



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

Spartans Name 2013 Plano-Frabil Team of the Year!

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What an amazing spring it has been for the Spartan Fishing Team! First, Jim DaRosa and Don Dziedzina of the Fishing and Outdoor Radio Show presented the 2013 Plano & Frabil's Illinois High Schools Fish Here Team of the Year award to the Oak Lawn Community High School Spartan Fishing Team! Read the article on page 3 to find out the details of this prestigious award!

The Spartans also qualified for their first state bass tournament this spring by placing second in the sectional tournament. **John Neubauer** shares his sectional experience of catching the big bass of the tournament on page 8. John also wrote an article about the District 230 tournament on the Des Plaines/Kankakee River on page 4.

Team members also picked up some valuable information by attending a presentation by an Oak Lawn alumni who is the sports psychologist for the



Members of the Spartan Fishing Team were honored by Don Dziedzina and Jim DaRosa as the 2013 Plano-Frabil Team of the Year!

Dallas Mavericks and Texas Rangers. Read what we learned in **Jon Metelski's** article on page 5.

Team members were also presented the unique opportunity to pour their own plastic baits thanks to alumni Rhett Wheeler. Read about the lures and molds the kids created and see their creations in **Mike Sutko's** article on page 10.

This issue is also has articles on fishing for panfish

(page 7), scholarship winners (page 7), awesome recipes (page 13), and fun fishing information (page 16). We hope you enjoy this newsletter that the kids on our fishing team created.

The Spartan Fishing Team is always looking for new and unique ways to enjoy the outdoors, so if you are a person who has any ideas or ways to help, please consider contacting us at ckuchyt@olchs.org.



www.MyHappyHyundai.com

Correction on the date of the Fall Bass Tournament

The Spartan Fishing Team is planning the fourth annual Bass Tournament to be held on the Kankakee/DesPlaines River at the [DesPlaines Conservation Area](#) on **October 12, 2013**. The team has partnered with **Unique Bassmasters** and **Rayjus Outdoors** to bring this event together. Over 170 high school anglers took part in the 2012 tournament, making this tournament one of the largest high school fall bass tournaments in Illinois. The 2012 tournament

details and results can be found [here](#) and you can check out the highlight video [here](#).

The 2013 tournament will have a similar format to the 2012 tournament. Schools will again be able to enter as many boats as they would like with a \$40 entry fee per boat. The number of boats in the tournament, however, is limited to the number set forth by the DNR permit. Entries will be allowed on a first come, first serve basis and registration will begin August

15, 2013. Registration forms and more information can be found [here](#).

Tip of the Month

Need worms for bait? Take dish washing soap, pour it on an area where worms will be easy to find, and soak the area with a garden hose. The worms will come to the surface!



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Spartan Fishing Team Named Plano & Frabill's Team of the Year!

After advancing to the State bass tournament, the members of the fishing team gathered for what they thought was a send off ceremony. When the team entered into the schools theater, they were surprised to see their parents, administrators, classmates and Jim DaRosa and Don Dziedzina of the [Fishing and Outdoor Radio Show](#). At this ceremony, the Spartan Fishing Team was honored as the [2013 Plano and Frabill's Team of the Year!](#)

The team won an enormous prize package that was distributed to team members. The prize package included products from [Plano](#), [Frabill](#), [Raycus Outdoors](#), [Berkley Havoc and Trilene](#), [Bolingbrook's Bass Pro Shops](#), [StandOut Hooks](#), [Daiichi](#), [Real Magic](#), [Shakespeare](#), [War Eagle](#), [Bass Minder](#), [Strike King](#), and [Evon's Trophies \(Tinley Park\)](#).

The Spartan anglers would like to thank Jim DaRosa, Don Dziedzina, Plano, Frabill and all the other wonderful companies that sponsored this contest and are helping to promote the high school fishing program. We would also like to encourage any and all high school anglers to join the [Illinois High Schools Fish Here Facebook](#) page to share ideas and and fishing success stories. You can also read more about the Illinois High Schools Fish Here program [here](#).



