

2026 FOOTBALL INFORMATION NIGHT



Conference/Division Titles:

1979, 1982, 1983, 1985, 2004, 2008, 2011, 2016, 2017, 2018,
2019, 2020, 2022, 2023, 2024

State Playoff Qualifiers

1979, 1982, 1983, 1985, 1991, 1998, 1999, 2000, 2001, 2003,
2004, 2005, 2008, 2010, 2011, 2013, 2014, 2016, 2017, 2018,
2019, *2020, 2021, 2022, 2023, 2024, 2025

Varsity Sequoits have a 64-5 NLCC Record!
F/S have won the NLCC 9 years in a row!

FOOTBALL NIGHT

AGENDA Sun 3/8/26

- 166 days til K.O. vs. Schaumburg!
 - Communication (Sequoitfootball.com, X, Facebook)
 - Updates and News
 - The Big 4 (Playing time, Eligibility, Code of Conduct, Fees and Registration).
 - Other Important Items/Questions-Answer



Football Coaching Staff

- Brian Glashagel
 - Del Pechauer (H.o.F.)
 - Mike Gordy (H.o.F.)
 - Rico Ellis
 - Jim Rejc
 - Ryan Shifley
 - Pat Swanson
 - Jordan Eder
 - Hayden Beattie
 - Sean Connor
 - Ryan Naes
 - Marshall Coalson
 - Dalton Wood
 - Al Arden
 - Joe May
 - Andrew DeBoer
 - Max Ness
 - Andy Bitto
 - Mike Karner
 - Danny Arden



All State RB Danny Arden scores against Libertyville in 2011

Sequoits Currently Playing Football in College:

- Owen Shea- Drake University
- Colin Arquilla- Quincy University
- Lucas Curry- Kentucky Wesleyan University
- Ethan Kolloff- Illinois Wesleyan University
- Aidan Niemczyk- St. Francis University
- Jeff Leighliter- Benedictine University
- Aiden Lennon- Carthage University
- Andy Bowles- University of Wisconsin-Platteville
- Athan Kaliakmanis- Rutgers University
- Dino Kaliakmanis- Rutgers University
- Tre Watson- Minnesota State University
- Max Ness- North Central College
- Jacob Herstowski- Lake Forest College
- Jacob Moisa- St. Ambrose University



All State Players:

2025- Owen Shea- Defensive Line
2024- Martin Cohen- Running Back
2023- Martin Cohen-Running Back
2022- Joey Neumann- Tight End
2020- Athan Kaliakmanis- Quarterback
2019- Ryan Shaputis- Linebacker
2018- Dylan Czerlanis- Offensive Line
2016- Andrew Hare- Defensive Back
2015- George Bessette- Linebacker
2014- Jon Haeffele- Offensive Line
2011- Danny Arden- Running Back
2008- Cameron White- Running Back
2004- Nick Nathan-Running Back
2004- Nate Hughes- Defensive Back
1999-Eric White- Wide Receiver
1998- Jim Richardson- Wide Receiver
1994- Brad Rubash- Running Back
1991- Tommy Lehn- Linebacker
1991- Tim Lehn-Linebacker



What's New/Different?

- ▣ 2025-Summer contact days are 20.
- ▣ IHSA has moved the start of the season up 1 week.
- ▣ Season starts Wednesday, August 5th.

What's New/different?

- ▣ IHSA dead week is June 26th-July 5th for all sports- Go on vacation!
- ▣ Week 1 vs. Schaumburg is August 21st.
- ▣ Coach Eder will serve as Defensive Coordinator for the Varsity.
- ▣ We have added another weightroom in the building.

What's New/Different?

- ▣ All returning athletes need to be in a physical best P.E. class.
- ▣ 0 hour with Coach Eder and Coach Wood has been outstanding for our athletes.
- ▣ New turf and track. Breaks ground the Monday after graduation!

What's New/Different?

- ▣ Returning Player Military status on back of the helmet.



Chevron 1- 100% attendance at camp

Chevron 2- 90% or better to off season strength training

Chevron 3- Participate in another ACHS sport.

