



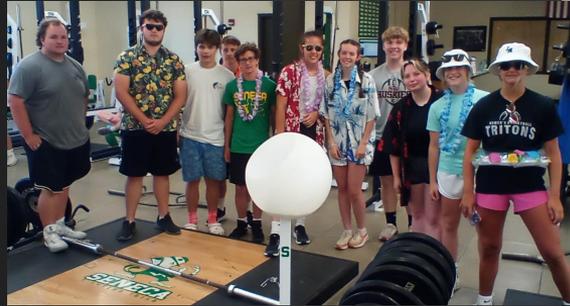
IRISH POWER

Strength & Conditioning Newsletter
September 2022

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 ^R	40 YD. DASH
Peura 335	Peura 510	Peura 275	Hahn 36.2"	Bergeson 4.77
Hicks 305	Wood 480	Dillon 265	Wright 35.8"	Na. Grant 4.79
Dillon 290	Dillon 465	Wright 255	D. Danek 33.3"	Flynn 4.8
Lucas 280	Hicks 455	Na. Grant 230	Barr 32.2"	J. Farcus 4.82
Wright 255	Lucas 450	Wood, Lucas, Hicks 23	Traina 30.5"	Hahn 4.82
Baker 135	Bauer 245	Baker 150	Johnson 25"	O'Boyle 5.19
Bauer 115	Klicker 245	Maxwell 130	Klicker 24"	A. Bruno 5.44
Hamilton 110	Vandevelle 235	Johnson 125	Vandevelle 23.5"	Coleman 5.49
Maxwell 110	Mino 225	Mino 115	Hartwig 23"	Jackson 5.61
Several @ 105	Buchanan 205	Hartwig 115	Cato 22"	Vandevelle 5.61

← BOYS

← GIRLS

Irish Power Athlete of the Month

Favorite Lift: Squat

Favorite pre-game meal: Pizza

Best Irish sports memory: Beating Coal City on the football field in wrestling

Favorite part about Irish Power training: Getting hyped up with teammates when hitting a new max

Coach or fellow athlete that motivates you most and why: Matt Dillon and Aiden Wood push me in weight room to get better and push me to get better at practice



Chris Peura

Junior

Football, Wrestling

Irish Power Athlete of the Month

Favorite Lift: Squat

Favorite pre-game meal: Chocolate Milk and Starburst

Best Irish Memory: Basketball Regional Championship - even though we lost just the crowd and the atmosphere of the gym brought so much joy to me.

Favorite Part about Irish Power training: Being able to lift with my friends and it is my time to not have to worry about school work and just do what I like.

Coach or fellow athlete that motivates you: I think my trainer definitely motivates me the most to keep doing this. He really introduced lifting to me and I fell in love with doing it and now I want to make it a priority to do, and he keeps me in shape all year round.



Kennedy Hartwig

Senior

Volleyball, Basketball, Softball

Fall Off-Season Training

Due to so many Irish athletes being in Fall sports (which is what we want), we are not having a Fall Irish Power League with so few off-season athletes to train after school. The small group we have, though, has been off to a great start in September.

Athletes can still earn rewards for attendance, PRs, etc. The more people in attendance and the more success of the group, the more rewards there are to be had.

The October S&C calendar can be seen here.

October 2022		IRISH POWER		S&C		
October 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
TEAM						1
2	3 Speed Session/Open Lift 3:05-4	4 Conditioning 3:05-3:45	5 Strength Training 2:10-3	6 ½ Day	7 NO SCHOOL	8
9	10 NO SCHOOL	11 Speed Session/Open Lift 3-4 Fri/So Volleyball 3-3:30 (speed)	12 Strength Training 2:50-4	13 Fri/So Volleyball 3-3:30 XC 4-4:30	14 Conditioning 3-3:30	15
16	17 Speed Session/Open Lift 3:05-4	18 Conditioning 3:05-3:45	19 Strength Training 2:50-4	20 XC 3:45-4:30	21	22
23	24 Speed Session/Open Lift 3:05-4	25 Conditioning 3:05-3:45	26 Strength Training 2:50-4	27	28	29
30	31 OFF Happy Halloween					

Stay Connected

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

- **Contact Info:**
 - S&C Coach Dan Baker - dbaker@senecahs.org
 - Additional Athletic PE Teacher, Tim Brungard - tbrungard@senechs.org
 - Seneca HS - 815-357-5000

#1Team #IrishPride