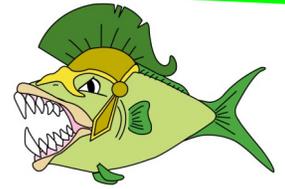




Spartan Fishing Team



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

Neubauer & Cappel Win 2013 Ultimate Spartan Angler!



Right: 2013 Ultimate Spartan Angler Champions John Neubauer and Lauren Cappel with their prize packages.

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Spartan Anglers have been busy this cold winter season. The winter started with the Ultimate Spartan Angler Challenge, which was won by **John Neubauer** and **Lauren Cappel**. Read all about the competition on page 3. You can also read about our teams first trip to the state bass tournament and see our teams weigh-in video on Youtube at the link in the article on page 5.

For the third year, the **Fishing and Outdoor Radio Show** is conducting the **Plano-Frabil's Illinois High School Fish Here** competition. This is a competition every high school fishing team across the state needs to take part in. Our team won this competition last year and we look forward to seeing who will win this years competition. Read about the new format to the competition on page 6.

Page 8 has some great tips from **John Neubauer** on how

to punch matted vegetation and **Mike Sutko** shares what our team learned at a clinic hosted by Bass Pro Shops in Bolingbrook, IL.

Page 9 features an article about the first ever Winter Fishing Games. Anglers from Br. Rice, Reavis, and Oak Lawn took part in various competitions testing fishing skills.

On page 10, **John Neubauer** explains what it was like to catch the "Big Bass" at the [2013 Wolf Lake sectional tournament](#).

Page 11 features

product reviews by Spartan anglers on two of the teams favorite pieces of fishing gear, the **Frabill FXE Stormsuit** and the **Abu Garcia Veritas** fishing rods.

Page 12 rounds out this seasons newsletter with our *Fish Fact*, *Stewardship Tip*, *Video of the Month*, *Fishing Quote*, and our *Recipe of the Month*.

Tem members love bringing you these newsletters so please enjoy and let us know what you think!

Rayjus Outdoors—Oak Lawn High School Bass Tournament Tentatively Scheduled

The Spartan Fishing Team is hosting the fifth annual Rayjus Outdoors—Oak Lawn High School Bass Tournament to be held on the Kankakee/DesPlaines River at the DesPlaines Conservation Area on **October 4, 2014**. The team has partnered with **Unique Bassmas-**

ters and **Rayjus Outdoors** to bring this event together.

More information on this event along with registration forms will be available around August 20, 2014. Past results can be viewed on our [team website](#).

Tip of the Month

When you grab a suspended jerkbait out of its package it will sometimes rise slowly to the surface. When this happens use lead tape, slightly bigger treble hooks or Storm suspend dots to make it suspend in the water.



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2013 Ultimate Spartan Angler Challenge

by Jonathan Metelski (grade 11)

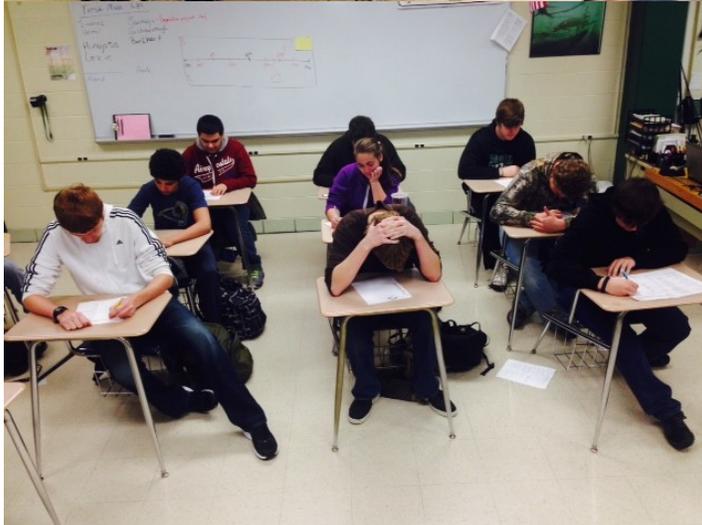
We recently held our annual Spartan Angler Challenge at Oak Lawn High School. It is a way for all of the team members to compete with each other and to test our fishing skills. The competition was spread out over a month and included a multiple choice test, fish identification, knot tying, and a casting portion. It is a great way for even the best angler to challenge themselves.