Bar 1- 3.0+ G.P.A.

Bar 2- No Dean Referrals

Bar 3- Participated in Gridiron Fundraiser

State of the Program

Off season weightdeck numbers are okay. Need to be better.



Attendance:

- 47/95 football players are currently a spring sport.

Name		Bench	Squat	Dead	Total	Attendance	Name		Bench	Squat	Dead	Total	Attendance
Mowery	Cam	275	505	545	1325	26	Bustamante	Jordan	185	275	315	775	30
Brandon	Leon	285	400	515	1200	28	Grosbier	Rayyan	145	305	315	765	28
Medford	Brayden	250	330	520	1100	23	Fisher	Gavin	155	255	350	760	14
Kaliakmanis	Andreas	210	420	435	1065	27	Mitchell	Colton	145	275	315	735	24
Schine	Austin	235	405	405	1045	18	Garcia	Dominic	185	225	315	725	19
Victor	Harvey	240	380	425	1045	16	Hoag	Jackson	165	255	305	725	19
Shaputis	Shawn	235	395	405	1035	28	Jerik	Parker	185	315	225	725	19
Patel	Ethan	230	355	435	1020	27	Mortensen	Ethan	160	275	285	720	17
Victor	Harrison	245	405	365	1015	28	Santoyo	Giulian	235		455	690	23
Rivera	AJ	235	350	425	1010	10	Carson	John	130	300	250	680	4
Garcia	Alec	235	330	405	970	21	Gramse	Nathaniel		225	365	590	30
Lennon	Logan	215	335	415	965	28	Campese	Dylan	185	335		520	24
Khrizman	Alex	235	315	405	955	32	Bellucci	Jason	180		315	495	17
Herstowski	Alex	190	345	415	950	31	Moore	Garrett	185	230		415	26
Connell	Logan	190	330	405	925	26	Marcomb	Devan	160	245		405	15
Wilson	Kelen	205	400	315	920	18	Rano	Frank			300	300	20
Hulting	Jack	190	335	385	910	22	Rocha	Miguel	300			300	30
Caldani	Caleb	225	315	365	905	28	Stone	Gavin	290			290	28
Wendt	Trevor	185	315	405	905	26	Deleon	Prince		225		225	24
Bender	Blake	190	315	365	870	26	Solano	Alberto	205			205	10
Illarmo	Jed	190	315	365	870	14	Grillo	Angelo	185			185	18
Velasco	Tyler	180	315	375	870	27	Cherry	Dylan	155			155	18
Aykroid	Max	175	315	375	865	32	Fiduccia	Austin	135			135	28
Ingram	Xavier	185	275	405	865	5							
Andre	Charlie	215	325	315	855	25							
Sakalowski	Alan	170	315	365	850	30							
Jaquish	Mav	205	300	335	840	28							
Jones	Preston	175	295	365	835	30							
Majerowski	Landin	175	290	335	800	28							
Watters	Eli	155	285	345	785	24							

ACHS Athletic Department

Mrs. Kim Humann (Athletic Secretary)- kim.humann@chsd117.org

Mike Maloney (Athletic Director)- michael.maloney@chsd117.org





- President- Keli Christian
- Vice President- Meredith Shaputis
- Treasurer- Niel Patel
- Secretary- Amanda Rivera
- Technology- Erin Schine
- Events Planner- Mary Beth Hulting
- Apparel- Open
- Members At Large- Megan Marabella/Catrina Sakalowski

ACHS Trainers:

- Ryan Naes
- Brynn Nottoli



Sequoit Football Expectations

Coaches Expectations of Parents

1. Have all athletic waivers and fees turned in by designated deadlines OR make arrangements with front office.
2. Know your son's academic situation by checking grades regularly.
3. Be great POSITIVE Supporters of Antioch Sequoit Football.
4. Check the school website and facebook for updates and changes regularly.
 - www.sequoitfootball.com
 - Join us on Facebook. "Antioch Sequoits Football"
 - @Sequoitfootball on Twitter (X)
5. Conduct at games to be 1st class.
6. Respect all of the coaches on game night and wait until the next day to handle any concerns or issues.
7. Have your son contact coaches when missing a practice, weightlifting or conditioning. We will contact you in return.
8. Use the chain of command with certain issues Position Coach, Level Coach, Program Coach, Athletic Director, Principal.
9. Trainers handle all injuries and all decisions with injuries.

