”

With hopes of lasting memories and one final state run in mind, Lane hopes to close out the year on a high note and accomplish the goals she has set. Lane has not decided if she wants to continue her running career in college, but wants to major in sports medicine or sports management.

TYLER WOLFE | writer
Tom Tom Staff

HANNAH BARCZAK | designer
Visual Director





Senior Tyler Wolfe enters his final year of running competitively, closing off a seven-year career. Wolfe is starting the 2023 cross country season stronger and more confident than ever. This is Wolfe's third year participating on the varsity team. However, this is his first as one of the team's captains. Wolfe was selected alongside senior Carter Webb and junior Griffin Freeman.

"Tyler is definitely one of the leaders on the team, he can lead by example, by the things he does, and he says," Assistant Coach Ryan Hlinak said. "He's a huge part of our team this year going forward."

Wolfe is not new to the captain position, as he was selected as one of the track and field captains during his junior year. Wolfe made it to the IHSA 3A Boys State Track & Field Championships as part of the 4x400 meter relay team. However, making it to the state championship for cross country with the entire varsity team presents a significant challenge that Wolfe aims to navigate the team through this season.

"I want to get top two in the conference and qualify for [the] state [meet] as a team because that is something that we have never done before," Wolfe said.

Qualifying for the state meet is important to both head Coach Christopher Bailey and Hlinak, as well as the rest of the team. Since the team fell just short of qualifying last year, they felt a taste of what they need to strive for. Wolfe understands that he needs to step up in order to bring the team down to state in November. He has built up his confidence, and now he understands that he can push himself and the rest of the team this season to help reach this goal.

"[Wolfe] motivates me to push myself harder, a lot during workouts, long-distance runs, and races," senior Cole Loiacano said.

Not only is Wolfe working on his leadership to help push others, but he is also pushing himself to the position necessary to qualify for the state championship. Wolfe has been training vigorously in the off-season to prepare for his final year. Starting his junior cross country season, Wolfe felt less

prepared due to an injury he faced at the end of his sophomore year track and field season.

"I had a stress fracture in my foot, with two weeks left in the track season of sophomore year, and I was out for the rest of that season," Wolfe said. "Then I had to do physical therapy basically all summer, so I could not run until the last week of summer before the season started. I did not have a base built for cross country, so I did not have that great of a cross country season last year."

Wolfe has strength from his physical training and has experienced massive growth as an athlete during his four years here. Hlinak describes Wolfe's transformation from a regular freshman to one of the most crucial parts of the team. The cross country coaches are not alone in understanding this massive growth, as Loiacano agrees that a good deal of progress has been made.

"[Freshman year], he was just doing the bare minimum, and I think he grew into a good cross country runner and a good athlete, as well as a good leader," Loiacano said. "He really wanted to try and improve himself as well as the people around him."

Motivation can be found in different places, but Wolfe's motivation derives from his family's support. Wolfe credits his success to his parent's constant support throughout his cross country career, a sport new to his family.

"None of my family is into running," Wolfe said. "So it is new for them but they are all very supportive."

Just as Wolfe puts in the work daily at practice, school is no different. He understands what it takes to be a well-rounded athlete and knows that succeeding in school is just as important as succeeding in cross country meets. Participation in multiple clubs, such as NHS, demonstrates his academic mindset, and by filling his schedule with rigorous courses, including classes from the AP catalog, he sets an example for his teammates. This year,

Coach Hlinak will witness this himself in class.

"[Tyler Wolfe] is in my AP Stats class, which is a really tough course," Coach Hlinak said. "Obviously, he is up for the challenge of an AP course load. I am pretty excited to see how he will do this year."

Wolfe has an outline set for himself post high school, including a goal of getting into Marquette University to study physical therapy. As of the fall, Wolfe has no plans of running in college, but he has not completely ruled out this option. Even if Wolfe ends his athletic career, he would still continue staying active, and use his background as an athlete to continue to motivate his interest in physical therapy.

"I have always known I wanted to help people, and I have always known I wanted to do something related with sports because I love sports," Wolfe said. "After my injury and doing physical therapy, I realized that is what I want to do."

Although Wolfe's career is coming to a close this fall, he is willing to go all out to lead the Sequoits to the state championship. Wolfe aims to beat his personal best time and end his career positively, leaving a lasting legacy on the cross country program. Wolfe and his fellow seniors also look forward to running their favorite courses one last time. Tyler considers the cross country team to be more than a team: it's like a family.

"My teammates are some of my best friends throughout high school," Wolfe said.

Wolfe has grown not only as an athlete but as a leader and he hopes to demonstrate this one last cross country season. You can catch Tyler Wolfe running his final laps at our home course at Tim Osmond Park or down at the state meet in Peoria, IL.

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