The knot tests for this year included the polymer, improved clinch, and the Albright knots. Having a timed event against your teammates is a challenge, especially when the adrenaline is flowing and your hands are shaking. Some people were not even able to complete the knots. The fish identification test was also difficult. For the people who studied for both of the tests, there was a big leap in points, which pushed **John Neubauer** to first place.

Going into the casting portion it was still close and anyone

could have won the event. We were tested in distance, side casting, and bozo buckets. For the distance event, we were outside of the school and had to cast in between the school and a fence. All casts were relatively close until **Andy Jensen** came up and rocketed his plug farther than anyone else. But it was not enough to steal first place.

So this year the winner for the guys was **John Neubauer** and for the girls it was **Lauren Cappel**. The winners received a trophy, a tackle box loaded with lures, and first pick from the prize table.



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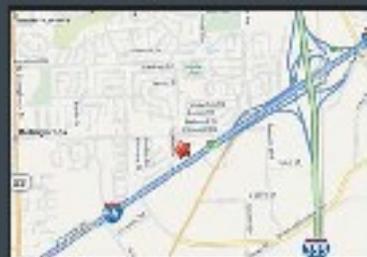


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Our Teams First State Bass Tournament Experience

By Jonathan Metelski (grade 11)



Waking up on a cool dark morning with only one thing in mind –the 2013 IHSA State Bass Tournament. This was the first morning of a two day bass tournament and my teammates and I were all pumped. We gathered our gear and drove to the boat ramp early so that we could get on the water and get ourselves set. My partner John Neubauer and I were the first of a three man rotation. He tied on a square bill and I had a spinner bait. We established a good pattern the day before while prefishing and we were confident we were going to catch fish.

We began working shallow rip rap and I picked up a short in the first few minutes but the wind and waves were hard to fight so we worked our way into some back areas of the lake. The night before the tournament, a severe storm came through the area and the heavy wind and rain must have moved the fish we found while prefishing, so we had to come up with a new game plan on the water. We began to work every piece of cover we could find in hopes of catching a good sized bag.

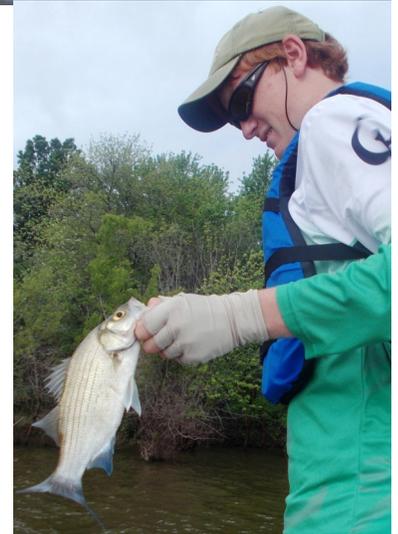
While working my spinnerbait through some flooded vegetation, I had a something hit with real size. I saw a flash and felt the weight of a big bass! John ran for the net and the fight was over. When I saw the fish in the boat, I knew that we might have a chance to do well in this tournament. We kept fishing hard and we kept fishing the fingers and pockets off the main body of the lake. We went hours without any more fish. We noticed some dark clouds rolling in and since cell reception was poor in the area we were fishing, we de-

ecided to move closer to the ramp. We found some rip rap near a marina and worked it. As we came around the break wall, my partner John made a pitch and his line started to move off. He hooked a keeper!

Part way through the day, it was time for John to switch on the boat with Andy. We shot across the lake to find some new water we fished some more riprap and then some bad weather came in and the tournament was delayed. We were called back to the ramp and eventually, after about a two hour delay, got to go back fishing for the final hour.

We weighed in our fish and we thought that my fish might have a chance for the big bass of the day After all the boats weighed in their fish, I had fourth largest bass of the day. We had high aspirations for the next day but the weather canceled the tournament for day two, which was a huge disappointment.

Despite the weather, we had a lot of fun. We spent some time fishing the spillway below the Carlyle dam and caught some fish that we had for dinner. We also caught some huge Asian carp and common carp from the spillway which was fun as well. All in all, it was a great trip. You can see more pictures on our team [Facebook](#) page and you can video the weigh-in [video here](#).



Plano/Frabill Partners with the Fishing and Outdoor Radio Show to Sponsor "Illinois High Schools Fish Here"

The Fishing and Outdoor Radio Show and Plano-Frabill are proud to announce the Third Annual Illinois High Schools Fish Here Team of the Year competition and weekly radio segment called **Plano's Frabill's Illinois High Schools Fish Here** beginning Wednesday January 15, 2014. This segment will be devoted to give needed recognition to the great job you coaches are doing with the high school fishing clubs/teams.

