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.
Frequently in Athletic PE, students take a Readiness Survey at the beginning of class. They are asked to answer the following:

1. Hours of Sleep
2. Did you eat breakfast?
3. Stress Level (1-5)
4. Soreness Level (1-5)
5. Oz. of water drank the previous day

If any red flags frequently come up, individual or group discussions are had.

Student-athletes are frequently reminded of the importance of their overall health for athletic performance. Reminders include:

★ Shoot for 8+ hours of sleep (7 minimum)
★ Eating breakfast every day is non-negotiable
★ Drink at least half your body weight in ounces of water each day
★ Consume protein-rich snacks/meals after workouts and practices
Lots of new PR’s and movement on the Top 5 Leaderboard

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← BOYS

← GIRLS
November Athlete of the Month

Nathan Grant

Soph. Football, Track & Field

Favorite Lift:
- Clean

Favorite part of training:
- Sprinting

Irish athlete or coach that motivates you most:
- Coach Maxwell

Favorite Quote:
- “Staying gold is a mentality.”

Best Irish sports memory:
- Beating Clifton Central in Football
November Athlete of the Month

Faith Baker  Soph. Volleyball, Basketball, Softball

Favorite Lift: Clean and Bench Press

Favorite part of training: When everyone in the class/group cheers someone on when attempting a 1 rep max - I love seeing all the different athletes from different sports come together to cheer that one person on.

Irish athlete or coach that motivates you most: Coach Brungard has motivated me a ton this year. Emma Smith is also a big motivator for me. I have watched her play ever since I’ve played sports and always strived to be like her.

Favorite Quote: “I don’t know what my future holds, but I do know who holds my future.” -Tim Tebow

Best Irish sports memory: My favorite memory is from basketball last year when Caitlyn O’Boyle went up for a shot and I blocked her shot and it hit her square in the face.
Trust the Process

A rallying theme that has come up during our winter off-season training is "TRUST THE PROCESS." People are starting to take notice that most of the athletes yielding the biggest improvements and best results are those that have really bought-in and trusted the process. Training isn’t a sometimes thing. It takes an everyday commitment.

Results also don’t happen overnight. Show up. Do the work. Have patience. Trust the process. Good things will happen.

TRUST THE PROCESS.
YOUR TIME IS COMING. JUST DO THE WORK AND THE RESULTS WILL HANDLE THEMSELVES.

- TONY GASKINS
To promote accountability, effort, teamwork, and leadership, the Irish Power League was started during this winter offseason phase. 8 captains (4 male, 4 female) were chosen and then drafted 4 teams to lead during the Winter. Teams earn points for things such as:

- Attendance
- Personal Records
- Team Competitions
- Supporting other athletic teams

Prizes will be awarded at the end of the winter, with the winning team getting special recognition.

Thus far, effort & competitive spirit has been high!

Teams & Captains

Sugar Mummies - Ashley Alsvig & Matt Cruise
Lucky Ligers - Taylor Draves & Aiden Wood
Ice Ice Baby - Maddy Klicker & Eli Hill
Hibernations - Madi Mino & Nathan Grant

Standings Through Week 5

THE HIBERNATIONS - 1704
LUCKY LIGERS - 1352
SUGAR MUMMIES - 1103
ICE ICE BABY - 998
Stay Connected

- Twitter: @SHS_Strength
- School Facebook: Seneca Township High School

Contact Info:
- S&C Coach Dan Baker - dbaker@senecahs.org
- Other Ath PE Teachers:
  - Tim Brungard - tbrungard@senechs.org  Ted O’Boyle - toboyle@senecahs.org
- Seneca HS - 815-357-5000

#1Team  #IrishPride