

# THE ARROW



# THE TOM TOM 2022-2023

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

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class of '24

**HANNAH BARCZAK** | photographer  
Visual Director

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# SENIORS



**CECCHI**  
Baseball



**COOK**  
Baseball



**DAY**  
Baseball



**GUTKE**  
Baseball



**MOLL**  
Baseball



**NIEMCZYK**  
Baseball



**RUFFNER**  
Baseball



**SACCHETTI**  
Baseball



**SCHUYLER**  
Baseball



**SEEMANN**  
Baseball



**TRAMPKE**  
Baseball



**HULTING**  
Lacrosse



**KOLLOFF**  
Lacrosse



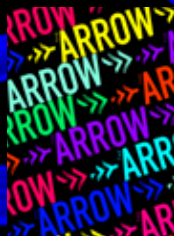
**NOBLING**  
Lacrosse



**QUINLAN**  
Lacrosse



**RINGNALDA**  
Lacrosse



**STRUB**  
Lacrosse



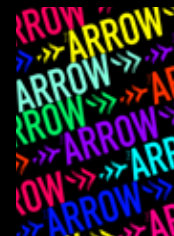
**CURRY**  
Girls Soccer



**HASIK**  
Girls Soccer



**LARSEN**  
Girls Soccer



**LINDERMAN**  
Girls Soccer



**PLUCIENNIK**  
Girls Soccer



**TURNER**  
Girls Soccer



**WOOLARD**  
Girls Soccer



**BRECHT**  
Softball



**ECHEVARRIA**  
Softball



**GILMORE**  
Softball



**OSBORNE**  
Softball



**NANCE**  
Softball



**BECKER**  
Boys Tennis



**BEHRENS**  
Boys Tennis



**DEUTSCHER**  
Boys Tennis



**OLSON**  
Boys Tennis



**SCHARRER**  
Boys Tennis



**THOMPSON**  
Boys Tennis



**VAZQUEZ**  
Boys Tennis



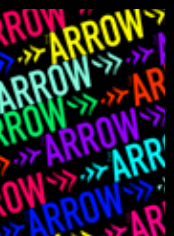
**BARNETT**  
Boys Track



**BORDONARO**  
Boys Track



**CARSON**  
Boys Track



**EMERING**  
Boys Track

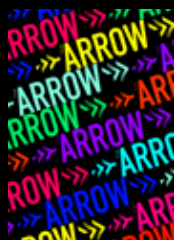


**HOLMES**  
Boys Track



**LEIGHTLER**  
Boys Track

# SENIORS



**LINK**  
Boys Track



**LENNON**  
Boys Track



**NEUMANN**  
Boys Track



**POLLAK**  
Boys Track



**ROHRS**  
Boys Track



**SCHIELER**  
Boys Track



**KALUZINSKI**  
Girls Track



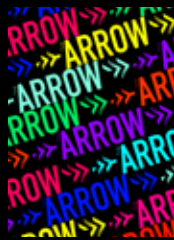
**KAMMAN**  
Girls Track



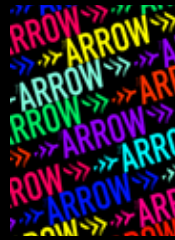
**KRAUS**  
Girls Track



**PARKER**  
Girls Track



**PASDIORA**  
Girls Track



**SEKANY**  
Girls Track



**GEORGIA**  
Boys Volleyball



**HILL**  
Boys Volleyball



**LUKSIK**  
Boys Volleyball



**NELSON**  
Boys Volleyball



**NIZINK**  
Boys Volleyball



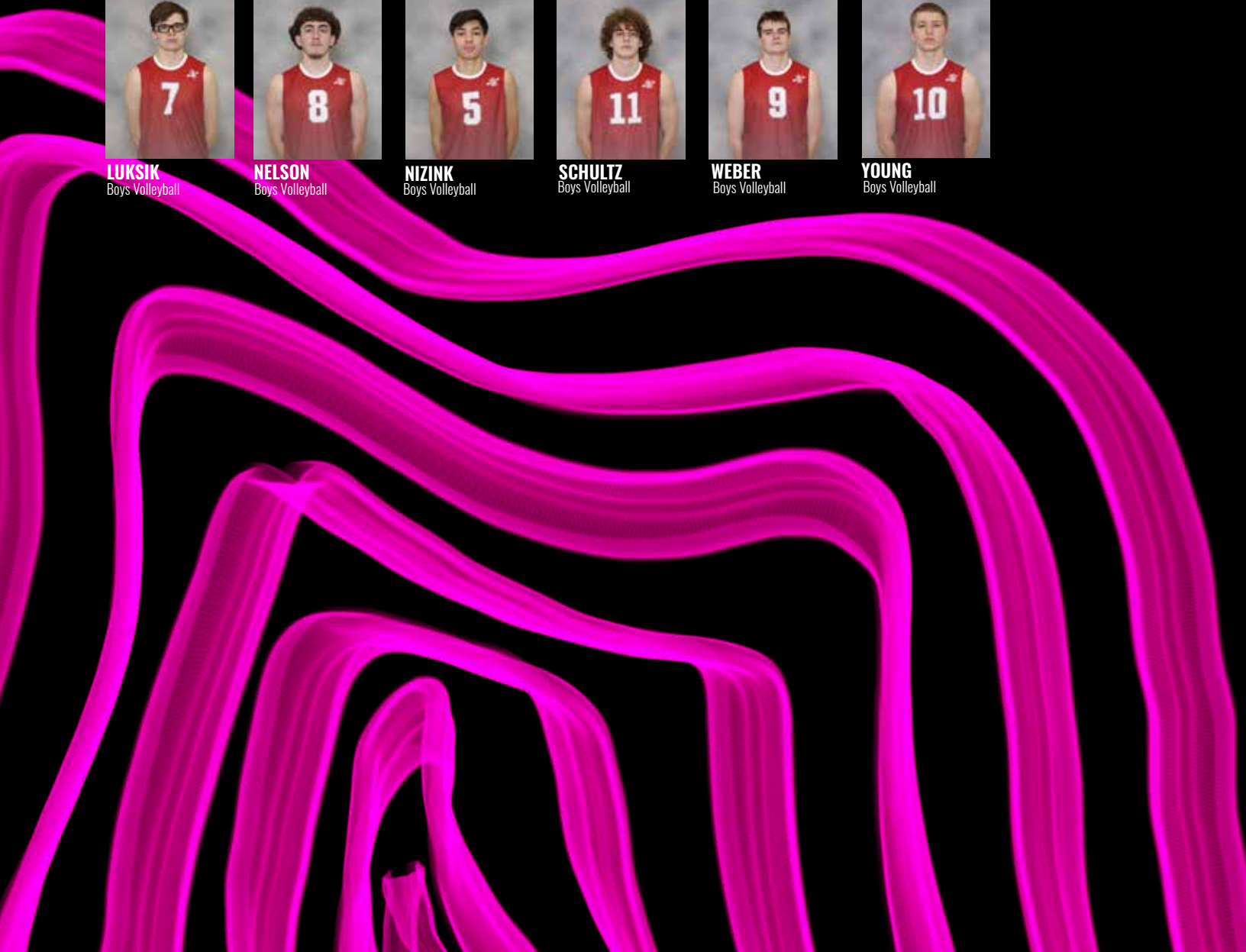
**SCHULTZ**  
Boys Volleyball



**WEBER**  
Boys Volleyball



**YOUNG**  
Boys Volleyball



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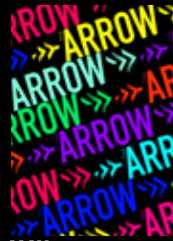
BASEBALL