Last year, the Oak Lawn Community High School Spartan Fishing Team from Oak Lawn, IL were named our Plano-Frabill's Team of the Year! With that honor came a tackle prize of over \$5,000 in FREE FISHING GEAR. El Paso-Gridley High School was our runner up and they went home with over \$2,000 in fishing gear!

For the 2013/2014 school year, we plan on recognizing **TWO HIGH SCHOOLS AS TEAM OF THE YEAR**. We have divided the state into a North Zone and a South Zone, with Interstate 80 being the dividing line.

Our two PLANO'S-FRABILLS 2014 TEAMS OF THE YEAR will win FISHING TACKLE WORTH THOUSANDS OF DOLLARS.

GOALS OF PROGRAM:

The above awards will be based on how clubs **PRO-MOTE** fishing in their school and in their community. i.e. ...

1. Attracting new students (not just tournament anglers) to fishing as a life long activity.
2. Club projects that involve teaching fishing in the classroom and in the field to novice fisherman as well as offering tournament options to the more advanced anglers.
3. Community Service and Awareness that brings community attention to the benefits of fishing.
4. Tournament success will be considered. But will not be a major consideration in judging. The IHSA State Tournament recognizes the best Tournament Teams
5. How to develop a love of fishing; all types, all species.

The winners of TEAM OF THE YEAR will received a prize package of fishing tackle being donated by leading manufacturers of fishing tackle.

For more information, contact Jim DaRosa at jtd648@comcast.net.



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Fish Tales Fishing Club

Fish Tales Fishing Club consists of a group of individuals who love to fish. The goal of this family oriented group is to increase angler knowledge. Meetings with guest speakers to discuss fishing tips and techniques are held on the third Thursday of each month . The group meets at the Bremen Township Building located at 15350 South Oak Park Ave in Oak Forest.

For more information on *Fish Tales*, please visit their website at:

<http://www.fishtalesfishingclub.com/>



Punching Matted Vegetation

By John Neubauer (grade 11)

Many tournament anglers today have a backup plan in their tournament game plan. This plan can also involve how to get that kicker fish in the livewell and culling one of your smaller bass. Punching heavy cover is one of those techniques that can help you get that kicker fish in the boat!

Punching heavy cover is just another term for flipping and pitching but it involves a Texas Rig or jig to punch through matted vegetation. In this situation, you will be using a punching rig (modified Texas rig). This rig consists of a bobber stop, a tungsten weight (the smaller diameter will allow the bait to sink faster), flippin' hook (strong and sturdy so that you can pull the fish out of the vegetation), and a creature bait which resembles a crawfish. For rod and reel setups you will need a heavy action rod that is at least 7 feet 6 inches. You need that longer heavy rod to rip that fish out of the mat as quickly as possible and that longer rod also gives you better leverage.

To setup the rig, slide your bobber stop on your line and then your tungsten weight. The reason you want to use a bobber stop is so that the weight does not slide up and down your line and catch weeds. Then you will slide on a punch skirt. A punch skirt is basically a normal bass jig

skirt but modified for heavy cover. After you do this tie on a 5/0 -7/0 straight shank flippin' hook and make sure you tie it on using a snell knot. Remember, you are going after that kicker fish so you need that bigger hook. After you tie on your hook simply Texas rig your creature bait and your ready to fish.

Matted vegetation is easy to fish a long as you have the right amount of weight. A 1/2 ounce tungsten is as light as I will go to punch through the mat. Don't be afraid to go up to an ounce or 1 1/2 ounces. The best mats to fish are the ones that have depth underneath them. If you come to a mat and see bluegill around then you will have a better chance to catch fish there. This technique is effective starting at the late prespawn stage all the way into the fall. The best time to use this technique is post spawn because the fish are feeding heavily and will absolutely crush your punch rig. You might not get many bites, but the ones you do get can be big fish. As always, patience is the key to success when using this technique.



Team Clinic at Bass Pro Shops in Bolingbrook

By Mike Sutko (grade 11)

The Oak Lawn bass tournament was coming up and the team was going to need help if we wanted to win this tournament. Bass Pro Shops was kind enough to let our fishing team come in and offer us some tips about the river we were going to be fishing. Fishing department associate Kevin Cheshier was explaining different tactics and how we should approach the river. He told us about different structural features up and down river, where the best bite was, and he was even specific about the colors of baits we should use on different humps and fall downs. It was a lot of information to take in but it helped not only with the tournament, but just going out to fish at your local lake or pond.