District 230 Tournament

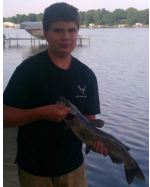
By John Neubauer (grade 10)

On April 6, 2013, four members of the Spartan Fishing Team set out to win the DesPlaines River Tournament. This tournament consisted of multiple schools and incorporated a points system. Our four anglers were divided on two boats and were on the water the whole day for a rough day of fishing. Jon Metelski and I were fishing on Coach Kuchyt's boat while team members Mike Sutko and Ed Swies fished on Mr. Swies's boat.

The river was a huge challenge for us because it was such a large body of water and the weather was not good. On this particular day, we had sun, rain, and strong winds. Jon and I were casting crankbaits and spinner baits most of the day. At the end of the day only Jon and I were able to bring one fish to the scales from our team. The bass weighed 2.39lbs. I was fortunate enough to catch the fish by making a good cast next to an isolated rock with

scattered wood around it. Mike and Ed also fished hard all day but only managed to catch fish that were shorter than the legal size. Jon also managed to catch a nice crappie on a crankbait.

The heavy gust of wind really challenged our casting accuracy as the wind gusts got up into 25 mph range. Boat control was also an issue. At the end of the tournament, Hinsdale Central was able to capture the win with a solid five fish limit. This tournament was a challenge for us, but we did manage to finish eleventh out of 28 boats.



Winning the Plano & Frabill's Illinois High Schools Fish Here Team of the Year

By Mike Sutko (grade 10)

The fishing team was called into our schools theater for what we thought was a team photo for our state bass tournament appearance. When we walk into the theater, we saw our parents, classmates, and a huge table filled with everything any fisherman could ask for. We had no idea this was going to happen! There was also a camera filming all of this and we found out this presentation was going to be on television! The prize table was awesome, Frabill even gave us two [FXE Storm Suits](#) and [fishing nets](#) and Plano donated a bunch of [tackle boxes](#).

Mr. DaRosa and Mr. Dziedzina of the Fishing and Outdoor Radio Show did a presentation and then called my coach up to the stage to say a few words about each team member. He gave us all some good words as we each went up there on the stage. As the team was looking at all the prizes, my coach wanted me to say a few words in front of the camera. I was really nervous but I got the job done. This was really awesome and I would like to thank Mr. Dziedzina and Mr. DaRosa as well as Plano and Frabill, Pure Fishing, Rayjus Outdoors, Bolingbrook's Bass Pro Shops, TTI Blakemore, War Eagle, Bass Minder, Strike King, and Evon's Trophies of Tinley Park. This memory will last a lifetime!



Sports Psychologist Dr. Don Kalkstein Offers Advice to Anglers

by Jonathan Metelski (grade 10)

On May 14, fishing team members were granted the opportunity to meet with Dr. Don Kalkstein to discuss psychological training and preparation. [Dr. Kalkstein](#) currently serves as the sports psychologist for both the **Dallas Mavericks** and **Texas Rangers**, and has served in the same capacity with the **Boston Red Sox**. He is also a 1980 graduate of Oak Lawn Community High School.

Dr. Kalkstein talked a lot about mental toughness and explained that if someone is physically tough, that that does not necessarily mean that they are mentally tough. If you want to excel, you need both. He used many acronyms to get his points across. One of the acronyms he uses when mentoring his athletes is **S.A.V.E.** This acronym can also be applied to fishing. It stands for **S**elf-affirmation, **A**nchoring, **V**isualizing, and **E**xecuting. Self-affirmation means to believe in yourself and your abilities. Anchoring means to evaluate the situation and to “anchor” yourself, or put yourself, into the moment. Focus your attention on what needs to be done and tune out distractions. Visualizing means that you are able to see in your head what the lure looks like underwater or that you are able to imagine how the fish is behaving. Finally, executing refers to physically doing the right thing, like making the perfect cast. This acronym can be used for a variety of sports, and can be used as a general description of useful steps in any sporting situation.