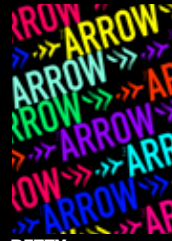
**FRACEK**  
Head Coach



**HUGHES**  
Asst. Coach



**MAY**  
Asst. Coach



**PETTY**  
Asst. Coach

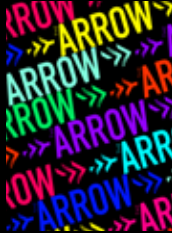


**STONELAKE**  
Asst. Coach

LACROSSE



**SWANSON**  
Head Coach



**OPAL**  
Asst. Coach



**TOBIN**  
Asst. Coach



**GORSKI**  
Manager



**LYON**  
Head Coach



**CARASSO**  
Asst. Coach

GIRLS SOCCER

SOFTBALL



**ROCCO**  
Head Coach



**O'DONNELL**  
Asst. Coach



**LIZAK**  
Manager



**D'ANDREA**  
Head Coach



**MCNEILL**  
Asst. Coach

BOYS TENNIS

BOYS TRACK & FIELD



**RIOS**  
Head Coach



**BAILEY**  
Asst. Coach



**GLASHAGEL**  
Asst. Coach



**PECHAUER**  
Asst. Coach

GIRLS TRACK & FIELD



**OSLAGE**  
Head Coach



**ANDERSON**  
Asst. Coach



**BAILEY**  
Asst. Coach



**GRAMOND**  
Asst. Coach



**FRANCIS**  
Asst. Coach



**MADIGAN**  
Asst. Coach

BOYS VOLLEYBALL



**ATKINSON**  
Head Coach



**JORDAN**  
Asst. Coach

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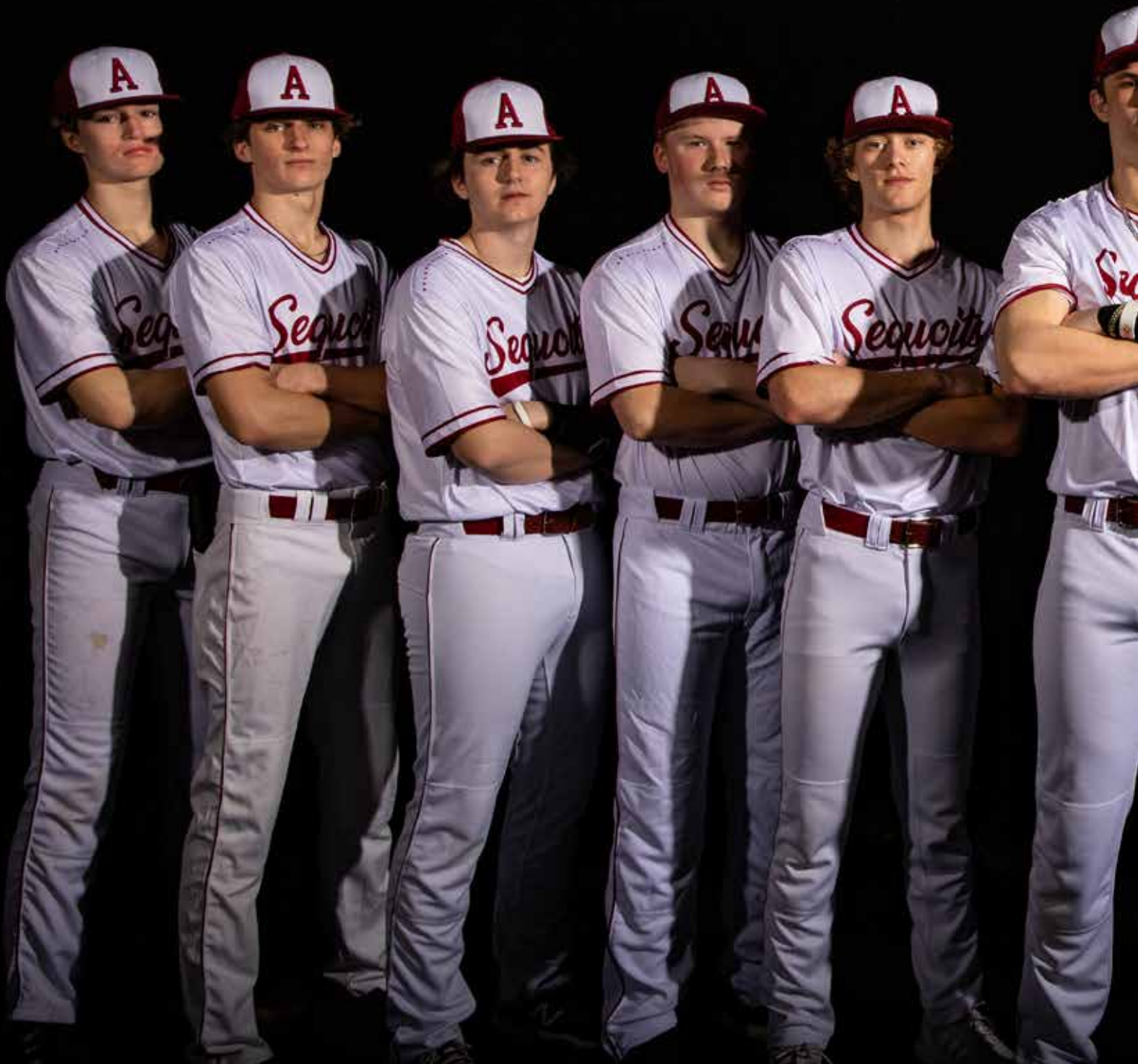
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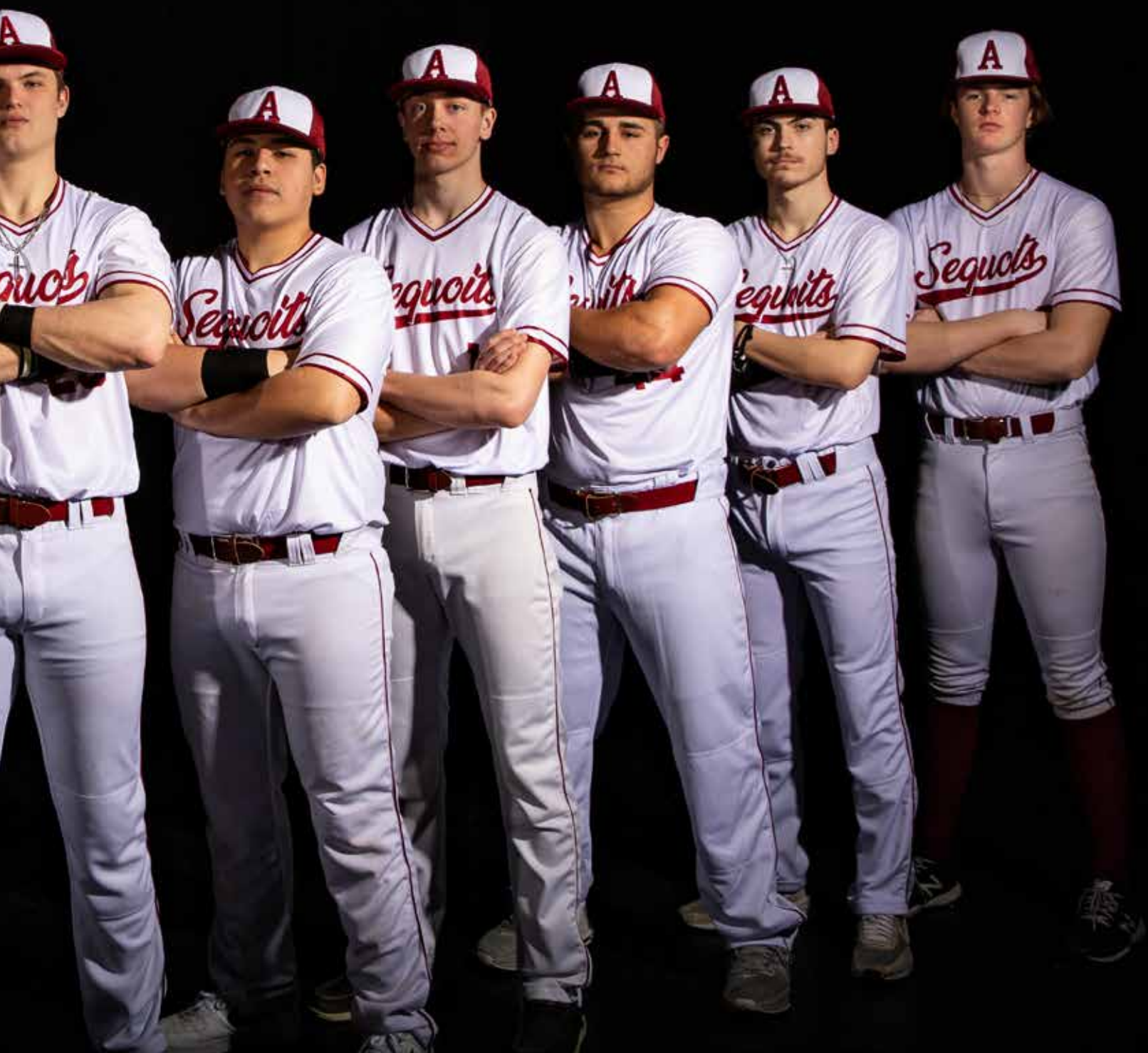
# SEQUOIT SNAPSHOT

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## SEQUOIT VARSITY BASEBALL TEAM







# SLIDING INTO A NEW POSITION

New year; new head coach. Coach Fracek plans on making his mark this year.

Although this is Coach Frank Fracek's 15th year in the baseball program at Antioch Community High school, this is his first year taking over as varsity head coach. As an ACHS alumnus, Fracek wanted to come back to better the program as much as he can in bringing new perspective and methods.

To start, Fracek is bringing in four new baseball coaches to the program. JV coaches, Ben Gutke and Colin Wieska are preparing the JV skill level to eventually progress to varsity level. These young, former baseball players have a great amount to offer in benefitting the team's success this season.

"[These coaches] are really good people who I think our boys will enjoy being around and that's the most important thing for me," Fracek said.

ACHS is a place where tradition is valued, but the baseball team recognizes and appreciates innovation. Senior Dawson Gutke is excited to see what the new coaches will bring to the program.

"There will be a new approach to everything and a bit more energy this season," Gutke said.

Fracek brings in a different coaching style that will hopefully benefit the team's desire and efforts to win. He wants to focus on building strong relationships between the players that lead to encouraging each other to become better on and off the field.

"We need to improve on having that bond as a team and developing chemistry because last year felt like everyone was kind of out there for themselves," Gutke said.

Having close connections influences the determination and effort throughout the entire team. Relationships that motivate each other to reach their goals is important to the team's successes.

Looking into the season, across all levels there are around 60 boys that are ready to play as hard as they can. Having the right

mindset is the attitude the program is always working to build on.

"We have a lot of guys that want to play to win and a coach that wants to prove himself," senior Quade Moll said.

Coming back from a rocky season with a 10-21 record, Fracek is preparing in many ways. However, there is always the uncertainty of the season. Yet, these athletes are ready to step it up.

"It will be a very difficult season because there's a lot of things that you can't predict," Fracek said. "As a group, whatever obstacle gets in our way, we're gonna have to go through it together."

Building strong relationships that push each other to overcome these challenges are what will allow the team to achieve more of their objectives. This team is driven by their goals of the upcoming season, which consist of winning 20 regular season games and winning conference.

"My short term goal for the season would be to start off with a winning record by 10 games," Moll said.

Fracek believes there is a group of hitters which can be off the charts good, with his addition to the team he hopes that they can reach their full potential, Fracek expects to play a significant role in helping lead the team to success.

With a new head coach and new mindset, the ACHS baseball team hopes to have a stellar season. The 2023 season has many new approaches to the team that will be difficult, but overall the team looks forward to success. Watch for an exciting game versus Wauconda May 12.

**ALI DAVIS** | writer  
Tom Tom Staff

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Tom Tom Staff

**HANNAH BARCZAK** | photographer  
Visual Director



**QUADE MOLL**  
class of '23



MASON WILLIS  
class of '25



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NATHAN YEAGER  
class of '25



DAWSON GUTKE  
class of '23

## SEQUOIT TO WATCH : Dylan Feldkamp

Junior Dylan Feldkamp has been playing baseball since he was able to pick up a bat. Feldkamp is looking forward to his first full season on the Antioch Community High School varsity baseball team. He hopes to make an impressive performance both on the mound and in the field.

"My plan is to help my team win and I will do that by any means necessary," Feldkamp said. "Whether that means I have to play a position I do not normally play or go long in a game when my team really needs me."

Going into his third season of high school baseball, Feldkamp has done an immense amount of off-season training, such as lifting and throwing bullpens six times a week. He is prepared to put in the work, as the ACHS baseball team hopes to come away from this season with a winning record.

SPENCER WOOD | writer  
Tom Tom Staff



### SCHEDULE

- L - [3/21] @ Crystal Lake Central
- W - [3/22] @ Prairie Ridge
- W - [3/30] vs. Woodstock
- W - [3/31] vs. Hoffman Estates
- W - [4/3-6] vs. Lakes
- L - [4/8] @ Lake Forest
- W - [4/12] @ Johnsburg
- T - [4/13] @ Carmel Catholic
- W - [4/15] @ Union Grove
- L - [4/18-21] @ Grayslake Central
- W - [4/22] @ Zion-Benton
- W - [4/25-28] vs. Grayslake North
- [5/2-4] vs. Grant
- W - [5/5] vs. Vernon Hills
- W - [5/6] Stevenson Double Header
- [5/9-10] vs. Wauconda
- [5/11] @ Grant
- [5/12] vs. Wauconda
- [5/13] @ Mundelein
- [5/15-16] @ Round Lake
- [5/17] @ Westosha Central
- [5/18] vs. Round Lake
- [5/20] @ Huntley



# SEQUITO TO WATCH: Blake Tolbert

DEAN BREWER | writer  
Tom Tom Staff

Freshman Blake Tolbert is going to be an x-factor for this season and throughout the rest of his high school career. Being one of the youngest players on the team; Tolbert has to listen to his senior leaders. This will allow for him to become a well balanced player and be impactful to the program. He looks to improve by learning from his junior brother Ryan Tolbert, a three year varsity player.

