



IRISH POWER

Strength & Conditioning Newsletter
December 2024

by Coach Dan Baker

Thanks for checking out the *Irish Power* Newsletter

The purpose of this monthly newsletter is to inform parents & community members of the hard work & accomplishments of our Irish athletes as they train for sports performance.



We love to celebrate progress and achievement! Check out these photos of students setting Personal Records or hitting milestones.



ALL-TIME IRISH POWER RECORDS

SENECA HIGH SCHOOL

IRISH POWER

BOYS ALL-TIME RECORDS GIRLS

BENCH		SQUAT		CLEAN		BENCH		SQUAT		CLEAN	
TOP 5		TOP 5		TOP 5		TOP 5		TOP 5		TOP 5	
1 Chris Peura 375	2 Josh Lucas 315	1 Chris Peura 615	2 Josh Lucas 550	1 Chris Peura 315	2 Matt Dillon 280	1 Faith Baker 170	2 Faith Deering 145	1 Faith Deering 305	2 Fallon Hamilton 300	1 Faith Deering 185	2 Faith Baker 170
3 Gabe Hicks 305	4 Kysen Klinker 305	3 Alex Bogner-Kidwell 545	4 Matt Dillon 510	3 Josh Lucas 265	4 Kysen Klinker 265	3 Zoe Haugas 135	4 Sam Vandeveld 130	3 Callee Bauer 270	4 Kennedy Hartwig 255	3 Taylor Draves 165	4 Emma Smith 150
5 Matt Dillon 300		5 Aiden Wood 500		5 Asher Hamby 265		5 T. Draves L. Barla 130		5 Brynlee Hunt 250		5 T. Johnson A. Weber 140	

40 YARD DASH		VERTICAL JUMP		40 YARD DASH		VERTICAL JUMP	
TOP 5		TOP 5		TOP 5		TOP 5	
1 Nathan Neal 4.65	2 Matt Cruise 4.72	1 Carter Chase 36.6"	2 Matt Stach 36.4"	1 Caitlyn O'Boyle 5.19	2 Lila Coleman 5.21	1 Lilly Pfeifer 26.4"	2 Lauryn Barla 26.4"
3 Brock Moore 4.76	4 Matt Stach 4.76	3 Kenny Daggatt 36.3"	4 Tyler Hahn 36.1"	3 Anna Bruno 5.28	4 Faith Deering 5.39	3 Faith Deering 26.3"	4 Teagan Johnson 26"
5 David Bergeson 4.77		5 C. Wright 35.8"	5 D. Danek	5 Teagan Johnson 5.39		5 Taylor Draves 25.3"	



CURRENT IRISH POWER LEADERBOARD

Leaders as of current statistics. After 1st Semester, the "Current" Leaderboard will list only records set during Semester 1.

IRISH POWER				
BENCH	SQUAT	CLEAN	Vertical Jump	40 YD. DASH
Knoebel 260	J. Gagnon 430	J. Gagnon 235	Stach 36.4"	Stach 4.78
J. Gagnon 250	Vanezia 415	Echeverria 235	Sigler 34.7"	Barr 4.85
Klicker 250	K. Arnold 375	Klicker 230	Clouse 34.4"	Clouse 4.87
S. Finch 245	Siegel 360	Knoebel 225	Barr 33.5"	Varland 4.91
Grant 240	S. Finch Gjertz 355 <small>Sriley</small>	Angeloff 220	Varland Thorson 33.3"	Rademacher 4.92
Barla 130	Hunt 250	Weber 140	Barla 25.8"	Coleman 5.40
Douglas 125	Stecken 245	Mino 130	L. Pfeifer 24.6"	Olson 5.45
Schaefer 125	O'Neal 235	H. Pfeifer 125	Skelton 24.1"	Cato 5.58
O'Neal 120	H. Pfeifer 230	Buis 125	H. Pfeifer 23.9"	L. Pfeifer 5.58
Hunt 120	Mino McNabb 215	McNabb 125	Hunt A. Aldridge 23.8"	McNabb 5.6

← BOYS

← GIRLS

Favorite Lift: **Bench Press**

NOVEMBER

Favorite Pregame Meal: **Subway**

What is an athletic (sports or training) goal you have for yourself? **I want to sign the 20 MPH sign, PR on multiple lifts, and win Regionals in basketball.**

What is the best part of Irish Power training? **The best part of Irish Power training is the facilities, coaches, and all around atmosphere.**

What teammate or coach inspires you? **My coaches Witte and Maxwell inspire me to be the best athlete I can be.**



Favorite Lift: **Clean or Squat**

NOVEMBER

What motivates you to stay dedicated to your training? **I think what motivates me is my friends around me or thinking about being stronger for softball season.**

What teammate or coach inspires you and how? **I think Coach Holman inspires me because he pushes me to be better at softball and helps me accomplish things in practice and games.**

What is an athletic (sports or training) goal you have for this year? **Squat 225 and hit 10 Homeruns.**

Favorite Irish sports memory: **Winning regionals and going to sectionals for volleyball and softball.**





WINTER '24-'25

IRISH POWER LEAGUE STANDINGS

WEEK 2



1	MUSCLE SPROUTS	886
2	SWOLE PATROL	801
3	WINTER ARC	733
4	RECORD WRECKERS	272

**WEEK 2 WINNER:
MUSCLE SPROUTS**

Stay Connected

- **Twitter: @SHS_Strength**
- **Instagram: @shs_irish_power**
- **School Facebook: Seneca Township High School**

- **Contact Info:**
 - S&C Coach Dan Baker - dbaker@senecahs.org
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#1Team

#IrishPride

