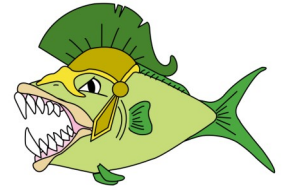




# Spartan Fishing Team



For all the latest news and information on the Spartan Fishing Team, be sure to check out our teams [website!](#)  
 The best way to contact Coach Kuchyt is through email: [ckuchyt@olchs.org](mailto:ckuchyt@olchs.org)

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## No Child Left Inside

[Nature deficit disorder](#) is an affliction affecting many youth. With technology playing a larger role in their lives, children are losing interest in nature and the outdoors. October is a great time of year for you and your kids to reconnect with each other and to enjoy time together in the great outdoors at local nature preserves.

**Places to go...**

Take a ride with the family to [Starved Rock State Park](#) to enjoy the beautiful fall colors. Once there, you can take a hike on the numerous trails, fish the Illinois River, or simply have a family picnic. Starve Rock State Park is the perfect place to go for a day trip because it is only an hour drive from Oak Lawn!

Looking for something closer to home, try



Spartan anglers take a lunch break during a great day of fishing at Plainfield Fishing Resort.

one of the many [Cook County Forest Preserve](#) locations. A short 15 minute drive westbound on 95th Street will take you right into the heart of the forest preserves.

The federal gov-

ernment is also taking an active role in this cause. As the No Child Left Inside [bill](#) makes its way through Congress, take a day to get out and enjoy the outdoors with your family.

**Important News!**

Please have your parents or family members email Mr. Kuchyt to be put on the Fishing Team's Newsletter email list:

[ckuchyt@olchs.org](mailto:ckuchyt@olchs.org)

**Tip of the Month**

Match the wobble of your crank-bait to the clarity of the water. Remember that when you are fishing dingy water, you need to send out as much vibration as possible so that the bass can locate your bait. Dirty water can also be ideal when you want a crank to rattle. In clear water, a tight wobble and no rattle is usually preferred.

-Source: B.A.S.S.

## Please Support Our Sponsors By Using the Valuable Coupons Inside

Grassano's Pizza

Frankies Beef/Pasta & Catering Inc.

Pawsitively Heaven Pet Resort



# Spartan Fishing Team Helps Fight Parkinson's Disease

Members of the Spartan Fishing Team took part in the Sully Shuffle in an effort to raise money for Parkinson's disease research. Participants had the choice of competing in either

the 5K run or 1K walk.

The race was sponsored by the Oak Lawn High School Girls Basketball Team and helped raise over \$20,000 for Parkinson's research.

Over 500 people took part in the event and all the money was donated to the American Parkinson's Disease Association Midwest Chapter. Results of the race can be found [here](#).



Ed Sweiss sprints to the finish after burning the rubber off his shoes.



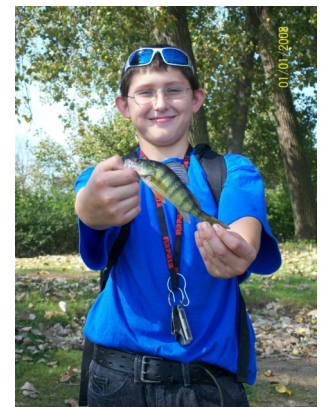
Nick Meyer & Eddie Sweiss prepare for the race.



Ben Masek learns about the natural instincts of a German Shorthaired Pointer.



Alexis Kosek with her first bass of the day from Plainfield Lake.



Ed Sweiss with a perch from Plainfield Lake.



Matt Jensen with a 3lb bass from Plainfield Lake.



Luis Garcia with a 3lb bass from Plainfield Lake.



Matt Jensen learns to fly cast at the National Hunting & Fishing Days celebration.



## Plainfield Lake By Matt Luzadder (grade 9)

We left school at 6am as the sun was just starting to rise. When we arrived at Plainfield Fishing Resort at 6:45am, there was a beautiful fog that was hanging over the lake. Plainfield Resort was so nice and clean, and looked like a great place to catch fish. The Resort was so big and we were all so excited about getting our lines in the water but we did not know where to start. There was a nice man who was selling catfish bait who gave us lots of advice on where to fish and he let us borrow his net. After listening to his advice, it did not take long for some of the people on the team to start catching fish.

Now I am going to tell you about the people that caught some fish. Matt Jaronczyk caught one bass and four cat fish. Matt Jensen was using a floating silver and black Rapala and caught eight bass on it, the largest being three pounds. Luis Garcia also caught eight bass with his largest being three pounds. Luis

caught all of his bass on a sexy shad colored Rick Clunn lure. Then Alexis Kosik caught a couple of bass on live bait. Eddie Sweiss caught a perch that was really cool looking, the colors on it were awesome! Omar Abdulla caught a bass about two pounds. The one thing that I did notice on this day was that the fish really stopped biting once the fog lifted off the lake and the sun began to shine. The only people that did not catch anything were Mr. Kuchyt and I! Even though Mr. Kuchyt and I did not catch anything, we still had a great time with all the kids that went on the trip.

