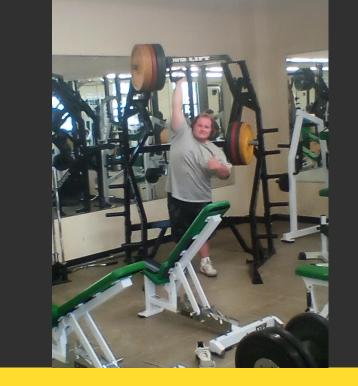


by Coach Dan Baker

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.





Athletic Development vs. Bodybuilding

Whether you are an athlete, parent, coach, or whomever reading this, I think it's valuable to often revisit differences between using weight training to develop athletes for competition versus just lifting weights or "bodybuilding". Lifting weights to look good, be healthy, put on mass, reduce body fat, etc. is certainly a tremendous thing to do throughout life. In our Irish Power training, there are times when student-athletes get the opportunity to include that in their workouts, but for the most part, our training centers on being the best athlete possible rather than on aesthetics.

Our program is based around multi-joint movements that require the athlete to move well, while also building strength and power. We also include plyometrics, speed, and agility in our training regularly to develop the total athlete. Because most of our time is spent on these movements, I stress to student-athletes to save the single-joint bodybuilding for any bonus time they get in our weight room, or when they lift on their own. This not only allows them to use that extra lifting to improve size and/or appearance, but gives their bodies and nervous systems a break from the taxing efforts of full body training. There's definitely nothing inherently wrong with doing some bicep curls and calf raises, but they are certainly more of a supplement to bigger/more important movements like variations of Squat, Hinge, Press, Pull, & Olympic movements.

> GO IRISH! Coach Baker

CURRENT IRISH POWER LEADERBOARD



 $\leftarrow BOYS$

 $\leftarrow \mathsf{GIRLS}$

<u>ALL-TIME IRISH POWER RECORDS</u>

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!



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

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