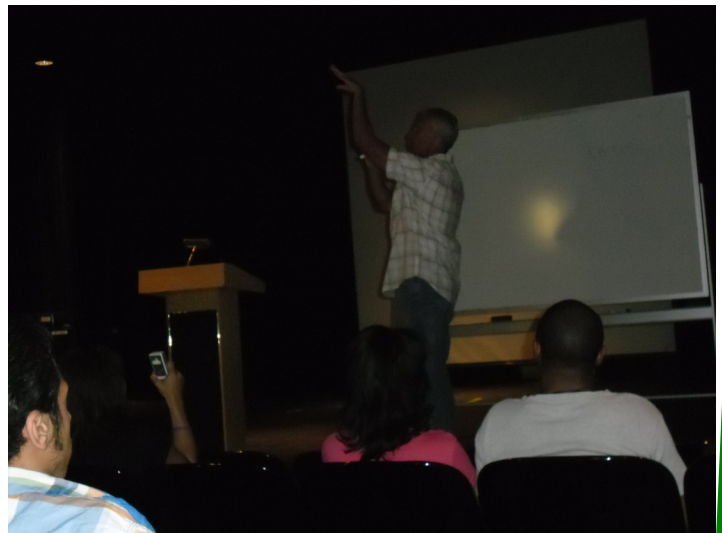
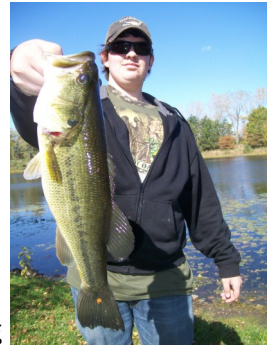
Another acronym that he shared with us was “**A.E.I.O.U.**,” this stands for **A**ttitude, **E**ffort, **I**nterest, **O**ppportunity, and **U**rgency. You need to have a positive attitude that you are going to catch fish, no matter what the weather is like. You have to be interested in learning new techniques and more about the sport and you also have to create opportunities for yourself to go fishing. You also have to make every cast count and feel the urgency of catching a fish with every pitch, cast, or flip. Make everyone count. This acronym is applicable to a variety of situations, from school, to fishing, to life at home. These acronyms were some of the keys of the presentation.

He also offered advice on how to minimize pressure. The example he used was of a basketball player who could hit 100 free throws in practice but when he is in a game he cannot make one! What he said you must do is concentrate and forget about everything internally and externally, whether it is pain, nerves, or 50,000 people in the stadium watching you. Then and only then will you be able to hit the shots you need to.

Mr. Kalkstein touched a bit on team morale as explained everyone on the team must be committed to the goal of winning. For each bass tournament we fish in, you are allowed two kids on a boat. If you have one student who wants to win and feels a sense of urgency to win *this* tournament, and the other student in the boat is not as interested in winning but is instead happy to simply be on a boat, their goals are not the same and you may not have as high of a chance at winning the tournament. This is why the entire team must be focused on one goal. Mr. Kalkstein was asked this question by an audience member: What do you do with a player who thinks they are the best but won't put forth effort in practice? His answer is to video tape him/her practicing and when they put forth effort in a game and at practice then show it to them. Then you can confront them and show them that they are not doing their best. From there, you can show if they are truly trying or not. This would be like a fishing team member being better than most other team members, but never attending

any team meetings or outings.

At the end of his presentation, he said that sports are ninety percent mental and ten percent physical. People need to start spending more time preparing mentally because, on average, only two percent of people spend time training mentally. As our state bass tournament approaches, I will use his advice as I prepare for the biggest tournament of my life.



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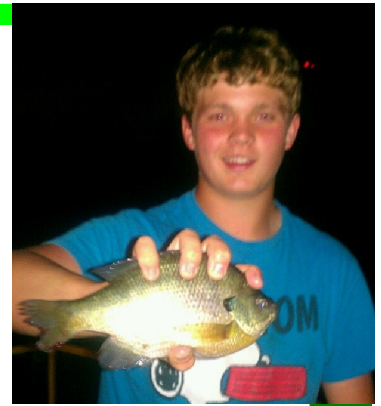
Fishing for Panfish by Andy Jensen (grade 10)

Fishing for Panfish is one of my favorite things to do. Whether it be crappie, perch, or bluegill, I always have a good time fishing for them. Panfish are relatively easy to catch. They tend to travel in schools rather than just alone. Once you locate a spot where you can catch a consistent number of panfish, you can easily catch your limit and have a nice meal for the day. Nothing beats the feeling of reeling in a 10-inch bluegill. It's almost like reeling in a dinner plate! In my opinion, panfish are one of the most aggressive fish out there. They hunt by using their eyesight, so I would recommend using a brightly colored jig head or soft plastic tipped with a red worm or wax worm. It's all about the presentation.

