



# ***IRISH POWER***

Strength & Conditioning Newsletter  
**April 2023**

*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.





# CURRENT IRISH POWER LEADERBOARD

IRISH POWER				
BENCH	SQUAT	CLEAN	Vertical Jump <sup>R</sup>	40 YD. DASH
Peura 345	Peura 565	Peura 275	Hahn 36.2"	Bergeson 4.77
Hicks 305	Dillon 510	Dillon 275	Wright 35.8"	Na. Grant 4.79
Dillon 300	Wood 500	Wright 255	D. Daneek 35.8"	Flynn 4.8
Lucas 300	Bogner-Kidwell 465	Na. Grant 245	Barr 34.7"	J. Farcus 4.82
Klinker 260	Hicks 460	Bis, Lucas 240	Clouse 34.3"	Hahn 4.82
Baker 155	Hamilton 285	Baker 165	Johnson 25.8"	O'Boyle 5.19
Vandavelde 130	Bauer 270	Hamilton 135	Barla 25.4"	A. Bruno 5.35
Bauer 125	Hartwig 255	Hartwig 130	Coleman 24.3"	Jackson 5.48
Hougas 120	Klicker 245	Maxwell 130	Pfeifer 24.2"	Coleman 5.49
Maxwell Alsvis 115	Vandavelde Spreitzer 235	Johnson 130	O'Boyle Klicker 24"	Johnson 5.55

← BOYS

← GIRLS



# ALL-TIME IRISH POWER RECORDS

There's some amazing numbers going up on our Record Boards.

Of major note...

Chris Peura has increased his already record holding Bench and Squat numbers, and Faith Baker took over the All-Time Bench Record! Also love seeing we now have 4 current male athletes that can Bench 300 and 3 that can Squat 500. It just keeps getting better!

SENECA HIGH SCHOOL							
BOYS		ALL-TIME RECORDS		GIRLS			
BENCH		SQUAT		CLEAN			
TOP 5		TOP 5		TOP 5			
1. Chris Peura 345	1. Chris Peura 565	1. Chris Peura 275	1. Faith Baker 155	1. Faith Deering 305	1. Faith Deering 185		
2. Gabe Hicks 305	2. Matt Dillon 510	2. Matt Dillon 275	2. Faith Deering 145	2. Fallon Hamilton 285	2. Taylor Draves 165		
3. Matt Dillon 300	3. Aiden Wood 500	3. Collin Wright 255	3. Zoe Haugas 135	3. Callee Bauer 270	3. Faith Baker 165		
4. Josh Lucas 300	4. Alex Bogner-Kidwell 465	4. Nathan Grant 245	4. Taylor Draves 130	4. Kennedy Hartwig 255	4. Emma Smith 150		
5. Kysen Klinker 260	5. Gabe Hicks 460	5. Josh Lucas Chase Bois 240	5. Sam Vandervekke 130	5. Z. Haugas M. Klinker M. Klinker 245	5. H. Valand F. Hamilton 135		
40 YARD DASH		VERTICAL JUMP		40 YARD DASH		VERTICAL JUMP	
TOP 5		TOP 5		TOP 5		TOP 5	
1. Matt Cruise 4.72	1. Kyle Hahn 36.2"	1. Caitlyn O'Boyle 5.19	1. Faith Deering 26.3"	2. Anna Bruno 5.28	2. Teagan Johnson 25.8"	3. Lauryn Barla 25.4"	4. Taylor Draves 25.3"
2. Brock Moore 4.76	2. Collin Wright 35.8"	3. Faith Deering 5.39	4. Aubrie Jackson 5.48	4. Lila Coleman 5.49	5. Emma Smith 25.2"		
3. David Bergeson 4.77	3. Drew Danek 35.8"	4. Nathan Grant 4.79	5. Carter Clouse 34.3"				
4. Nathan Grant 4.79	4. Travis Barr 34.7"	5. Ryan Flynn 4.80					

# Irish Power Athlete of the Month

**Favorite Lift:** Squat

**Favorite part about Irish Power training:** lifting heavy and pushing each other in the summer

**Favorite Lifting Music:** Anything Collin puts on

**Advice to incoming Freshmen:** Getting stronger will help you in every sport and to do that you have to be consistently in the weight room working hard.

**Teammate that motivates you:** Chris Puera because he's so much stronger than me so when I lift with him I am working extremely hard to try and keep up.



## Aiden Wood

Sr. Football, Wrestling, Baseball

# Irish Power Athlete of the Month

**Favorite Lift:** Squat or Hex Bar Deadlift

**Favorite part about Irish Power training:** My favorite part of Irish power training is the competition and teamwork. The teamwork that it brings shows that there are others like yourself that want to get better and stronger not just for themselves but for the team. With a team comes that competition. We always end up pushing each other to do better everytime time we lift and everytime we max. That competition is what brings people farther than what they thought they could go.

**Favorite Lifting Music:** Rock and early 2000s

**Advice to incoming Freshmen:** Don't try and do everything yourself. You have to know when you need help and you can't be afraid to ask for it. There are so many people with you in that weight room that would be more than willing to help you. This is all going to be new to you and you could hurt yourself if you don't do the right thing. Don't be afraid to ask for help and have fun.

**Coach that motivates you:** A coach that motivates me would be my throwing coach, Ms. Bolin. I have only had her for one year now but she is just about my favorite. She is always there to give advice without sounding condescending. She genuinely wants to see all the throwers get better and is willing to spend extra time on a person to make sure they get where they want to go. She is such a good person to have as a coach and she has made my senior year track season amazing.



## Fallon Hamilton

Sr. Volleyball, Track & Field



# Irish Power Off-Season Training

After-school off-season training has really picked up steam as of late. Our daily attendance has improved greatly in recent weeks, and our athletes are getting more consistent.

We're reaching the time of year where our off-season athletes are in a peak or absolute strength emphasis. It's definitely showing right now just how much strength our athletes have gained this year, and will continue to do so throughout the summer months into the fall season, as well as the whole next school year.

Speaking of the summer...a summer S&C calendar should be ready soon. Students can expect to get it no later than our SST meeting on May 11. There will be plenty of opportunities for all of our athletes to improve their strength, power, speed, conditioning, etc. this summer.





# Stay Connected

- **Twitter: @SHS\_Strength**
- **School Facebook: Seneca Township High School**
  
- **Contact Info:**
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  - Additional Athletic PE Teacher, Tim Brungard - [tbrungard@senecahs.org](mailto:tbrungard@senecahs.org)
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*#1Team #IrishPride*