“Blake is a freshmen player, so I’m anxious to see what he can do for the program,” varsity lacrosse coach Pat Swanson said.

Catch Tolbert and the varsity lacrosse team at Lakes on May 10.

## SCHEDULE

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| W - [3/20] @ Cary Grove             | W - [4/21] @ Grayslake Central   |
| W - [3/23] @ Schaumburg             | W - [4/27] vs. Wauconda          |
| W - [4/3] @ Prairie Grove           | W - [4/28] vs. Lake Forest       |
| L - [4/4] @ Crystal Lake Central    | W - [4/29] @ Rolling Meadows     |
| W - [4/5] vs. Grayslake North       | W - [5/1] vs. Highland Park      |
| W - [4/11] vs. Mundelein            | W - [5/2] @ Jacobs               |
| L - [4/12] @ Grant                  | W - [5/6] vs. Crystal Lake South |
| W - [4/15] @ Dundee Crown           | [5/8] vs. Marian Central         |
| W - [4/18] @ McHenry                | [5/10] @ Lakes                   |
| W - [4/20] vs. Riverside Brookfield |                                  |



VIP Imaging



**CALEB NOBLING**  
class of '23



**TYLER CASE**  
class of '24

# SEQUOIT LACROSSE STRIKE BACK AGAINST THE BULLDOGS

The Sequoit varsity lacrosse team defeats the Wauconda Bulldogs.

The Antioch varsity lacrosse team played an exhilarating game against the Wauconda Bulldogs on Thursday, April 7. The Sequoits have a record of 10-3 and are strengthening their strategic plays every practice and game. They won the game Thursday night against Wauconda 11-1.

This game's top scorers were juniors Ryan Swanson, Jake Pankau, Nick Day, Jack Holway, sophomore Evan Wickert and freshman Blake Tolbert.

"Going into the game I knew it would be tough. We have been working hard day in and day out to defeat these teams. We needed a big win like Wauconda to solidify ourselves in the conference," Swanson said.

The mental toughness going into conference games is essential. Swanson has made a school record in goals and had three goals, all assisted by Ryan Tolbert against the Bulldogs. The upperclassmen, along

with Swanson, have been leading by example for the younger athletes, such as first-year varsity members B. Tolbert and sophomore Gavin Hanrahan.

"I was very excited to make the goal, and I was glad Gavin had my back and helped me, Blake Tolbert said. "I am looking forward to not only making more goals this season but within my next four years of high school."

The first goal made on the Antioch turf is always a memorable one. Feeling that all hard work has paid off makes any athlete hungry to keep up the energy and dominance in the next game.

The NLCC is a very sophisticated and skilled conference to be a part of. The Sequoits lacrosse team has been on the rise for the past couple of years and has an even bigger goal this season.

"We all thought Wauconda would

be a close game but we came out strong even from the first quarter," sophomore Evan Wickert said. "Lately we have been watching more film and being more versatile with our plays to help us when it comes to game time."

The Antioch Sequoits will continue looking to clinch the conference and create a legacy for the rest of the season of the 2023 school year. The next game for the Sequoits is on May 8 at the ACHS stadium.

**SCARLETT GOODLUCK** | writer  
Tom Tom Staff

**FAITH FRANCKE** | designer  
Tom Tom Staff

**HANNAH BARCZAK** | photographer  
Visual Director



**MADDIE BARRETT**  
Class of '24



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## SEQUOIT TO WATCH: Morgan Schneider

## SCHEDULE

Freshman Morgan Schneider is a force to be reckoned with on the soccer field.

Schneider is a two sport varsity athlete, in the fall she can be found cheering on the boys varsity football team, in the winter she is competing with the ACHS varsity cheerleading team. Now she moves onto competing with her second sport of the year; soccer. Hannah Nelson being one of the other fresh man to make the impressive feat of competing with the team.

"[I think] she is a good person to have on the team," said Nelson.

"We work really well together on the field and have good chemistry together."

The girls are nearing the end of their season and are hopeful to secure one final win against Woodstock North.

**SOFIA TINKER** | writer  
Junior News Editor

- L - [3/15] vs. Lake Forest
- L - [3/21] vs. Wheaton Academy
- L - [3/22] vs. Mundelein
- T - [4/3] vs. Waukegan
- W - [4/5] vs. Zion Benton
- W - [4/6] @ Marengo
- W - [4/11] vs. Grant
- L - [4/13] vs. Lakes
- [4/14] Invitational
- W - [4/18] @ North Chicago
- L - [4/19] @ Grayslake Central
- L - [4/21] @ Rockford
- L - [4/22] @ Richmond-Burton
- T - [4/25] vs. Grayslake North
- L - [4/27] @ Veron Hills
- L - [5/2] vs. Wauconda
- T - [5/4] vs. Round Lake
- [5/9] vs. Woodstock North



# SHOOTING TO SUCCEED

After having a disheartening spring season last year, the girls soccer team is putting in the extra work to redeem themselves

The previous soccer season was devastating for many of the athletes on the Antioch girls soccer team. With a previous record of four wins, 10 losses and two ties, motivation is at an all time high this season. While it is easy to dream of a better season, there are many factors that play into having a more successful spring.

A big step for success in all sports is the practice and preparation not just in season, but all year-round. The girls soccer team has been physically preparing in numerous ways to ensure a positive start to the season. It is important to stay fit out of season, especially in a high endurance sport like soccer. Like the rest of her team, senior Caroline Hasik is setting herself up for success by working hard throughout the off season by doing more than just going to the soccer team's open gyms.

"I've been going on a lot of runs, I try to run at least for 20 minutes, so about two miles, maybe a little bit more than that," Hasik said. "I also went to the gym with my mom to workout and that really helps."

Aside from the physical preparation, the mental aspect of soccer is extremely important since it is such a high pressure sport. When not on the field, athletes on the soccer team have many different ways to stay optimistic and motivated.

"I've been giving myself a lot of pep talk," Hasik said. "Every morning when I wake up I give myself some words of affirmation; let myself know that I got this."

Getting to start fresh this spring season, the Sequoia soccer team has a lot to look forward to. Not only is head coach Maddie Lyon more familiar with her returning athletes

and their game dynamic, there is a lot of incoming talent with the freshman this year. Sophomore Kaitlin Baylen is excited for the team's future.

"This year, our coach will have a better view on the things we need to work on in practices so we can improve," Baylen said. "There's a lot of new talent that's coming in. With these freshmen we can see how good the program can be this year and in the future."

It is optimal for a coach to have high expectations for their team, but it is even more vital for the team to have expectations of each other. Returners on the varsity soccer team are driven more than ever now to make up for last year. Sophomore Grace Quirke believes it is important to hold teammates accountable and also encourage them so everyone can share a winning mentality.

"We need to keep doing what we're doing, keep trying and putting in the effort," Quirke said. "With teammates it is important just to communicate, talk to them to make sure everyone is on the same page."

It takes everyone on the team to reach success and this year these girls know it will take drive and perseverance. Having a successful season has proved to be a difficult feat, with the constant preparation, it is possible that the girls can use this season as foundation for a successful program.

ZAMORA RODRIGUEZ | writer  
Tom Tom Staff

AUBREY ULTSCH | designer  
Tom Tom Staff

LAILA SALATA | photographer  
Tom Tom Staff





# SEQUOIT SOFTBALL WORKS TO STRIKE BACK

Sequoit Softball tries to make it to state for the second year in a row.

After coming off of the 2022 softball season with a regional, sectional super sectionals victory and a third place finish on the podium at state, the Sequoits are working to continue their legacy and prosperity into the 2022-2023 season.

A rebuilding season is unnecessary for the Sequoits, allowing them to pick up right where they left off last season even after losing D1 University of Illinois Urbana Champaign commit, Gabby Debevec, who was a grand asset to the team.

"Gabby was a great player but we still have a lot of talent on our team and incoming freshman. We will still be solid all around," senior Emily Brecht said.

The team still has D1 Michigan State University commit, junior Jacey Schuler, and new talent such as freshmen Claire Schuyler and Samantha Hillner. With roster changes and working hard in the off season by doing things such as lifting, speed and agility and playing for club teams, the team is eager to put their off season training to work.

Extra training and holding each other accountable, has helped the team

overall. After learning their strengths and weaknesses the Sequoits felt it was important to focus on their struggles. Brecht has many diligent goals to accomplish with her personal skills this season.

"This season, my focus is to have better glove work so doing drills for that and to find the center of the ball more so some more tee work," Brecht said.

Focusing on certain positions helps to formulate the perfect team. If players do not give it their all, the team can not be pushed to their maximum performance. The Sequoits have been putting in the work and grit off of the field to make it count on the field.

Since the team did not lose many of their athletes, the Sequoits plan to continue their ongoing bond with one another. Staying together throughout seasons will help them grow.

"I want to be able to keep us connected and create a comfortable environment for everyone," junior Miranda Gomez said.

Creating a strong bond between teammates is not only important to the team dynamic, but the success of the team. To create it you must be understanding of

one another, strategies and mindset helps every athlete adjust not only to their playing style, but ways to lift each other up and continue their work on and off of the field.

The Sequoits stand out from other teams not only because of their bond, but also because of their work ethic.

"We're working on a lot of hitting, as well as basic fundamentals. Anything that we need to improve on we'll work on it," Gomez said.

Working on the foundation of the sport and re-learning positions will not only make the athletes more versatile, but improve their practice.

Make sure to tune in to the Sequoits upcoming games, and their first home game on April 8 against Harry D Jacobs High School. Watch then soar to prosperity in this new year.

SCARLETT GOODLUCK | writer  
Tom Tom Staff

ADDISON LANE | designer  
Tom Tom Staff

LAILA SALATA | photographer  
Tom Tom Staff

CLAIRE SCHUYLER  
class of '26



# SEQUITO TO WATCH: Samantha Hillner

Freshman Samantha Hillner is this year's varsity first baseman for the Antioch Community High School softball team. She is new to high school, but not new to the game. Hillner has played softball for many years and currently plays club softball for Wisconsin Lighting. Although she is a freshman, she is planning to fill the shoes of those who have left a legacy before her and continue the tradition they have built.

"Coming in as a freshman can bring pressure so I try to stay focused and work hard towards my goals," Hillner said.

Hillner is a stellar performer who works hard to achieve her goals. Being a freshman can make it difficult to keep up with the skill level of the other varsity athletes; which means making mistakes can be hard on the athlete mentally, causing them to be thrown off their game.

"I think what makes me stand out from others as an athlete is that I try really hard to move on from my mistakes and not carry it into the next play. I learn from my mistakes and do not let them bring me down on or off the field," Hillner said.

Hillner is a hard working athlete with a bright athletic future ahead of her. She plans to have a successful first season as a high school athlete.