Sequoit Football Expectations

Coaches Expectations of Players

- 1. Be on time for meetings, practices, appointments and class.
- 2. If not in a sport, attend after school strength training.
- 3. Excellence in the classroom and on the field.
- 4. Take pride in avoiding mental errors.
- 5. Be the best conditioned player on the field.
- 6. Be the best disciplined player on the field.
- 7. Know your role on the team and take pride in helping our team achieve victory!
- 8. Be each other's greatest supporters. Hang together!!!!
- 9. Be loyal to the team, your teammates, school and coaches.
- 10. Eliminate excuses. Learn to accept coaching.

Sequoit Football Expectations

▣ Players Expectations of Coaches

1. Be on time.
2. Be prepared for meetings and practices.
3. Work your position players harder than any other group on the field.
4. Mentally challenge your position players higher than all other groups.
5. Make sure you run after practice for innapropriate conduct. (Late to practice, swearing, not prepared)
6. Lose patience and explode at times to raise players to another level.
7. Love and respect players.
8. Coach them like they are your sons.

Parent/Player **MUSTS** to Stay Informed

- ▣ 1. Go to Sequoitfootball.com. The football website serves as a one stop for everything football.
- ▣ 2. Follow us on Twitter [@Sequoitfootball](https://twitter.com/Sequoitfootball).
- ▣ 3. Follow us on Facebook at “[Antioch Sequoits Football](#)”.



4 Biggest Issues in Every Sport

- ▣ 1. Playing Time
- ▣ 2. Eligibility (Academic)
- ▣ 3. Code of Conduct (Behavior)
- ▣ 4. Physicals, Registration, and Fees



Playing Time Part 1

1. THE BEST PLAYERS PLAY. Here's how to be the best you can be:

A. Attend Off Season after school strength training. BE PRESENT!

1. Varsity Athletes lift weights after school with their teammates

2. Soph/Varsity Athletes should be zero hour Physical Best P.E. class.

B. Play other sports.

1. Sports keeps you mentally tough, in shape, out of trouble and better academically. The best football players always are multiple sport athletes.

C. Do Not miss any summer strength training, football camp, 7 on 7's or team functions.

2. Every player has countless of hours/opportunities to prove their playing ability everyday in camp, practice and games. Coaches are always evaluating players on and off the field.



Playing Time –Players

- ▣ How to handle unsatisfied playing time.
 1. Talk to your position coach first!
 2. Talk to your Offensive/Defensive Coordinator.
 3. Talk to your Level Coach.



Playing Time- Parents

- ▣ How to handle your son/daughter's unsatisfied playing time.
 1. Encourage your son/daughter to talk to position coach, coordinator and/or head coach.
 2. If not satisfied. Email Coach Glashagel for a face to face sit down meeting.
 3. If not satisfied with your meeting with Coach Glashagel....contact Mr. Maloney (Athletic Director)



Academic Eligibility Part 1

Coaches get an Academic Eligibility report every Thursday during the football season around 11:00 a.m. The eligibility begins on that following Monday. Here is the district Academic eligibility 3 avenue policy.

<u>Avenue 1 ELIGIBLE</u>	<u>Avenue 2 PROBATION</u>	<u>Avenue 3 INELIGIBLE</u>
<ul style="list-style-type: none">□ G.P.A. 2.0 or higher. <p>AND</p> <ul style="list-style-type: none">□ Passing at least 5 classes.	<ul style="list-style-type: none">□ G.P.A. below 2.0 BUT above 1.5□ Passing at least 5 classes.□ Can Practice and Play in Games.□ Can only be on Probation for a total of 3 weeks, then Ineligible.	<ul style="list-style-type: none">□ G.P.A. is below a 1.5 <p>OR</p> <ul style="list-style-type: none">□ Not Passing 5 classes.□ Can Practice BUT Cannot play in Games. Should get tutoring afterschool.