Mr. Cheshier also taught us about rigs that would help, such as the Carolina rig and drop-shot. He also showed us how he wacky rigs for the river, the key being to peg the quarter ounce weight to the hook so that it does

not slide and get caught in the weeds.

We all had questions at the end of the presentation, and Mr. Cheshier answered them very well. This clinic, I believe, helped member of the team learning something new. Whether it was a tip for the tournament or showing us a few tricks on how to pick out the correct bait.

After the presentation, team members went shopping. Some of us bought rods and some sought the baits that Mr. Cheshier showed us. All in all, it was a good opportunity to go after school and learn about fishing.

Any teams interested in a seminar should contact the [Bolingbrook Bass Pro Shops](#). They do a great job and I would highly recommend every team attend one of their seminars!



2013 Winter Fishing Games

Oak Lawn vs. Reavis vs. Br. Rice

On December 27, 2013, the best five anglers from Oak Lawn, Reavis, and Brother Rice squared off in a competition of fishing skills at Oak Lawn Community High School. In the first annual Winter Fishing Games, the anglers were tested in their ability to tie the following knots correctly and quickly: Palomar, improved clinch, double uni, and the Carolina rig. The knots, along with all the other events, were judged by members of [Fish Tales Fishing Club](#). The second part of the competition was the casting skills test. Anglers were tested in their ability to cast and pitch accurately by casting into bozo buckets and casting at a target. There were

also two casting distance challenges, one in which students were able to use their own gear and one in which students were required to all use the same rod and reel combo which was provided by Oak Lawn High School. At the end of the competition, **John Metelski** of Oak Lawn High School earned the most points and became the first Winter Fishing Games Champion.

We hope to expand this event in 2014 by inviting more teams. If your high school fishing team would like to take part in the 2014 Winter Fishing Games, please contact Coach Kuchyt at ckuchyt@olchs.org.



Above: Competitors try their luck at bozo buckets.



Above: Members of Fish Tales Fishing Club who helped judge the events. From Left to right—Tom Lauraitis, Casey Orłowski, Dan Bagrowski, Tim Jacobs, and Fred Howes.



Above: Anglers quickly attempt to tie the double uni knot.



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Neubauer Wins 2013 Sectional Big Bass Award

Tournament fishing is always full of surprises. One moment you dig yourself into a hole by losing a fish next to the boat and the next you are fishing with high spirits as you break the ice and put a huge fish in the live well. At the [sectional tournament](#) this past April, this scenario was true 100 percent of the day. Only seven fish were caught during the whole tournament and my partner John and I were one of the last teams to weigh in. We lost one bass along the side of the boat and we knew a mistake like that could not happen again. I was lucky enough to put our one and only fish on the scales and it turned out to be the biggest of the entire tournament weighing 2.10 lbs. That fish had punched our ticket to our teams first state bass tournament!

During the pre spawn, bass really love to key in on irregularities. Whether the structure turns from chunk rock to gravel, milfoil to hydrilla, or soft bottom to hard bottom, bass will always key in on these irregularities and the pre-spawn time is the best time to have this in mind and that is exactly the type of area where I caught my fish. In tournament fishing, focusing on the little things can really pay off and it sure did for me and my team on that cold April day. I have learned in tournament's past that you have to fish where the fish love to be, and not where you want them to be!



Doing Good Deeds

Left: Spartan Fishing Team members spent part of the fall doing some good deeds in the community. Andy Jensen and John Metelski spent an evening at the Oak Lawn Public Library respooling and fixing equipment that is part of the rod and reel loaner program.



Below: John Neubauer rounded up some classmates to take part in the [Sully Shuffle](#), which helps raise money for Parkinson's Disease research.



Product Reviews

Frabill FXE Stormsuits by John Neubauer (grade 11)



Today, in the fishing world, there are so many important tools that either make or break your day out on the water. One of those tools is a rain suit. When Frabill created the [FXE Stormsuit](#) for avid fishermen like me, they really put in the hard work and detail from top to bottom and got it right. The FXE storm suit consists of Gortex fibers that really keep you comfortable and dry all day long. It is specifically made for all day comfort and results in no fatigue that can happen in other rain suits that hard core anglers wear.