**FAITH FRANCKE** | writer  
Tom Tom Staff

## SCHEDULE

W- [3/20] @ Hersey W  
W- [3/21] @ Loyola Academy  
W- [3/22] @ Barrington  
W- [4/5] @ Glenbrook South  
W- [4/6] @ Buffalo Grove  
W- [4/8] vs. Jacobs, DH  
W- [4/10] @ Lakes  
W- [4/11] vs. Grayslake Central  
W- [4/12] vs. Warren  
W- [4/13] @ Grayslake North  
W- [4/15] Taft Invitational  
W- [4/15] vs. Main East  
W- [4/15] vs. Richmond Berton  
W- [4/18] vs. Grant  
W- [4/20] @ Wauconda  
W- [4/25] Round Lake  
W- [4/27] vs. Lakes  
W- [4/28] @ Niles West  
W- [5/4] @ Grayslake Central  
[5/8] vs. Grayslake North  
[5/11] @ Grant  
[5/13] @ St. Charles North, DH  
[5/16] vs. Wauconda  
[5/18] vs. Round Lake  
[5/20] Triangular @ Fremd  
[5/23] IHS Regional



**JAZZY FISHER**  
Class of '24



VIP Imaging

## SEQUITO TO WATCH: Carl Doldolea

Carl Doldolea, being only a sophomore in tennis for three years, proves himself to be a teammate of great character and respect. Doldolea began playing the sport in the middle of eighth grade and loved it ever since. He is always eager to experience every aspect of tennis whether it's practicing skills, learning new things or helping his fellow teammates.

"This tennis season, I'm most excited just to play the game, it's pretty fun," Doldolea said. "I enjoy contributing something to the team and I like to help people that have less experience."

Outside of high school tennis, Doldolea practices and gets help from coaches during the off-season. Through his hard work and his positive mindset, Doldolea hopes to win more matches this year and be content with his successes. With clear goals in his mind, Doldolea's talent and drive will take himself and his team far in this spring season.

ZAMORA RODRIGUEZ | writer  
Tom Tom Staff



VIP Imaging

# BRIGHTENING UP OUR COURTS

Insight as to what the district has decided to do to reface our tennis courts.

**D**istrict 117 will repave and reface the tennis courts this summer. The freezing and snowy weather during winter in northern Illinois has caused damage to the courts, and the district plans to fix this very soon.

"The decision to repave the tennis courts was made due to the playing surface and areas in which cracks had formed," said Kurt Rowells, the Director of Extra-Curricular Programs for D117. "Repaving the courts will fix these issues and provide years of top quality surfaces for the courts for students at ACHS."

New courts could bring some excitement to the team. Athletes generally like it when they get new equipment or facilities, and fixing up the tennis courts is no different. However, there will be no significant change to how the courts look. They will remain almost the same, just refurbished.

"I think new courts could increase the morale of the team because it would be something new and refreshing," senior Cole Deutscher said.

Until the courts are repaired, the players will continue to play on the old ones, but that will not affect how they play in practice or in matches. Their goals of success this season does not depend on how the courts look. The Sequoits will stay determined no matter what the courts look like.

"I don't think the new courts will affect practice in any way," senior Nicholas Olson said.

This being said, there has not been any announcements about when they plan to start the repairs. Doing construction during the season would interfere with the team's practices and matches, so their plan as of now is to start after the season is finished. Players on the team had hoped

that the repavement would be done for this season so that they could play on the fresh courts.

"The construction timeline has not been determined as of yet," Kurt Rowells said. "The tentative plan is to perform this repair work during the summer months."

Although the plan is for construction to start after this season, the ACHS boys tennis team is still excited for their season. The Sequoits kick off their season at home on the same old courts, and will continue to play on these courts for the remainder of the season.

**JACOB PANKAU** | writer  
Tom Tom Staff

**KATIE SMITH** | designer  
Tom Tom Staff

**LAILA SALATA** | photographer  
Tom Tom Staff



**BEN THOMPSON**  
class of '24

## SCHEDULE

- |                     |                       |
|---------------------|-----------------------|
| [4/20] @ Grant      | [5/4] vs. Round Lake  |
| [4/24] Invitational | [5/5] vs. Zion-Benton |
| [4/25] @ Warren     | [5/8] vs. Marengo     |
| [4/27] vs. Wauconda | [5/9] vs. Mundelein   |
| [4/29] Invitational | [5/12] Conference     |
| [5/3] @ Johnsborg   | [5/19] Sectionals     |

# SEQUIT TO WATCH : AD Adegboyega

Sophomore AD Adegboyega is an up-and-coming star for the boy's distance track team. This is Adegboyega's first year running track at Antioch Community High School, as a result of just moving into the district this past semester. Even though this track season already shown his dominance the 800-meter race. The boy's in desperate need of speed and luckily this.

"I think he is distance group," said. "Overall, I in points for the road." Being a himself to nificant of him strides

is just beginning, Adegboyega has in middle distance events: 400 and distance program has been a team member with good Adegboyega is able to provide

going to add some depth to the head distance coach Chris Bailey believe that Adegboyega will help bring boy's team at important meets down the

newcomer, Adegboyega hopes to prove his new teammates and contribute a significant amount. He has an exciting season ahead as he begins running at ACHS and to achieve new personal bests.

## SCHEDULE

- [2/16] @ Lakes
- [2/24] Quad
- [2/25] Invitational
- [3/10] NLCC Conference
- [3/17] Invitational
- [4/5] @ Grayslake Central
- [4/6] Invitational
- [4/10] Grant
- [4/13] Invitational
- [4/19] @ North Chicago
- [4/24] Round Lake
- [4/28] Invitational
- [4/29] Invitational
- [5/4] Lake County Invitational
- [5/11] NLCC Conference

ADDISON LANE | writer  
Tom Tom Staff

LAILA SALATA | photographer  
Tom Tom Staff



TYLER MILLER  
class of '24



PAYTON HOLMES  
class of '23



VIP Imaging



BOB ROHRS  
class of '23

# UNDERCLASSMAN RUNNING INTO THE SEASON



The underclassmen in boys track and field: how they are adjusting to the new season.

Spring is right around the corner, which means a fresh year of track and field is getting ready to begin. This season, the underclassmen on the boys track and field team are gearing up to finish this school year off with many memories.

The boys are working hard this season to better their chances at victory. Freshman Blake Watson is entering his first high school track season, although he got into track last year.

"I don't really have any specific goals," Watson said. "I just want to see consistent improvement."

Improving throughout the season is difficult but with an abundance of practice, a runner can always get better. Sophomore Macbeth Jimenez also has a goal for this upcoming season.

"[This year] I plan on getting a better PR," Jimenez said. "I want to get faster and have fun."

With being younger, the boys tend to look up to some of the upperclassmen on the team. Sophomore James Adams believes that the upperclassmen help provide a sense of guidance.

"The upperclassman motivate me through providing tips on the small things that make a difference during a race," Adams said.

Along with motivation, there is also a great deal of advice and knowledge from experience which is passed down to the younger boys. The upperclassmen share their mistakes to help the underclassmen avoid making the same ones.

"The upperclassmen are good at being role models for us who are not as experienced with running," Watson said. "[That is] because of their maturity and skill."

With this being said, there is the disadvantage to the underclassmen due to

the fact they have been doing track longer. Many boys feel this way and envy the upperclassmen in a way due to it.

"[I feel like I am at] a disadvantage because I have had less time to train," Adams said, "but nothing different than being younger in another sport."

A Lot of the younger boys are also new to track. For some this is only their first year. They are reaching out trying something completely out of their comfort range.

"I feel like I'm at a disadvantage because the upperclassmen have had more years, more time and this is my first year of track," Jimenez said.

The boys still use the advice from the older runners to make them better. With being younger, it is easy to assume that these underclassmen might feel lesser or looked down upon, compared to the upperclassmen who have been running for much longer. Instead, they use being younger as motivation.

"I do not feel like people have lower expectations because of [how well] the entire freshman class performed last year," Adams said.

Not only did the boys pave the way for this year, they also all have their own work ethics and abilities which make them capable.

"I feel like everyone has their own ability to do their own things," Jimenez said. "[It is going to be] a fun year."

The underclassmen are ready to make their mark and prove themselves. With teamwork and their own personal skill this will be a very exciting and hardworking season for all of these boys.

GRACE GREEN | writer  
Tom Tom Staff

SOFIA TINKER | designer  
Junior News Editor



# SEQUOITS ARE READY TO SPRINT TOWARD VICTORY

The girls track and field team shares their hopes and goals for this season.

Coming off an impressive indoor season, placing third in conference with 23 athletes named 'all conference,' The Antioch Community High School girls track and field team is ready to take home more medals and victories than ever before. With the hopes of sending some girls down to state at the end of the season, tensions and aspirations are high.

The girls track and field team is ready to tackle any and all challenges that come their way during the outdoor season. Though the girls track and field team is 'separate' from the boys team, they all practice together and have become like a second family. Running events during the track season range from running the 100 meter dash to running the two mile race. Field events include long jump, pole vault, highjump, shotput and more. Field events for females are less popular than the running events, however many girls from ACHS thrive in field events.

Sophomore Sydney Walker has been competing in track and field for three years and has high hopes for the 2023 spring season. Walker is ready to show the world what she has in store. While competing in high jump, pole vault and the 200 meter dash, she motivates her team to get excited and always strives to do the best to her ability.

"I did indoor track last year and I am currently as well," Walker said. "I think indoor track is good, especially for new people to understand what everything is like; getting used to practices and meets"

With Walkers' teammates and coaches' motivation, it helps motivate her to push herself and always try her best, to not only please herself, but her family and team as well. Walker's goal this season is to switch from the 200 meter dash to the 400.

Senior Emily Kaluzinski has been a part of

the ACHS track team for four years and is ecstatic for her upcoming spring season. Kaluzinski competes in pole vault, triple jump, and short sprints and relay sprints. Kaluzinski is an ambassador for indoor track and field, agreeing that the indoor season helps get her in shape and mentally prepare for the outdoor season. This year, Kaluzinski's goal is to clear nine feet with pole vault and jump 30 feet for triple jump. She also hopes to send at least one person from their team down to state for her senior year.

"I am very excited for the outdoor track season," Kaluzinski said. "It makes me super happy that spring is coming along with warm weather, but I also think I do better overall in the outdoor season so I am very excited."

Junior Olivia Moisa has been throwing in shot put and discus for two years and loves to push herself to try new things. Moisa joined the ACHS track team her sophomore year and discovered a newfound love for that sport. Hoping to continue her throwing career in college, Moisa pushes past all difficult challenges that come her way and uses her positive mindset to help her get stronger.

"I always know there will be a positive light at the end of the difficult challenge," Moisa said.

The girls track and field athletes are getting more excited to compete this spring and show their conference what they can do.