Academic Eligibility Part 2

- ▶ Other Info:
- ▶ 1. IMPORTANT!!! Players can correct any grade on Thursday afternoon, Friday or Monday by 9:00 a.m., to rectify their academic situation. For example, Player A is academically ineligible on Thursday at 11:00 a.m. He retakes a test after school on Thursday and brings G.P.A. up and now is eligible for the following week. Player A also needs that academic teacher to email Mrs. Humann in athletics and Coach Glashagel to confirm.
- ▶ 2. All classes count for your G.P.A. (P.E., Foods, Health..etc.)
- ▶ 3. Have had players ineligible because they are only taking 5 academic courses during the day. Fail one and you are ineligible. If your son/daughter has 2 study halls during the day....contact their Counselor and get them into another course!
- ▶ 4. Follow you son/daughter's grades on the Infinite Campus app to stay informed on your child's grades.

Academic Eligibility Part 3

- ▶ 1. Do not remove your son/daughter from football (or really any sport) because they are doing bad in school. Us football coaches are relentless on the players and their academics. Scientifically proven that sports help academics, not hurt!
- ▶ 2. If your son/daughter is academically ineligible, we will make arrangements for that athlete to make up missing work, retake tests, get tutoring after school before coming to football.

Code of Conduct Part 1

- ▣ Besides academics, there's other ways athletes can be suspended from practice and games.
 - Ditching classes or school.
 - Fighting in school.
 - Threatening others in school OR on Social Media.
 - Attending parties or gatherings where there is alcohol, tobacco or vaping.
 - Using alcohol, tobacco or vapes.
 - INAPPROPRIATE SOCIAL MEDIA POSTS! (Fake Barstool accounts, X, Instagram or Snapchats)

Code of Conduct Part 2

- ❖ Athletes must be in school for a full day in order to play in any contests Friday night unless of a cleared doctors appointment, family emergency or prearranged absence. In other words be in school on Fridays!
- ❖ Athletes cannot be called out of school during lunch periods, in order to go out to lunch. They will not be able to attend practice that day....which will result in missing game time. This was an issue in 2019, that needs to stop. However, parents can drop off lunch for their kids.
- ❖ Social Media. If an athlete posts anything on social media negatively, or perceived as negative by coaches/admin, about coaches, teammates, the program or school....the result can be missed playing time.

Physicals, Registration, and Fees

I. Physicals

- A. Sports Physicals are good for 390 days. We are asking all football players to get their summer sports physicals done by August 1st.

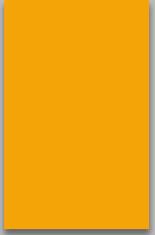
- B. There are walk in physicals done by Family Medicine in Antioch, the Urgent care facility (across from Culvers) and the Walgreens in Round Lake. All are generous with any health insurance plan.

Registration & Fees Part 2

1. If you have financial issues, for football fees, just contact Coach Glashagel or Gridrion President Keli Christian.
2. The \$150 Athletic Fee is taken care of through the Athletic Department and not the football program.

PLEASE TAKE CARE OF ALL PHYSICALS, REGISTRATIONS AND FEES PRIOR TO THE START OF THE SEASON!!!!!!

Registration, and Fees



- ❑ Football Summer Camp Registration \$150
- ❑ Gridiron Varsity Registration/Fees- \$100
- ❑ Athletic Department Fee-\$150 (this is per sport; max of 2 sports and collected later in the season)

Phases of Antioch Sequoia Football

1. Off Season (January-May)
 - A. One on One Meeting with Coach Glashagel
 - B. Strength Train (Monday-Thursday) Players are graded on attendance and effort unless in another sport.
 - C. Team Build and Leadership Council

2. June/July Practice
 - A. Fundamentals, Conditioning, Position Establishment, Competitions, Identifying strengths and weaknesses. 7 on 7's.
 - B. Fundraising
 - C. Most Important part of the season.
 - D. Mental and Physical toughness. Strongest point of year.
 - E. Evaluation

