



IRISH POWER

Strength & Conditioning Newsletter
January 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.



ALL-TIME IRISH POWER RECORDS

It's great to see our athletes always striving to compete. Congrats to all who newly made or moved up the boards!

IRISH POWER					
BOYS			ALL-TIME RECORDS		
BENCH	SQUAT	CLEAN	BENCH	SQUAT	CLEAN
TOP 5	TOP 5	TOP 5	TOP 5	TOP 5	TOP 5
1. Chris Peura 375	1. Chris Peura 615	1. Chris Peura 315	1. Faith Deering 160	1. Faith Deering 305	1. Faith Deering 185
2. Josh Lucas 315	2. Josh Lucas 550	2. Matt Dillon 280	2. Faith Deering 145	2. Fallon Hamilton 300	2. Taylor Draves 165
3. Gabe Hicks 305	3. Alex Bogner-Kidwell 545	3. Josh Lucas 265	3. Zoe Haugas 135	3. Callee Bauer 270	3. Faith Baker 165
4. Matt Dillon 300	4. Matt Dillon 510	4. Nathan Grant 260	4. Sam Vandeveldt 135	4. Kennedy Hartwig 255	4. Emma Smith 150
5. Nate Grant 285	5. Aiden Wood 500	5. A. Hamby 255	5. Taylor Draves 130	5. Z. Haugas 245	5. Teagan Johnson 140
40 YARD DASH	VERTICAL JUMP		40 YARD DASH	VERTICAL JUMP	
TOP 5	TOP 5		TOP 5	TOP 5	
1. Nathan Neal 4.65	1. Carter Clause 36.6"		1. Caitlyn O'Boyle 5.19	1. Lilly Pfeifer 26.4"	
2. Matt Cruise 4.72	2. Kenny Daggett 36.3"		2. Lila Coleman 5.27	2. Faith Deering 26.3"	
3. Brock Moore 4.76	3. Kyler Hahn 36.1"		3. Anna Bruno 5.28	3. Teagan Johnson 26"	
4. Matt Stach 4.76	4. Drew Derek 35.8"		4. Faith Deering 5.39	4. Lauryn Barla 26"	
5. David Bergeson 4.77	5. Collin Wright 35.8"		5. Teagan Johnson 5.39	5. Taylor Draves 25.3"	

CURRENT IRISH POWER LEADERBOARD

IRISH POWER				
BENCH	SQUAT	CLEAN	Vertical Jump	40 YD. DASH
Peura 375	Peura 615	Peura 315	Clouse 36.6"	Neal 4.65
Lucas 315	Lucas 550	Dillon 280	Daggett 36.3"	Stack 4.76
Dillon 300	Bogner-Kidwell 545	Lucas 265	Barr 35.2"	Daggett 4.78
Nate Grant 285	Dillon 510	Nate Grant 260	Sigler 34.7"	Na. Grant 4.84
Klinker 280	Hamby 410	Hamby Bogner 255	Danak Gieritz 34.5"	Eplin 4.87
Baker 160	Vandeveld 235	Baker 165	L. Pfeifer 26.4"	Coleman 5.27
Vandeveld 135	O'Neal 230	Johnson 140	Johnson 26"	Johnson 5.39
Barla 125	Mino 230	Maxwell 135	Barla 26"	Olson 5.4
Maxwell 115	Balanding 230	T. Mino 130	Skelton 24.1"	Jackson 5.43
Douglas 115	Maxwell Stecken 225	Steffes Weber 130	Douglas 23.6"	Fosen 5.49

← BOYS

← GIRLS

December Irish Power Athlete of the Month: **Ruthie Steffes**

Sophomore
XC, T&F

Favorite Lift: Clean

What motivates you to stay dedicated to your training? I feel like I lost a lot of strength over the past couple of months, so I'm trying to get that back.

Favorite pre-game snack: Natalie's energy ball things

What is the best part of Irish Power training? The people

What is an athletic goal you have for this year? 115 lb. Bench

Favorite quote: "If you ain't first, you're last." -Ricky Bobby



December Irish Power Athlete of the Month: Casey Klicker

Junior

Football, Baseball

What teammate or coach inspires you and how?

Memphis Echeverria because we are always competing against each other.

Favorite Irish sports memory: Beating Rockridge by a lot during the playoffs when people said they had a chance to beat us.

What motivates you to stay dedicated to your training?

Knowing I am helping out my teammates by getting better and stronger.

Favorite Lift:

Clean

What is the best part of Irish Power training?

Everyone from all sports working together to improve.



Winter Irish Power League Update

Despite the handful of snow days, the Irish Power League is going strong to start the new year. The next few weeks will be crucial in getting prepared for the Spring Season. Check out the weekly winners and the most recent standings update:

Week 1 - Lucky Ligers


Week 2 - Beast Factory

Week 3 - Kettlebell Babes

Weeks 4 & 5 - Win Direction

Week 6 - Kettlebell Babes






WINTER '23-'24

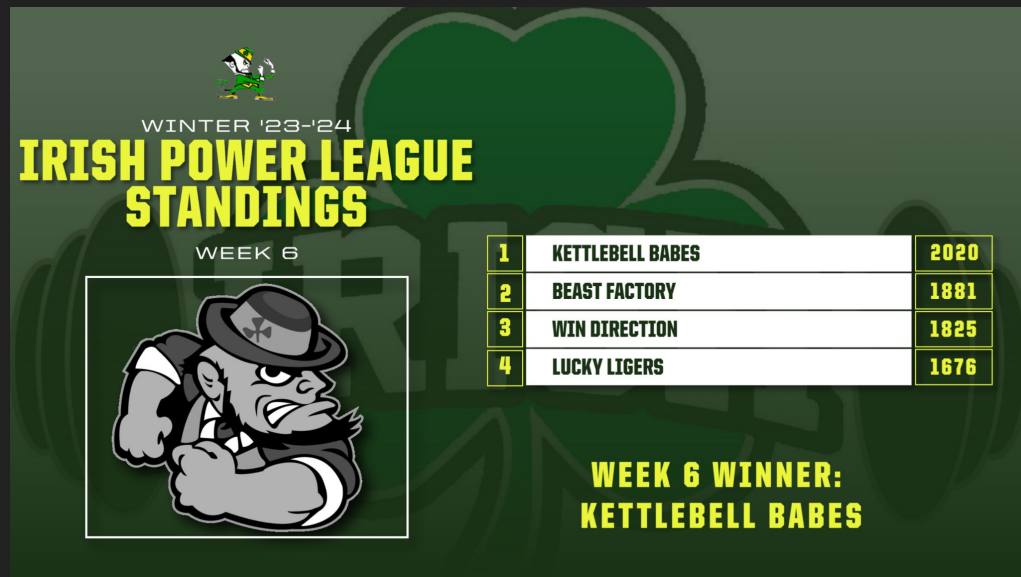
IRISH POWER LEAGUE STANDINGS

WEEK 6



1	KETTLEBELL BABES	2020
2	BEAST FACTORY	1881
3	WIN DIRECTION	1825
4	LUCKY LIGERS	1676

WEEK 6 WINNER:
KETTLEBELL BABES



Winter Off-Season Continued...

The athletes below have had perfect attendance so far in the Irish Power League



Faith	Baker
Alex	Bogner
Audrey	Claypool
Sam	Finch
Casey	Klicker
Haiden	Lavarier
Taylor	Mino
Hayden	Pfeifer

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