Make sure to keep an eye out for the ACHS girls track and field meets as they try to make their way to state.

VERA FOGEL | writer

Tom Tom Staff

KATIE SMITH | designer

Tom Tom Staff

LAILA SALATA | photographer

Tom Tom Staff

# SEQUITOIT TO WATCH: Kennedy Copeland

Freshman Kennedy Copeland is shocking spectators as she enters her first track season as a Sequoit. In her first meet, she took fourth in the 60 meter dash and third in the 200 meter dash. This is not easy as a freshman runner in a sport dominated by juniors and seniors, and

Copeland hopes to improve even further.

"I want to run 7.5 seconds for my 60 meters or 26 seconds for my 200 meters," Copeland said. "I want to learn how to play the game like learning how to get out of blocks good and finding how to keep my momentum."

These are goals most runners are not looking to accomplish even as upperclassmen, but Copeland hopes to prove her dominance on the track at a

young age. This is definitely possible for Copeland as she still

has the whole spring track season left and is only a freshman. Look for her racing at the home track as the outdoor season approaches.

**COLE LOIACANO** | writer  
Tom Tom Staff



## SCHEDULE

- 2nd - [4/4] @ Grayslake Central
- 2nd - [4/6] Invitational
- 1st - [4/10] vs. Grant
- 1st - [4/13] Invitational
- 1st - [4/19] @ North Chicago
- 1st - [4/21] Invitational
- 1st - [4/24] vs. Round Lake
- [4/28] Invitational
- [5/3] IHSA Conference
- [5/11] IHSA Sectionals
- [5/17] IHSA State



VIP Imaging



**ELLIE NAMPEL**  
class of '25



**ROSIE GONZALEZ**  
class of '25



# SEQUOIT TO WATCH: Charlie Robison

Sophomore  
prepared  
When

Charles Robison is a talented volleyball player who is for a breakout season. Robison plays volleyball year-round; he is not playing for the Sequoits, Robison plays club volleyball for SkyHigh, as well as beach volleyball, to keep his game sharp. By doing so, he is able to improve all aspects of his game.

As this is Robison's second year on varsity, his goal for this upcoming season is to build off of the stellar record the boys varsity team had last year.

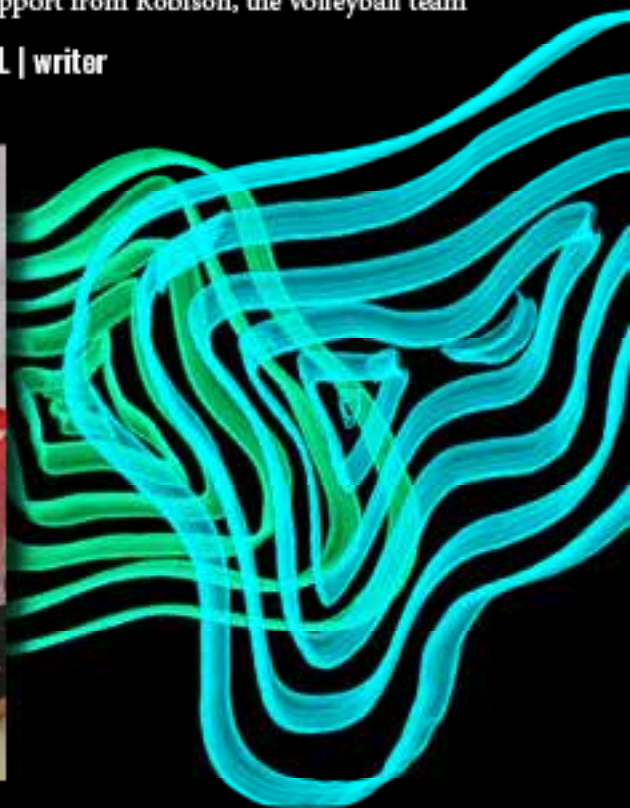
Senior Jared Luksik, varsity returner, has been playing with Robison for two years now.

"Charlie is a very good teammate," Luksik said. "He is a great team player, and very coachable."

Robison provides support to the younger, less experienced players by continuing to encourage them on and off the court. He is known for boosting the team's morale whenever they need it. With the help and support from Robison, the volleyball team

**ADDISON LANE** | writer  
Tom Tom Staff

**VERA FOGEL** | writer  
Tom Tom Staff



## SCHEDULE

W - [3/20] vs. Waukegan  
 W - [3/23] @ Libertyville  
 W - [4/4] vs. Grant  
 W - [4/6] @ Niles West  
 L - [4/11] @ Grayslake Central  
 W - [4/13] @ North Chicago  
 W - [4/14] @ Grant  
 2nd Place - [4/15] @ Lakes  
 W - [4/17] Triangular @ Home

W - [4/18] @ Grayslake North  
 W - [4/20] vs. Lakes  
 W - [4/25] @ Grant  
 W - [4/27] vs. Grayslake Central  
 W - [4/28] @ Round Lake  
 W - [5/1] @ Zion-Benton  
 W - [5/2] vs. North Chicago  
 W - [5/4] vs. Grayslake North  
 [5/6] Tournament @ Waukegan

[5/9] @ Lakes  
 [5/15] @ Warren  
 [5/16] vs. Lake Forest  
 [5/18] @ Deerfield  
 [5/22] IHSA Regionals



# BITTERSWEET SEASON FOR SENIORS

Antioch Community High School senior athletes say goodbye going into their final season

**B**ittersweet feelings follow as the 2023 school year is slowly coming to an end. With spring right around the corner, it is inevitable that the boys volleyball season is now here for all members of the Antioch community to enjoy; the season is guaranteed to be a hit.

Amidst the abundant amount of seniors on the boys varsity volleyball team, there is no denying that the underclassmen have many role models to look up to. Talented seniors like Tommy Weber are ensuring to leave an impactful legacy as a soon-to-be graduate.

"I hope the underclassmen will see me as a hard worker and inspire themselves to work hard and get better at volleyball," Weber said.

The impact that teammates can make on each other is not to be underestimated, especially as lessons are best learned through experience that can be passed down from player to player. With almost half of the current volleyball team consisting of seniors, there is a big burden left for the younger players to shoulder following their graduation. For now, seniors such as Benjamin Georgia are making sure to share their experiences fighting adversity to inspire his teammates.

"When I started playing volleyball freshman year I was not good," Georgia said, "However, some varsity players at the time motivated me to get better and now I am committed to play men's volleyball in college."

Volleyball is not just a sport, but also a way to make relationships that will last beyond the four years at Antioch Community High School. It is difficult to say goodbye to close friends and teammates while simultaneously looking forward to new opportunities and freedoms that open from college.

"It is sad to think about not being able to talk to my teammates when I graduate," Weber said. "I hate the thought of saying

goodbye so I am trying to make the best of this season."

There are many different ways of trying to make this last couple months the most memorable it can be. One way Senior Keith Hill is trying to make memories is by making sure to put all of his effort into using the final season as a motivator to improve as much as he possibly can before it is too late.

"[It] makes me more motivated to push myself and really keep going until I have nothing left," Hill said.

There are many talented players on the boys Varsity volleyball team which guarantees a highly skilled team set for any opponent this year. With the 2022 season ending as 4th in the Northern Lake County Conference, there is no denying that there is much potential to conquer the court as conference champions this season and for years to come.

"The only advice I have for right now and the future is that practice is key," Weber said. "Always practice, have a ball in your hand whenever you play, and have a lot of effort and energy."

Although it is extremely saddening to let the seniors go onto the next chapter of their lives, the underclassmen hope to continue the legacy that has been created from the class of 2023. With bittersweet goodbyes, there is only one chance left for the seniors to make this season better than the last.

**DANA HONG | writer**  
Tom Tom Staff

**AUBREY ULTSCH | designer**  
Tom Tom Staff

**ALI DAVIS | photographer**  
Tom Tom Staff



**DYLAN NIZNIK**  
class of '23



**NATE YOUNG**  
class of '23



# SEQUOIT SNAPSHOT

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## JUNIOR HANNAH SCHAUFELE





**SEQUOIT SNAPSHOT**  

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**JUNIOR JACKSON HONAKER**

# GRAND SLAM ENDING

Going into his final season of his high school career, senior Kyle Trampke is planing to knock it out of the park.

Every athlete hopes to end their career on a spectacular note. For senior baseball player Kyle Trampke, he has goals of having an explosive ending to his high school career.

Trampke has been an extreme baseball fan ever since he was a little kid. Starting when he was five years old, Trampke's official baseball career began playing tee ball. He quickly fell in love with the game and has played it ever since. Trampke can remember all the way back to when he got his first hit in tee-ball. Baseball will forever hold a special place in Trampke's heart, and he will always have a love for the sport.

"It is different from every other sport," Trampke said. "Just the uniqueness that the sport brings to me and how it makes me feel really good, I love it."

Trampke's biggest inspiration is his father. He believes that his father has helped him improve his skill set over the years and showed him how exhilarating the sport can be.

"My dad always pushed me to play baseball and he really made me fall in love with the sport," Trampke said.

Trampke puts in a lot of hard work outside of high school season to become the best he possibly can be. He is a utility player, meaning that he can play any position instead of being limited to one. His favorite position to play is the outfield. On top of being his biggest inspiration, Trampke's father helps him practice to get better in the off-season every year. The two are always lifting with each other, tossing a ball around or working on swing mechanics.

Trampke has played for numerous different teams throughout his baseball career, starting in little league in-house and going up to the Antioch Community High School varsity baseball team. There were some successful and unsuccessful teams that he played for, but overall helped him learn different lessons along the way regarding baseball and life as a whole. He believes the reason baseball is different from other sports is because of the ability to compete both individually,

and as a team.

"When you are out on the field you have your own role, but in the end, everyone is all together," Trampke said.

Trampke's teammates mean a lot to him and he values the relationships with each and every one of them. The team is like a family to Trampke and he believes that they are one of his favorite parts of the sport altogether.

"My favorite aspect is probably the teamwork that goes along with it and the brotherhood that you can make in baseball," Trampke said.

Trampke is one of the respected leaders on the Antioch varsity baseball team. Many of the younger athletes look up to him for advice and pointers on how to get better. He always has a kind attitude toward others and is willing to lend a helping hand. Junior Aiden Van Alstine thinks very highly of Trampke because of his openness and positive attitude about assisting others.

"I think he is a good teammate because he is willing to go out of his way for other teammates that he is playing with," Van Alstine said.

Trampke is not afraid to let someone know when they are doing something incorrectly; he wants the best for the team and will correct others if it benefits the group as a whole. This selfless attitude is key to helping lead the team to a deep run in the playoffs. Trampke and the rest of the team have large goals set for this season and are willing to do whatever it takes to accomplish them.

"Kyle has impacted me by being the guy above me that helps me get reps right and take the correct steps to get better at third base," Van Alstine said.