One of the cool features that this rain suit has is that the bibs come with a built in belt. Many quality rain suits today have great features when it comes to material, design, and durability, but what makes the FXE stand out is that there is a built in belt that you tighten up around your waist when you put the bibs on. Now this may not sound like a big deal, but this does two important things for you. First, it secures the bibs to your body from two spots, one from the shoulder straps (like any traditional rain bibs), and from your waist by the tightened belt. Secondly, the belt straps reduce a lot of shoulder fatigue by taking the weight off your shoulders. When you go to cast, you will notice through out the day that your still going strong and not weighed down by the weight of your wet bibs.

The Frabill FXE Jacket comes with the same qualities as the bibs. Not only does it keep you dry but it also does not allow wind to enter your jacket. The jacket is equipped with tightening straps on your sleeves that don't allow water or wind to enter. When you put the hood up it comes with tightening straps and an over hanging lip that you would see on a baseball cap that prevents water from dripping down or spraying in your face. All of the pockets on the jacket and pants come with water proof seals so no water can enter when your pockets are all zipped up. This jacket is ready for every nasty weather situation!



The retail value of the Frabill FXE storm suit is \$500.00 for the jacket and the pants. If you buy them separately, they are \$250. This may be an eye popping price, but when you first put it on you will fall in love with it and never look back. Also, with the quality of this suit, it can last you a very long time.

Most of our high school bass tournaments are in the early spring when the weather is cold and rainy. The weather for most of our tournaments has been less than perfect so the team decided to purchase a team set of these suits. Now, when the weather is poor, we can fish in comfort.

So what are you waiting for? Go out and get yours today and rule the water when everyone else is running in to avoid the bad weather!



Abu Garcia Veritas Rods

by Andy Jensen (grade 11)

Plain and simple, [Abu Garcia Veritas](#) a fantastic rod! I have both the casting and spinning versions. They are super light weight, which reduces fatigue suffered from a long day of casting. They are also very sensitive. I have caught just about every sort of fish on my Veritas and the fights are always a blast. The casting rod provides a lightweight rod with a lot of backbone, so it's perfect for pitchin' and flippin' structure or weed mats. It's also the perfect rod to fish plastics it has some flex but enough beef to get the hook to penetrate the fishes mouth. I like to match my casting Veritas with the [Abu Garcia Revo 3 SX](#) and I like to match my spinning rods with the [Pflueger Patriarch](#). And finally, the price is great, usually just under \$100.

I'm highly satisfied, and would recommend the [Abu Garcia Veritas](#) to any angler out there. As a matter of fact, just about every member of our team has at least one of these quality rods.

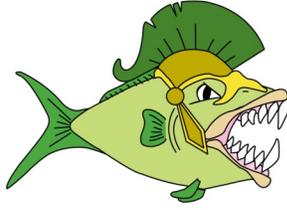


Abu Garcia

Oak Lawn Community High School
Spartan Fishing Team c/o Chris Kuchyt
9400 Southwest Hwy.
Oak Lawn, IL 60453

E-mail: ckuchyt@olchs.org

About our logo...



The Spartan Fishing Team logo was created and designed by **Matt Jensen**. Matt graduated from Oak Lawn Community High School in 2010.

Spartan Favorite Recipe: Cajun Fried Crappie

Ingredients

- 1 pound fillets
- 1/4 cup milk
- 1/2 cup flour or pancake mix
- 1 cup cornmeal
- 1 tb Cajun seasoning
- 1/2 tsp salt
- 1/4 tsp pepper

Directions

Mix flour, milk, and egg in a small bowl. Mix cornmeal, cajun seasoning, salt, and pepper in another small bowl. Dip fillets in wet mixture to completely wet surface, then roll in dry mixture. Fry fillets in oil in a medium sized skillet until both sides are golden brown. Serve with pepper or Tabasco sauce.

Source:
http://www.crappieusa.com/recipes/panfry/Cajun_Fried_Filletts.cfm

Fish Fact

After male crappie protect the nest and eggs, they will attack their fry in an effort to scare it off the nest for good.

Stewardship Tip...

Horizontal holds that support the fishes weight as opposed to holding the fish vertically by the gills or mouth, particularly for larger fish.

Source: <http://www.recycledfish.org/safe-angling/practices/correctly-holding-fish.htm>



Fishing Quote

“Look deep into nature, and then you will understand everything better”

~Albert Einstein

Video of the Month:

<http://www.grindtv.com/outdoor/nature/post/its-man-overboard-as-angry-billfish-jumps-into-boat/>



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