Crappie are probably my favorite panfish to fish for. They will bite on a wax worm or minnow. I have even caught crappies on crankbaits! My preferred method for fishing for crappie is simply using a slip bobber and a crappie minnow. Crappie tend to be at different depths when they are feeding. Using this technique allows you to find the fish even if they are at different depths. The best time to fish for crappies is in the spring. They spawn during the spring so it is easy to locate them. Catching bluegills in the summertime

is easy to do. If you want to catch the hogs, I recommend deep water with some sort of structure in the area, like trees, stumps, or weeds. I like to use a small jig and red worm. The bigger bluegills tend to travel together, so if you catch one, there should be others as well.

Finally, fishing for perch is also fun. Perch will bite on minnows, worms, and even shrimp. A lot of people go to catch perch on Lake Michigan during the summertime. If there is a north wind, cold water flows into the Chicago harbors and with that cold water come the perch. And the size of some of the perch are ridiculous! A biologist told me once that the perch I had caught on the lakefront could be as old as 10 years since they are so big. Overall, panfishing is almost a way of life. It helps me focus, since I'm feeling for the smallest bite there is. It is also great for the little kids because they are almost always biting.



2013 MVP, Sportsmanship, & Scholarship Winners

At this year's Spring Sports Awards Night, the Spartan Fishing Team named their award recipients. The 2012-2013 Most Valuable Player award was presented to **Jonathan Metelski** and the Sportsmanship Award was presented to **Michael Sutko**. This year's \$250 Happy Hyundai scholarship award winner was **Alexis Kosek** and the \$250 Spartan Fishing Team scholarship was awarded to **Jamie Schuld**. Up to date, through the generous contributions of our team sponsors, the Spartan Fishing Team has awarded \$3,250 in scholarships to graduating fishing team members!



Scholarship award recipients Jamie Schuld, Coach Kuchyt, and Alexis Kosek.



Sportsmanship recipient Michael Sutko, Coach Kuchyt, and MVP Jonathan Metelski.



2013 Sectional Tournament at Wolf Lake

by John Neubauer (grade 10)

When sectionals come around, it is always a dramatic ending. This year was no exception. On April 22, 2013, the Spartan Fishing Team competed against other schools for a chance to compete in the IHSA State Bass Tournament on Carlyle Lake.

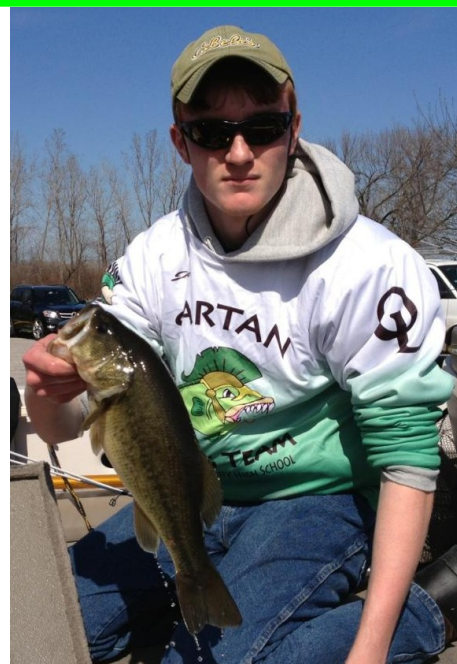
When the tournament started, my fellow teammates Andy Jenson and John Metelski fished the first shift on our boat. On our teams second boat were teammates Ed Swies and Lauren Cappel. At the start of the tournament, the water temperature was 45 degrees. We knew it was going to be a challenging day on the water.

After the first couple of hours, no one on our team had caught a bass, but we did lose one. Andy had a bass hit his War Eagle spinnerbait right alongside the boat, but a few seconds later, it was off the hook. When my chance to get on the boat came up, Coach Kuchyt took Andy and I to our first spot told us to really fish this area hard. He took us along a flooded shoreline with cattails and lay downs. I was pitching a [JD Lures Live Craw](#) flipping bait. As I made a pitch, I felt a little weight at the end of my rod. I swung back and set the hook on a nice large mouth. My partner Andy quickly netted the fish and we were on the board! That fish ended up being our teams only bass, but it was enough to put us in second place at the sectional tournament!