Another one of Trampke's teammates, senior Aiden Niemczyk believes that Trampke is successful because of how hard he works. Niemczyk has known Trampke for several years and has played with him multiple times throughout in-house, travel and all the way up to the varsity high school team. He knows what he is capable of and how he differs from

other teammates. Niemczyk believes that Trampke is the type of teammate that puts in hours of work outside of practice and always tries to make the most out of every moment. Trampke is efficient and does not waste the time that he is given to work on improving.

"He is always on top of things," Niemczyk said. "Kyle is never lazy about certain things, especially in baseball. He works pretty hard and makes the environment better and more exciting."

One of Trampke's favorite hobbies is watching a game of his favorite professional baseball team, the Chicago Cubs. He has been a fan of the Cubs since he was a little boy and has enjoyed watching them over the years. Trampke loves the way the professional team plays. He is inspired by the Cubs because of how hard they work to be the best. His favorite player is Kris Bryant, former Chicago Cubs third baseman.

For Trampke, baseball is a distraction from the real world and he finds it relieving for the stress that he accumulates over the day. It is relieving and makes him feel much better once he is finished.

"I think getting up after school and doing all the work in school, I think it is a distraction from everyday life," Trampke said. "It just brings me a lot of joy and I could just focus strictly on baseball and just have fun."

As of right now, Trampke is still determining what he wants to pursue after he graduates from ACHS; however, he is certain that he wants to make the world a better place and impact anyone that he meets in a positive way. Along with that, he has the desire to play baseball for as long as he possibly can.

**CARTER WEBB | writer**  
Tom Tom Staff

**HANNAH BARCZAK | designer**  
Visual Director





ANTIOCH

# INSIDE AND OUTSIDE OF THE GOAL

Junior Carter Gras enters his next lacrosse season with high hopes.

The field is loud, the bleachers are full, the players are ferocious and there is only one thing in between the opposing team and the goal, junior Carter Gras, who's job is to fiercely defend the goal. He must stay focused for the entirety of the game as a single goal could be the difference between winning and losing in lacrosse. Gras is up to the task as he hasn't yet faltered and continues to stand out on the team this is partially due to his commitment to the sport; he is a full time athlete and student which can be hard to juggle but he does his best to accomplish this task.

"I go to school during the day making sure to get as much work done as I can in my study hall or free periods," Gras said. "Sometimes I will have late nights because of this."

This is the hard reality of a student-athlete however for many, it is worth it. This is especially the case for a varsity spot on a team sport such as lacrosse where there are more players than spots available. In many team sports, a player is not only competing against other teams, but also for a starting position on their own team. This creates a difficult athletic pursuit along with athletes' daily tasks in life such as homework.

Gras trained extremely hard during the off-season this year playing both hockey and club lacrosse. Playing a club sport is an extremely competitive setting but particularly for lacrosse, as the competitors are the best of the best from around the midwest. This means lacrosse's participants focus on extremely hard training sessions and long hours in order to stand out.

"It is just a bunch of weight training and cardio, maintaining the nature of the sport, and keeping myself fit for the incoming season," Gras said.

Training such as this is incredibly time-consuming and may come at the sacrifice of participation in social events and gatherings. Gras does a great job balancing this as he needs more than just training to get him ready for a game; he needs his supporters such as his parents, coaches, teammates and girlfriend who go to as many of his games as possible. Junior Natalyn Ourada Gras' girlfriend is excited to see what Gras can accomplish this

upcoming season.

"Carter has worked very hard at the sport to get better and he loves it," Ourada said. "He's really excited for this season and I am excited to watch him play."

Having a love for the sport is something extremely important to any athlete and Gras is extremely passionate about lacrosse. He enjoys the pace and keeps his teammates on the top of their game, often yelling from the goal.

"He is a leader and tells everyone what's going on in case they can not see it," Ourada said. "he makes sure the players know where to go because he's very good at seeing what is coming next."

One of the main jobs of a lacrosse goalie is to support the team from afar as they are restricted to the goalie's box this leaves Gras constantly watching over his teammates and providing important callouts to help them through the game. This makes Gras a crucial part of the lacrosse team and allows him to show his leadership skills.

"Carter is a great leader and understands the game very well," head lacrosse coach Pat Swanson said.

With the chance to break the all time win record, Gras' team looks forward to a challenging season in which he will be an instrumental part. Junior Ryan Hanrahan Gras' teammate believes one of Gras' strengths that could help the team to beat this record is Gras strength in the goal.

"Carter does a good job at bailing us out if we get into any trouble on defense," Hanrahan said.

This can happen a lot with the game happening at a blistering pace unlike any other sport, this is something that Gras deeply loves about the sport.

"I like how fast pace it is," Gras said, "the tempo is just optimized speed. I like how fast the game moves and all around its just fun playing with my friends and teammates."

Over the off-season, Gras prepared for this fact in multiple ways, one of which being his hockey season. He plays for the Gurnee Vipers who won the 18U championship this season with Gras being a key part of

that victory. During this championship run, Gras honed his athleticism hoping for a similar end result to this lacrosse season.

Last season, the lacrosse team finished with an even record, but with improvements this off-season the ACHS lacrosse team is looking for big gains. They believe they have the team necessary to do even better this year than last.

"I think this year is our year we were close last year, we were at .500," Gras said.

A goal that the Sequoits could very well achieve with Gras in the goalie position covering his teammates and making sure everyone is on the same page.

"Carter is like another coach, but on the field," Swanson said. "His ability to see what is going on, on the field and relay it to the defense is uncanny."

This is important to Gras, as he would love the chance to play in college to further his lacrosse career. His teammates and girlfriend both reflect this hope for him striving for him to be offered a position on a college team and possibly a large scholarship.

"He is very committed," Ourada said. "He has got a college he is looking to get a scholarship from so that is really exciting."

Gras thinks this would be fantastic but he has a much more humble outlook on what he wants to get out of his high school lacrosse team, one that many athletes in his position may not even think about.

"My teammates, my parents and all my friends just support me to help me become the best person I can, and the best lacrosse player," Gras said.

A trait anyone can grow to appreciate as Gras is not only looking to come out of the season a better player but a better friend and teammate going into his senior year and college. First Gras has to prove himself on the field, with the season in full swing you can see Gras and his teammates fight to improve their last seasons record down on the turf.

**COLE LOIACANO** | writer  
Tom Tom Staff

**HANNAH BARCZAK** | designer  
Visual Director

# LACING UP THE CLEATS FOR ONE FINAL SEASON

Senior Caroline Woolard is closing out her time at ACHS with one final soccer season.

Stepping onto the turf in the cold spring months filled with adrenaline and strength is not new for senior Caroline Woolard, as she enters her fourth and final year as an Antioch Community High School varsity soccer player. Not only has Woolard dedicated four years to ACHS soccer, but she has played club soccer for 13 years as well. Woolard's main inspiration to play came from her family.

"From a young age me and my sister were put into soccer and my older brothers always have been in sports; so it was following staying in sports," Woolard said.

Woolard now possesses the senior role on the team. However, this leadership role is not new to Woolard. Junior Maddie Barrett, the goaltender for the ACHS girls varsity soccer team, has known Woolard for 10 years and Barrett explained that Woolard supports and motivates every athlete on the team.

"She definitely pushes me to be better, especially because soccer is a competitive sport," Barrett said. "I've seen her most times at open gym. If she's not there, she's studying for school. Her schooling is very important to her, so I consider her a leader."

While soccer is a huge part of Woolard's life, her interests lie elsewhere in regards to her academics. After graduation, Woolard plans to attend Mississippi State University and major in kinesiology.

Soccer is a demanding sport that requires an abundance of teamwork and cooperation. Without these traits, the team will fall apart and the chances of success in a game dwindle.

"There's 11 players on the field, so you can't really do anything by yourself; you definitely need a team," ACHS junior soccer player Kayla Jackel said. "You need to work together as a team to be able to pass the ball, get it up the field in order to score and if you don't work as a team, then you'll lose pretty badly."

Woolard's character and drive allows her to bring the team together and work

for their success. Jackel also believes that Woolard's ability to include others is what allows for the team to advance and unite as a whole.

"She always includes people and never hogs the ball," Jackel said. "If she's not open, she won't call for the ball. If she's someone coming up on her she'll pass it. She won't try to get past everyone herself; she'll include and pass to everyone."

Woolard finds inclusion to be a major factor in creating a team that will not only work together on and off the field, but also develop lasting friendships.

"Trying to include [new members on the team] in drills off the bat so they're more comfortable with people on the team," Woolard said. "If you incorporate them in smaller groups that helps them branch out and be able to talk to other people."

Woolard's ability to create friendships does not go unnoticed by her peers. Her consistent motivation and positivity demonstrate her selflessness and impact on the team.

"Caroline has the ability to make you feel better about how a day is going. She's really supportive, and when you have a bad play, she's like 'you know, it's fine to shake it off,'" Barrett said. "It's a lot of collaboration and being there for each other."

There are high hopes this season and as the schedule of games makes its way into a reality, each athlete is taking time to physically and mentally prepare themselves for the long road ahead. For Woolard in specific, her physical preparations consist of adequate stretching, eating well and drinking plenty of water. On the other hand, her mental preparations look slightly different.

"Mentally I wait until the last minute. I'll be super nervous on the field beforehand, but then I remind myself that at the end of the day, it's [about] an hour and-a-half [of gameplay]," Woolard said.

A newer component of the girls varsity soccer team at ACHS is the coach: Maddie

Lyon. Although she has only been coaching the girls here for two years, her experience has allowed for strength amongst the team.

"We have a newer coach, so she's brought a lot to this program that I think could help us do better than past years," Woolard said. "She's helped everyone feel welcome, makes sure there's no drama on the team and supports everyone on the team."

Woolard's dedication is inspiring, especially to the freshmen who are just beginning their soccer career at ACHS.

"Her work ethic is fantastic and she's overall a great leader on the team," Lyon said. "She's a very positive influence on a lot of the girls and being a senior now this year a lot of the freshmen coming in look up to her."

From attending open gyms held at 6 a.m. to practicing and working out after school, Woolard creates the example of a favorable role model for those around her. Her impact on the team and each individual athlete does not go unnoticed.

"I'm gonna miss the memories. I think that all the jokes and how close we are as a team, especially how close I've been with Caroline. I'm gonna miss her and I cannot wait to see what she does in college," Barrett said.

Since Woolard is not planning to play soccer in college, each game and practice that comes and goes will narrow down to her last. Until then, the hard work continues throughout the season to make the last season the best season.

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Tom Tom Staff

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# FIRST TEAM ALL-STATE, COMMITS TO STATE

Starting varsity pitcher Jacey Schuler, announces her verbal commitment to Michigan State University; Schuler tops off her ten-year softball career with a high note.

Junior Jacey Schuler has unquestionably been a star for the Sequoit softball team since her freshman year and will continue to be this upcoming spring. Schuler has been playing at the varsity level since her freshman year of high school but has played softball for the past ten years. With Schuler's experience, she has had time to deeper internalize the game more.