3. Regular Season
 - A. What it's all for.



Summer Calendar



June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Off	2 Off	3 Off	4 Off	5 Off	6
7	8 Strength and Conditioning 12-1:30 	9 Strength and Conditioning 12-1:30 	10 Strength and Conditioning 12-1:30 *Captains practice TBA 	11 Strength and Conditioning 12-1:30 	12 Off	13
14	15 Strength and Conditioning 12-1:30 	16 Strength and Conditioning 12-1:30 	17 Strength and Conditioning 12-1:30 *Captains practice TBA 	18 Strength and Conditioning 12-1:30 	19 Off	20
21	22 Strength and Conditioning 12-1:30  *Youth Camp 8-10	23 <u>Camp Day #1</u> 12:00-3:00 -Equipment Pick Up, First Day of Camp  *Youth Camp 8-10	24 <u>Camp Day #2</u> 12:00-3:00  *Youth Camp 8-10	25 <u>Camp Day #3</u> 12:00-3:00  *Youth Camp 8-10	26 Off *Youth Camp 8-10	27
28	29 Off Dead Week	30 Off Dead Week				



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Off Dead Week	2 Off Dead Week	3 Off Dead Week	4
5	6 <u>Camp Day #4</u> 8:00-12:00 	7 <u>Camp Day #5</u> 8:00-12:00  Team building- Day	8 <u>Camp Day #6</u> 8:00-12:00 	9 <u>Camp Day #7</u> 8:00-12:00 	10 Off	11 Golf Outing & Parent Mixer
12	13 <u>Camp Day #8</u> 8:00-12:00 	14 <u>Camp Day #9</u> 8:00-12:00 	15 <u>Camp Day #10</u> 8:00-12:00   V/S- 7 on 7-ACHS @4:30	16 <u>Scrimmage Day 11</u> (Deerfield & Streamwood)  8:00-12:00	17 Off	18
19	20 <u>Camp Day #12</u> 8:00-12:00 	21 <u>Camp Day #13</u> 8:00-12:00 	22 <u>Camp Day #14</u> 8:00-12:00   V/S- 7 on 7-ACHS @4:30	23 COMBINE DAY 9:00-11:30 	24 Off	25
26	27 <u>Camp Day #15</u> 8:00-12:00 	28 <u>Camp Day #16</u> 8:00-12:00 	29 <u>Camp Day #17</u> 8:00-12:00   V/S- 7 on 7-ACHS @4:30	30 <u>Camp Day #18</u> 8:00-12:00 <u>Scrimmage #2</u> 	31 Off	



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 <i>Off</i>	3 Camp Day #19 8:00-12:00 	4 Camp Day #20 8:00-12:00 	5 <i>First Official Day Of Football Practice</i> 8:00a.m.-12:00p.m.	6 <i>Practice</i> 8:00a.m.-12:00p.m.	7 <i>Practice</i> 8:00a.m.-12:00p.m.	8 <i>Practice</i> 9:00 a.m.-12:00p.m.
9	10 <i>Practice</i> 3:40-6:40	11 <i>Practice</i> 3:40-6:40	12 <i>Practice</i> 3:40-6:40	13 <i>Practice</i> 3:40-6:40	14 <i>Practice</i> 3:40-6:40	15 <i>Practice</i> 9:00 a.m.-12:00p.m.
16	17 <i>Practice</i> 3:40-6:40	18 First Day of School <i>Practice</i> 3:40-6:40	19 <i>Practice</i> 3:40-6:40	20 <i>Practice</i> 3:40-5:30	21 Schaumburg (H)	22 <i>Practice</i> 9:00 a.m.-12:00p.m.
23/30	24/31 <i>Practice</i> 3:40-6:40	25 <i>Practice</i> 3:40-6:40	26 <i>Practice</i> 3:40-6:40	27 <i>Practice</i> 3:40-6:40	28 Lake Zurich (A)	29

Most importantly. Welcome!



By having your son/daughter in our football program you are enriching their life and high school experience. It isn't easy, but the rewards are so worth it.

Go Sequoits!!!