The fish weighed 2.1lbs, which made it the big bass of the tournament. The fish also put us in second place, thereby qualifying us for the state bass tournament.

Andy, Jon, and I are very excited for state and we know we will fish till we drop while we are at Carlyle Lake! The tournament has been postponed for nearly a month, which has given us extra time to research the lake. At this sectional tournament, we all learned that just one cast, pitch, or flip could make the difference in a day of fishing. Now, we must move on and hopefully do well at our teams first state finals appearance.



2013 State Qualifying Team: John Neubauer, Andy Jensen, Jon Metelski



Explore the Blue by Discovery

If you are a grade school teacher, check out [Explore the Blue](http://exploretheblue.com/). On this site, you will find resources for teaching about fishing and the outdoors. Lessons include Grades K-5 cross-curricular lesson plans for Science, Social Studies, Math, Language Arts, and Health/Physical Education, plus Grades 6-8 Earth and Life Science lesson plans. All plans are standards-aligned and feature videos and multimedia tools on conservation, aquatic habitats, the importance of boating and fishing to societies and economies - designed to seamlessly integrate with your current plans. <http://exploretheblue.com/>



June 2013

Flavor Of the Day List

- 1 Peanut Butter Cup
- 2 German Chocolate Fudge
- 3 Cherry Pecan
- 4 Turtle
- 5 Chocolate Dream
- 6 Just Drummy
- 7 Chocolate Caramel Twist
- 8 Bonfire S'mores
- 9 Caramel Cashew
- 10 Double Marshmallow Oreo
- 11 Turtle Cheesecake
- 12 Brownie Batter Overload
- 13 Mint Chip
- 14 Cookies & Cream
- 15 Chocolate Covered Strawberries
- 16 Butter Pecan
- 17 Cherry Chocolate Chip
- 18 Turtle
- 19 Orange Creamsicle
- 20 Oreo Overload
- 21 Strawberry Shortcake
- 22 Really Reese's
- 23 Chocolate Éclair
- 24 Double Strawberry
- 25 Turtle Dove
- 26 Caramel Fudge Cookie Dough
- 27 Georgia Peach
- 28 Nestle Crunch Swirl
- 29 Chocolate Oreo Volcano
- 30 Raspberry Chocolate Marshmallow

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Making Our Own Plastic Baits

by Mike Sutko (grade 10)

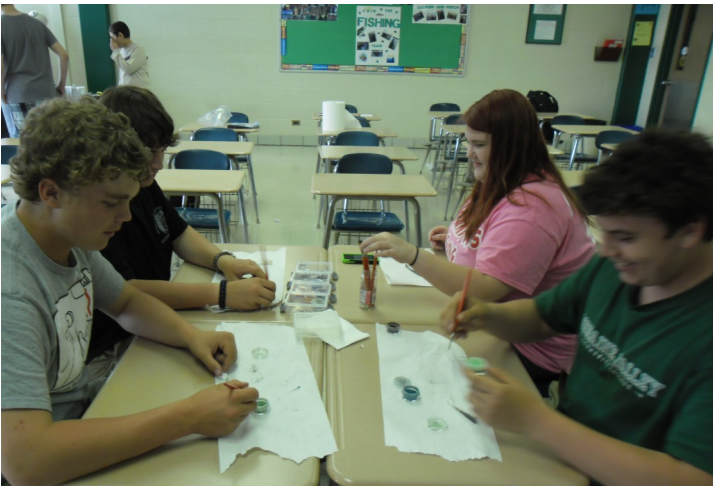
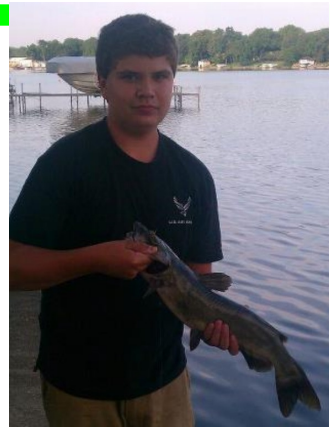
May 21, 2013 was a good day for our team meeting because my teammates and I got the chance to make our own lures! I was very excited to do this. As we began to think of how we wanted to design our lures, we were first taught how to make them.