Schuler's career started in Antioch as she played for Antioch Youth Little League, then for Bordertown Bandits and Wisconsin Lightning, and for the past five years has been playing for Illinois Chill Gold.

With Schuler playing the sport for most of her life, she has also been majorly impacted by multiple people, one being a former pitching coach.

"My biggest inspiration is my old pitching coach, Eileen Canney," Schuler said. "She taught me so much not only the physical part of the game but also [the mental]. She will forever be my biggest fan and I am so inspired by what she did on the field, and what she does off of it."

Playing a team sport allows athletes to meet new people and create everlasting memories, but for Schuler, numerous openings have come her way while playing softball.

"Softball is so special to me because it has been with [me my] whole life," Schuler said. "It has created a special bond with my dad that I would never take away. My whole family [has] a special connection with softball. I have [made] so many friends and am able to travel the country."

From a young age, Schuler always knew she wanted to play ball at the next level. Over the years, Schuler has taken her game much more seriously, hoping to achieve playing at the D1 level. Along with playing at the D1 level, Schuler was very interested in the B1G 10 Conference. In the fall of 2022, Schuler got multiple interests from many D1 schools. Schuler's final decision to help her commit came down to how she felt on campus overall.

"When I stepped onto the campus I knew instantly that this was the place [where] I wanted to be," Schuler said. "It felt like home, I loved the instant connection I had

with my coaches as well, they are amazing."

As a junior, recruitment is on a lot of athletes' minds. For Schuler, the dream of playing at the collegiate level is something that she has accomplished. As of Nov. 18, 2022, Schuler is verbally committed to Michigan State University. Receiving an offer from a college takes hard work and that is precisely what Schuler is, a hard worker.

"Fall is when I hit my 'off-season,'" Schuler said. "In the beginning, I take a good break and then get right back to it. I try to incorporate softball into my schedule six days a week, leaving one off day."

Senior Eden Echevarria has been teammates with Schuler for several years, creating a great bond and chemistry with her. She describes Schuler as a leader and team cheerleader.

"No matter how competitive the game gets, she never takes herself too seriously and has fun, which helps [her and the rest of the team] play better," Echevarria said.

Schuler's head coach Anthony Rocco describes Schuler as a very dedicated athlete and believes that Schuler is successful because of how hard she works.

"[She is always] looking to perfect herself," Rocco said. "She's always working, and trying to find ways to get better."

Schuler and the rest of the team have very high standards for their season and are willing to do whatever it takes to accomplish them.

"As a team, it is all very important to us to make a run for state again and win it," Schuler said. "We are all very determined to fight for first and individually my goal is to keep a positive attitude and lead by example to the rest of the team."

The Sequoit softball team had an outstanding previous season placing third in the state for the 3A class. Along with a state finish, Schuler has also been a part of many other accomplishments. In Schuler's freshman year, the Sequoits broke the school homerun record of 58 and made 11th all-time IHSA history for most homeruns in a season. Out of the 58 homerun's hit, Schuler hit 15 of them. In addition, to breaking the homerun

record her freshman year the team was also the NLCC champions, regional, and sectional champions. The team achieved this hardware again along with super-sectional champions and third-place state champions in Schuler's sophomore season.

On an individual level, Schuler was first-team All-State and NLCC All-Conference her freshmen and sophomore season. Last season she made the 2022 News-Sun Softball All-Area team and was named Captain of the 2022 Daily Herald Lake County Softball All-Area team, as well as 2022 News-Sun Softball Player of the year. In October of 2022, Schuler was ranked 42 in the 2024 top 50 prospects by Perfect Game Softball.

Another one of Schuler's teammates, junior Nicole Kutcher believes that Schuler is victorious because she is above and beyond in every aspect of the game.

"Something that makes her stand out is that not only is she a great pitcher, but she is a great hitter too," Kutcher said.

Schuler is a weapon on the diamond. Not only is she a fantastic pitcher, having 236 strikeouts her freshman year then improving herself sophomore year to 285 strikeouts. When she is not pitching she is helping her team in the outfield.

With the mental and physical skills Schuler has picked up, she hopes to continue to carry these with her into her future on and off the field. Schuler as well hopes she can inspire many younger athletes and continue to keep on writing her story.

Make sure to keep an eye out for Schuler and the rest of the Sequoit softball team as they strive to have another successful season and a hopeful state finish. As well, make sure to watch Jacey achieve her dream of playing D1 softball at Michigan State University in the fall of 2024.

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# THE FINAL RALLY

Senior Kiernan Thompson gives insight into his Sequoit tennis career and how he is preparing for the upcoming season.

Even though Thompson grew up playing basketball throughout middle school and continues to play soccer as his main sport, he decided to play tennis to occupy his time in the spring. It is tough being a two-sport varsity athlete but it is even harder to do that while continuing to excel in the classroom also, and that is exactly what Thompson does. Continuing to be a standout in the classroom as well as the field is very challenging, which makes the accomplishments Thompson earns that much more impressive.

As one of the only seniors on the team, Thompson is expected to be a leader and help show the younger athletes what Sequoit tennis is about. Junior Anton Augusto appreciates Thompson returning to play for his senior season and is also excited to see what he can do this season.

“He has the potential to be one of the best players for us this season,” Augusto said. “We don’t have a lot of seniors so it is good to have somebody step up.”

Tennis is a unique sport because an athlete can play as an individual while also choosing to play with a partner. Some players specialize in either singles or doubles but Thompson is comfortable playing either.

“I think that it is fun to play with friends but it is also fun playing solo matches by yourself,” Thompson said. “I prefer playing singles but I play whatever coach puts me at.”

Players argue that doubles can be harder to play because it takes more strategy and precision, mainly due to the fact that the court is covered faster and the ball is easily hammered for quick points. Other players say that singles are harder because it is physically taxing on your body and the mental aspect of singles is much harder. The most difficult part about singles is that if you are losing or in a bad stretch, there is nobody else to blame but yourself. Sometimes the main priority is just getting a point back to stop the momentum of your opponent, and your focus switches from playing to win to playing not to lose.

“The most challenging thing about [singles] is that you are by yourself,” Thompson said.

“If you are losing, all the responsibility is on you and it gets pretty frustrating at times.”

Thompson started out his high school career as a JV player but has grown as an athlete and individual. He is now competing at the varsity level and is a solid player at the senior level for the team. Boys tennis head coach Jamie D’Andrea hopes that Thompson will be able to develop his game even further, while also helping out the team with victories at tournaments throughout the season.

“I think that at our various tournaments and competitions he will find success and be able to get some awards and medals,” D’Andrea said.

One of the reasons that Thompson has been able to make the jump from JV to varsity is due to the amount of work he puts in which helps him become more knowledgeable about the sport. He takes practices seriously and is eager to get better, which has allowed him to gain more confidence as a player. Thompson plays composed and doesn’t make the flashy plays that you might see from some of the arrogant players in the sport.

“He is not loud and obnoxious which is something that boys sports tend to have,” D’Andrea said. “Kiernan is very coachable and is focused on what he needs to do to get better.”

Thompson is widely considered to be a leader on the team by both his fellow teammates and coaches. His work ethic is contagious and he motivates his teammates to get better with every practice and match that passes by. Teammates have noticed the improvements in his game throughout the time that he has been playing tennis for the Sequoits.

“When he first started playing, his game was very raw and you could tell that he was new to tennis,” Augusto said. “Towards the end of the season, you could tell that he was able to control the speed of the ball and place it where he wants it to go.”

The team usually practices five days a week for about two hours each day, although the majority of practices are drills and not matches against other teammates. One day of the week is usually a dual match

against a different NLCC school. On Saturday’s, there is usually an invitational against numerous different teams in the surrounding area. The team believes that Thompson can be a dark horse for them this season and can help pick up points in some events.

“He is really a wildcard for us. He is a pretty quiet player but he is one of the strongest players we have right now,” D’Andrea said. “We are hoping he will be able to win some matches in the big tournaments we have this season and just continue grow as a player.”

While some players play tennis competitively and are looking to continue playing throughout college, Thompson’s future plans lie elsewhere. The challenge for coaches and their athletes at times, is finding ways to keep athletes motivated who are not as serious about tennis as someone who plays as their main sport.

“I have coached athletes and tennis players and what I say to a tennis player is different than what I would say to an athlete,” D’Andrea said. “I think that recognizing the things that motivate someone is very important to their success.”

Thompson has been working to mentally prepare himself for the long upcoming season and he wants to become one of the best players in the conference. His goal this season is to win the conference championship for singles and thinks that is a very attainable goal. After high school, Thompson wants to attend Utah State University and study psychology. While he may end his tennis career, Thompson will still be able to play for fun and without the pressures and expectations of competitions and his team.

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ANTHONY  
TENNIS



# FREEMAN TAKES BIG STRIDES TOWARDS SUCCESS

Sophomore Griffin Freeman takes us through his journey of improvements during his high school track career and the ways he has boosted team morale.

Five A.M. wakeup calls, chugging liters of water, taking down a protein bar, lacing up the running shoes and going for multiple runs a day; a recurring theme in runners' day, every day.

At Antioch Community High School, greatness is expected from all student athletes. Antioch strives to produce athletes that are passionate, competitive and committed to their sport no matter the circumstance. Coaches and teammates are present to help push athletes to reach goals, but the full potential is reached when athletes bring the potential out of themselves.

Sophomore Griffin Freeman has been recognized as the most improved runner on this year's ACHS track team. Freeman has become known to be 'that guy' both on and off of the track. With a compelling personality and athletic drive, Freeman is favored by many. ACHS varsity track distance head coach Christopher Bailey has been a big fan of Freeman since he joined the team his freshman year.

"My first impression of Griffin was that he was the nicest guy at ACHS," Bailey said. "He always has a smile on his face and is always so positive."

Freeman leads the team with positivity and encourages his teammates to do the same. His contagious attitude and efforts go a long way. Freeman's fellow teammates vouch that his personality does not go unnoticed. Senior Braxton Schieler is one of Freeman's closest friends on the team and is proud to hold that title.

"When you come into practice with a certain level of baggage from the day, Griffin always has an energy and happiness that surrounds him," Schieler said. "No matter what happens to him, he is going to lift everyone else up and make sure they are happy. Pretty soon you are running with him and quickly forget about the struggles of the day."

Aside from Freeman's persona, he has slowly become more well rounded on the track. Freshman year, Freeman was completely new to the sport. He began his pursuit in running through cross country. Originally in the bottom pack of runners, as the season progressed, Freeman was on the come up.

Freeman dealt with multiple minor injuries throughout the course of his first cross country season, but that did not halt his passion for the sport. His passion continued for running during his track season freshman year, almost breaking five minutes in the mile, which is a goal all runners aspire to achieve. Sophomore Anthony Sculca believes the sky's the limit for Freeman.