I hope that all the other trips we take this year are as good as this one was. If anyone is interested in joining the Fishing Team, please see Mr. Kuchyt on the third floor in room 372. We had such a good time catch-



Matt Luzadder learns a few casting tips at the National Hunting & Fishing Days celebration.

ing fish and eating hot dogs and we look forward to fishing with you!

## National Hunting & Fishing Days By Omar Abdulla (grade 10)

The Spartan fishing team went to the Northern Illinois Hunting and Fishing Days on September 26, 2009 at Silver Springs State Park near Yorkville, IL. As soon as we arrived we noticed all the vendors.

As soon as we got off the bus, most of us headed to the pond that was stocked with bluegill by the Illinois Department of Natural Resources. The Spartans fished there for about 20 minutes and we caught a handful of bluegill. While we were doing that, Matt Jensen decided to learn about fly fishing and how to cast with a fly rod. Matt took some lessons from a guy with the Illinois Smallmouth Alliance. When most of us were done fishing, there was a hunting dog seminar that we attended. We learned how dogs smell pheasant and find them in the fields.

Zach Christian and Ben

Masek learned how to row a canoe. They put on life vests and paddled around a pond.

Chris Elliot bought some jerky, but it was not normal beef jerky, it was boar and elk jerky! There were other people demonstrating hunting and fishing techniques and there were also historical reenactments. They also had demonstrations on how to cast 100-150 yards. Casting and fishing demos were taught by Cary Gelfond about basic fishing for catfish and musky.

After that, we went to a giant fish tank that was used for another demonstration. The tank was filled with many giant bass, crappie, carp, drum, catfish, and a musky. All of the fish were shocked from the Fox River and

put in the tank. They also had many other activities such as rock climbing, a casting area, dog training, and more hands on activities for all ages! These Northern Illinois Celebration of National Hunting and Fishing Days are always celebrated on the fourth weekend in the month of September. The Spartans had a really good time and we hope to go back next year.



Oak Lawn Community High School  
*Spartan Fishing Team* c/o Chris Kuchyt  
9200 Southwest Hwy  
Oak Lawn, IL 60453

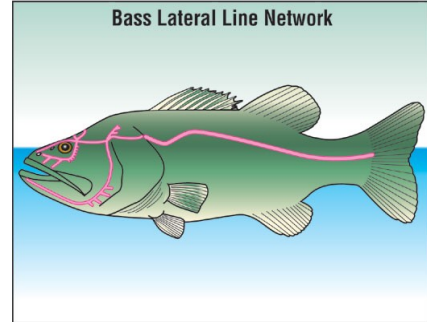
E-mail: ckuchyt@olchs.org



Ben Masek makes a feathered friend as  
Matt Jensen looks on.

### *Lateral Line*

**Fish have a specialized sense organ called the lateral line, which works much like radar and helps them navigate in dark or murky water.**



## Thank You to Our Sponsors

The Spartan Fishing Team would like to thank our sponsors for supporting our team.

If you know of a business or organization that would be interested in **sponsoring** the Spartan Fishing Team, please contact Coach Kuchyt. Our team offers full page advertising space in our newsletter which is distributed to over 3,000 Oak Lawn community members. The Spartan Fishing Team is also in need of donations of used fishing gear. If you or your business would like to help, please contact Coach Kuchyt at ckuchyt@olchs.org.

## Helpful Links

### Spartan Fishing Team

[High School Bass Fishing](#)

[IHSA Sponsored Website](#)

[Illinois Fish Records](#)

[Fish Tales Fishing Club](#)

[Animated Fishing Knots](#)

[Cook County Forest Preserve  
Fishing Booklet](#)

[Illinois Game & Fish Magazine](#)

**Archived  
Spartan Fishing Club  
Newsletters**

**March 2009**

**April 2009**

**May 2009**

**September 2009**



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Thank you for supporting the Spartan Fishing Team!

**Char-Broiled Polish Sausage**

**With Fries**

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**Italian Chicken Breast Sandwich**

**Only \$3.59** (reg.\$5.59)

Served on garlic bread with sweet peppers, lettuce,  
tomato and melted mozzarella cheese

Limit 2

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**2 Hot Dogs**

**With Fries**

**Only \$3.19** (reg.\$5.67)

No Limit

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Oak Lawn, IL 708-423-4444

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**Spaghetti or Mostaccioli Dinner**

Includes one meatball or sausage, garlic or French bread

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**Carry-Out & Delivery Specials**

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**2 Large 14" Thin Crust  
Pizzas**

**\$11.00**

**Extra Toppings \$.150**

Grassano's Pizza

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