[Rhett Wheeler](#), a former Oak Lawn Community High School graduate and owner of [Convincing Custom Lures](#), offered to show us how plastics are made. He had a lot of stories to share with us about his homemade baits and how he caught fish. He said that he caught a fish on every lure he has made!

Mr. Wheeler was going over everything on how to make these soft plastics. He said he uses products from three different companies to help him create his plastic baits. The companies are [Make Lure](#), [Alumilite](#), and [Mold Putty](#). He showed us all the molds that he has made and he explained how he made the molds. He then went on to show us how to pour and mix the chemicals to create the plastics. The next step was to color the plastic. I was amazed that you only needed two little drops of coloring for each container of plastic. Once the plastic is colored and in a liquid state, you can add your flake to it. There were many different color combinations to choose from. Mr. Wheeler also showed us how to layer colors on our plastics, which was cool.

The second thing Mr. Wheeler showed us was how to paint lures. The paint is not exactly paint. It is more like a dust that sticks on to the lure. I got the chance to do this with three other people. Mr. Wheeler gave us "pro tips", as he called them, and it was good advice. He specifically said to use the darker colors first and to work your way from the top of the lure to the bottom. One of my teammates colored a blue gill pattern, another did a bass, another had bright florescent colors, and I painted mine a trout pattern. To keep these paints from wearing off, we had to dip them in a hot plastic so the colors do not wear off.

On our next team fishing outing, we are having a contest. The biggest and the most bass caught on the baits we each made will win a prize. We are all looking forward to trying the baits we designed. At the end of the presentation, Mr. Wheeler gave out a lot of his home-made baits and I am very excited to use these. It was so cool to make our own lures, I can't wait to make more color combinations. I want to thank Mr. Rhett Wheeler for coming out. I just hope that will catch baits on the lure I colored. Check out the custom lures and colors we created below!





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Spartan Favorite Recipe: Pecan Crusted Walleye

Ingredients

- 1 egg
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground paprika
- 1 pinch cayenne pepper
- 1 pinch salt
- 1 cup ground pecan meal
- 4 (4 ounce) fillets walleye
- 1 tablespoon butter
- 1 tablespoon vegetable oil



Directions

1. Beat the egg with the garlic powder, onion powder, paprika, cayenne pepper, and salt until evenly mixed. Spread the pecan meal into a shallow dish. Dip the walleye fillets into the egg mixture, then press into the pecan flour.
2. Heat the butter and vegetable oil in a large skillet over medium-high heat. Place the walleye fillets into the pan. Cook until golden brown on both sides and the fish flakes easily with a fork, 3 to 4 minutes per side.

Source: <http://allrecipes.com/recipe/pecan-crusted-walleye/detail.aspx>

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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/>



Midwest Musky Club

5201 West 115th Street

Alsip, IL 60655

www.midwestmuskyclub.com

Meetings: We meet on the first Thursday of every month at 7:30PM
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3. Educate & refine the members' skill in the sport of musky fishing
4. Practice good sportsmanship and safety afloat,
5. Sponsor group activities related to the sport of fishing
6. Observe the rules and regulations of the various Departments of Conservation and National Resources of the states in which members' fish.

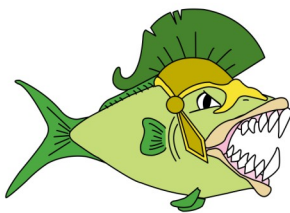
Feel free to attend one of our meetings (bring your family & friends along) & expand your fishing knowledge!



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



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Fish Fact

Scientists say that the number of large fish in the ocean has decreased by 90 percent over the past 50 years.

Source: National Geographic News

Did you know...

90 percent of adult outdoor enthusiasts were introduced to nature based activities between the ages of 5-18.

Source: <http://exploretheblue.com/educate.cfm>

Video of the Month:

The World's Most Deadliest Fish!

[http://www.weather.com/
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dangerous-fish-
pictures-20130402](http://www.weather.com/news/science/nature/scary-dangerous-fish-pictures-20130402)

Fishing Quote

"Most of the world is covered by water. A fisherman's job is simple: pick out the best parts."

~Charles Waterman