"Starting off, Griffin had a lot of room for improvement," Sculca said. "As time went on, Griffin took a lot of time and practice to improve. This has shaped him to be a very good runner."

The practice tactics Freeman implements in his routine have seemed to make a difference. He dedicates multiple times a week to work with his coaches, watch videos or read articles on ways he can improve his running.

"I really look into the things both of my coaches say because they definitely know what they are talking about," Freeman said. "I use their advice and further research those things. Aside from this, I always circle back to consistency, sleep and drink a lot of water."

Both Freeman's teammates and coaches have high hopes and expectations for the rest of his highschool career. Freeman is on track to lead the team throughout his future upperclassmen years. His coaches are excited to continue working with him and pushing him to reach his future goals.

"We want to increase his volume. As he gets older we want to increase his mileage to build his strength which will improve his performance," Bailey said. "As a junior, Griffin will be one of our top runners. As his strength improves, I believe he has the ability to be an all conference runner next fall."

A key part of being a good teammate is realizing your fellow teammates weaknesses and working with them to improve. Freeman's teammates spend quite a lot of time running alongside him and they use this knowledge to help him take even bigger strides towards success.

"He just has to be careful to not push himself too hard. It is a delicate balance between knowing what you can do and pushing yourself to do too much because if you try to do it all at once, you know you're gonna

crash," Schieler said.

Freeman's teammates work with him even outside of practice. Sculca frequently runs with Freeman in both rain or shine; no matter how many miles they are running, it always makes for a good time.

"I've had single practices with Griffin when we don't have practice," Sculca said. "I go out and run with him. He is great to run with because he keeps up the pace and he's just very positive."

During track, Freeman runs both the mile and two-mile. His personal record in the mile is 5:15, but he hopes to be well under that this year. Freeman has multiple tactics to push him towards this goal.

"I stay really on top of the workouts. Even on days where I can't make it to practice, I always make sure to do a run. Sometimes I'll email my coach about it just to hold more accountability for myself," Freeman said. "Really, consistency is the key. And I know that is cliché, but it's true. You have to do it every day for, you know, four to six days despite what you have going on."

Freeman has the potential to be the face of the ACHS long-distance track team. Both his teammates and coaches have faith in his future advancements in running. With Freeman running cross country, it works hand in hand with his track career. Coach Bailey believes Freeman has all of the possibilities to come out on top before the end of his high school career.

"I feel Griffin has the ability to become a multiple time all conference runner for the Sequoits," Bailey said. "I would also like to see him be part of a cross country team that qualifies for the state championships."

Freeman has had an extremely successful track career thus far and is projected to be victorious. Although Freeman started off with lots of room for improvement, he has taken many strides in the right direction. The ACHS track team is on course for a fortunate season both indoor and outdoor and hope to make a run to state.

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Visual Director

# ONE LAST HURDLE

Senior Julia Kraus hurdles into her last season as a running Sequoist.

One. Two. Three. Jump.  
One. Two. Three. Jump.

The summer going into senior year came around, Kraus took advantage of the time off of school to learn a new method to better herself as a runner and hurdler. This method is known as the three-step method: clearing a hurdle and taking only three steps before clearing the next hurdle. This method makes the transition time between hurdles faster and will allow her a faster time on both the 100-meter hurdles high hurdles and 300-meter low hurdles.

Perfecting the three-step method is done through hard work and dedication in practice; as well as working in the offseason. Only a few athletes truly tempt this challenge and pursue it to receive the fullest benefits. Senior Julia Kraus has ran track at Antioch Community High School since her freshman year and by the time her sophomore season rolled around, she was more than just another athlete and it showed.

Kraus has been running track since sixth grade when she discovered the sport, hoping to find something fun to do during the spring. After a short time of running, she realized track was a strength, and it quickly showed in a particular event: hurdles.

At Antioch Upper Grade School, Kraus set a school record of 16.98 seconds on the 100m hurdles. During Kraus' freshman year, she suffered an injury to her foot that put her out for the indoor track season, which was later canceled due to COVID-19. When sophomore year came around, Kraus' work ethic showed her determination to make up for lost time on the track, even if it was a struggle at first and it paid off.

Ever since qualifying for state her sophomore year, head coach Dan Oslage believes Kraus' senior year was something to look forward to, especially since becoming a top 10 female athlete in ACHS track history due to her fast speed.

"Julia has become stronger both physically and mentally over the past couple of years," Oslage said. "I would like Julia to make all-conference and qualify for state again."

Last year and this year, Kraus earned

the honor of being the track captain. She displays a variety of traits, such as being a role model and contributing to the team tremendously. She does not only focus on herself but the athletes around her as well.

Both of Kraus' coaches have commended her technique for hurdling and the growth she has made in the sport to ensure she can run the fastest time possible using the given technique. ACHS hurdles coach, Heather Cramond, has worked with Kraus for the last two years, including over the summer on her three step.

"Julia inspires me with her continuous dedication to reach her goals," Cramond said. "This technique will help her achieve a faster time in the [100 meter high hurdles]."

Kraus' ability to grow physically and mentally allows her coach to be motivated by her and her dedication is key when learning new skills. The three-step method does not become perfected after a few weeks or months-it takes years and will always be a part of a runner's practice schedule. Coach Oslage also finds many important values within Kraus.

"Julia demonstrates several important values: sportsmanship, integrity, dedication, respect and leadership," coach Oslage said. "She leads by example by giving 100% in practice from warm-ups to the workout and the dedication on the weight deck. She is an extension of the coaching staff."

Junior Nora Lubkeman and Kraus have been running together since they first met in middle school. Lubkeman describes Kraus as selfless in teaching others the importance of practice.

"She is always trying to improve but most importantly she is always helping others improve," Lubkeman said. "What's unique about Julia is her openness with the whole team. She makes sure everyone knows they can always go to her if they have any questions."

While running it is important to not feel scared or discouraged. Even when a person can help others through hardship they also have to do it for themselves. For Kraus true leadership shows through adversity, on and off the track she has to keep a positive mindset to not only affect her but others

around her.

"I try my best to stay positive," Kraus said. "If I'm doing bad in one race, but still have three other ones, I try to just shake it off."

To keep the team focused on their races and instill confidence. Her ability to move through a tough race shows mental toughness and teaches the younger athletes a lead-by-example.

This season being Kraus' last, she looks forward to her future, but the future of the track team when she is gone. She wants to leave the program in better shape than when she started and leave the team eager to keep running. Prior to the start of outdoor track season, Kraus had plans to run track collegiately but was not committed.

"I really want to run track in college," Kraus said. "I want my legacy to be someone who others can look up to, tries really hard, and puts in a lot of work."

Even though she will be leaving for college, she wants the younger athletes to think highly of her and be more like her, whether it be physically with the amount of hard work she puts into practice or mentally with how approachable and positive to athletes and coaches. Kraus recently committed to Carthage College to study allied health science and run on their track and field team.

Whatever the future may hold, Kraus can take the skills she has learned and apply them to whatever she does, even if it is not track related. Her leadership will shine through and make her a prominent member of everything she does.

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Visual Director







# SETTIN' UP THE LAST SEASON

Senior Gavin Nelson walks through what it takes to be a leader and how it feels to be in his last season of high school volleyball.

As the season begins, there is one thing that helps senior Gavin Nelson perform at his best and give him an edge against his competitors, that is Coca-Cola. Nelson loves Coca-Cola and he enjoys three of them a day. It does not matter if it is the off-season, a practice or a game day. Nelson always has a Coke rain or shine. The energy that he gains from the drink allows him to work hard at what he loves the most: volleyball. Coke is what fuels Nelson to compete, the caffeine is what helps him lead and learn.

"I continue playing on a travel team so I'm constantly training and playing still even in the off-season, basically training all year round and I drink three Coca-Cola's a day," Nelson said. "I believe that this year's team is the best squad Antioch has ever had for the men's volleyball program and I believe we can be very successful this season."

Since at a young age, senior Gavin Nelson has always loved playing volleyball. Nelson is one of Antioch Community High School's most fierce competitors and is hoping to help his team have a memorable season this spring. Nelson has become one of the leaders that teammates look up to. Senior Keith Hill described a leader as someone that a team can trust and believe in to make a play when it's important, and Nelson fits that vision. This is a testament to the type of person Nelson is on the court. He can be trusted to make the big play and does not get shaken when the lights get bright. Having a player that does not feel the pressure of an intense moment can help the team to calm down in the toughest situations. Nelson displays character that allows players to play stress free and not worry about making mistakes.

"Gavin shows his leadership in the biggest moments. He leads with his play," Nelson said. "In a close game, we can always rely on him to rally us to a win."

Nelson is extremely supportive of his teammates' successes. By recognizing their successes, it allows his teammates to understand the feeling of reaching their full potential. Nelson believes that by focusing on each player's own separate accomplishments; the team will better itself naturally, due to the confidence that

the players gain and the chemistry that develops after that. Nelson is proud of the work his team has put in this off-season. Nelson says that many of his teammates play club or train but the ones that are not doing those two things make sure to show up at the open gyms hosted by the volleyball team. Nelson feels that they will be more successful and improve because of the hard work the team puts in.

"My dad told me something one time that Michael Phelps's coach said and I think about it often whenever I am struggling, he told me win 'stands for what's important now,'" Nelson said. "Meaning you can't do anything about the past you can only control the current situation and players often struggle because they are dwelling on their past mistakes they made in the game. I try to get my teammates into that type of mentality so they can move past it."

Senior Tommy Weber has high praise for the way that Nelson plays the game. Nelson has the ability to control the ball while producing significant velocity at the same time. Weber feels that the coaches see something in Nelson because of his jumping ability around the net and the way he attacks the ball. Ever since Nelson was a freshman, he was able to catch the eyes of the coaches at ACHS because of these advanced skills that he possesses within his game. Not only is his skillset rare, but he also possesses leadership which makes the type of player he is very rare. Nelson's qualities that he brings to practice every day are contagious and are what help his team compete at the highest level.

"Gavin has gotten better since he was a freshman by being a smart attacker," Weber said. "Today, he always hits or tips the ball in the right space on the court to get the kill."

Many players in all types of sports get better through travel teams and training. While this still stands true for Nelson, he has had other help along the way. Nelson has two older sisters that also played volleyball and they have helped him significantly. Nelson says that playing against his sisters as a kid has helped him compete at a higher level, than if he did not have their assistance.

"I think my success has come with all of the hours spent playing the game. I started at a young age and I never stopped playing. I've been dedicated to the sport for many years and have had good coaches that put a lot of time towards training me and helping me get to where I am now," Nelson said. "One of the biggest things that helped me succeed was changing my mindset. Players tend to lack the killer mindset or the mamba mentality but I feel like I was able to achieve that mindset to some degree."

Be sure to check out the boys volleyball team this spring as they get set to start the season in a few weeks. From the way Nelson and the team have prepared this off-season, the team is more than ready to make the season memorable and successful.

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