



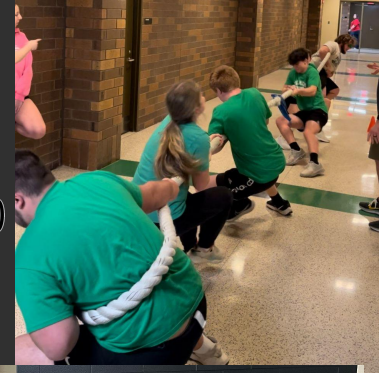
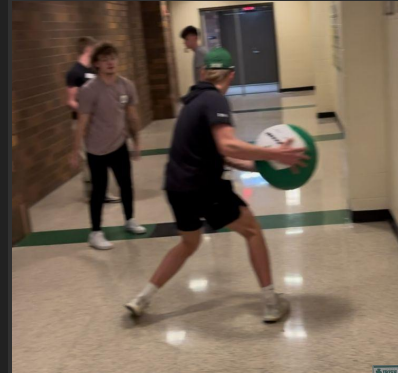
# ***IRISH POWER***

Strength & Conditioning Newsletter  
**February 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!

<div>  <div> <div>SENECA HIGH SCHOOL</div> <div>IRISH POWER</div> </div>  </div>					
BOYS			ALL-TIME RECORDS		
BENCH	SQUAT	CLEAN	BENCH	SQUAT	CLEAN
TOP 5	TOP 5	TOP 5	TOP 5	TOP 5	TOP 5
<sup>1</sup> Chris Peura 375 <sup>2</sup> Josh Lucas 315 <sup>3</sup> Gabe Hicks 305 <sup>4</sup> Matt Dillon 300 <sup>5</sup> Nate Grant 285	<sup>1</sup> Chris Peura 615 <sup>2</sup> Josh Lucas 550 <sup>3</sup> Alex Bogner-Kidwell 545 <sup>4</sup> Matt Dillon 510 <sup>5</sup> Aiden Wood 500	<sup>1</sup> Chris Peura 315 <sup>2</sup> Matt Dillon 280 <sup>3</sup> Josh Lucas 265 <sup>4</sup> Nathan Grant 260 <sup>5</sup> A. Hamby 255 <sup>6</sup> A. Bogner 255 <sup>7</sup> C. Wright 255	<sup>1</sup> Faith Baker 160 <sup>2</sup> Faith Deering 145 <sup>3</sup> Zoe Haugas 135 <sup>4</sup> Sam Vandevelde 130 <sup>5</sup> Taylor Draves 130	<sup>1</sup> Faith Deering 305 <sup>2</sup> Fallon Hamilton 300 <sup>3</sup> Callee Bauer 270 <sup>4</sup> Kennedy Hartwig 255 <sup>5</sup> Z. Haugas 245 <sup>6</sup> M. Mingo 245 <sup>7</sup> M. Kieker 245	<sup>1</sup> Faith Deering 185 <sup>2</sup> Taylor Draves 165 <sup>3</sup> Faith Baker 165 <sup>4</sup> Emma Smith 150 <sup>5</sup> Teagan Johnson 140
40 YARD DASH	VERTICAL JUMP		40 YARD DASH	VERTICAL JUMP	
TOP 5	TOP 5		TOP 5	TOP 5	
<sup>1</sup> Nathen Neal 4.65 <sup>2</sup> Matt Cruise 4.72 <sup>3</sup> Brock Moore 4.76 <sup>4</sup> Matt Stach 4.76 <sup>5</sup> David Bergeson 4.77	<sup>1</sup> Carter Clause 36.6" <sup>2</sup> Kenny Daggett 36.3" <sup>3</sup> Kyler Hahn 36.1" <sup>4</sup> Drew Dasek 35.8" <sup>5</sup> Collin Wright 35.8"		<sup>1</sup> Caithlyn O'Boyle 5.19 <sup>2</sup> Lila Coleman 5.27 <sup>3</sup> Anna Bruno 5.28 <sup>4</sup> Faith Deering 5.39 <sup>5</sup> Teagan Johnson 5.39	<sup>1</sup> Lilly Pfeifer 26.4" <sup>2</sup> Lauren Barla 26.4" <sup>3</sup> Faith Deering 26.3" <sup>4</sup> Teagan Johnson 26" <sup>5</sup> 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	Derek Gietz 34.5"	Eplin 4.87
Baker 160	Mino 235	Baker 165	L Pfeifer 26.4"	Coleman 5.27
Vandeveld 135	Vandeveld 235	Johnson 140	Barla 26.4"	Johnson 5.39
Barla 125	O'Neal 230	Maxwell 135	Johnson 26"	Olson 5.4
Maxwell 115	Balonding 230	T. Mino 130	Coleman 24.7"	Jackson 5.43
Douglas 115	Stecken 230	Steffes Weber 130	Skelton 24.1"	Fosen 5.49

← BOYS

← GIRLS

# January Irish Power Athlete of the Month: Gabi Maxwell

Senior

Volleyball, T&F

**Favorite pro athlete:** Brock Purdy because, he was the underdog and proved to everyone that he is a talented athlete. He also has really good morals and values.

**Favorite quote:** "If you can't outplay them, outwork them." -Ben Hogan

**What coach inspires you and how?** Coach Champene because he always has his priorities straight and cares so much about every girl.

**What is the best part of Irish Power training?** I love the atmosphere of a packed weight room. Everyone that shows up to the after school training chose to be there and wants to get better. This makes for a loud, fun, hardworking environment.



# January Irish Power Athlete of the Month: **Sam Finch**

**Junior**  
**Football, T&F**

**Favorite Quote:** “It’s not about how hard you hit, it’s about how hard you can get hit and keep moving forward.” -Rocky Balboa

**Favorite Irish sports memory:** This past football season

**What motivates you to stay dedicated to your training?** Knowing what is on the other side if I keep training

**Favorite Lift:** Bench

**What is the best part of Irish Power training?**  
Being with my teammates and getting better together





# January Irish Power Athlete of the Month: **Alex Bogner-Kidwell**

**Senior**  
**Football, T&F**

**Favorite pro athlete:** Myles Garrett because he's a dawg and he's the best Cleveland Brown

**Favorite Irish sports memory:** The entirety of this years football season because there's too many good memories to just name one from this season

**What is an athletic goal you have for this year?** Make finals for state in shot put and/or discuss

**Favorite Lift:** Squat

**Sports Superstitions:** Can't cut hair during the season, same pair of underwear for games or meets (clean of course), use same bathroom before games or meets





# Winter Irish Power League

This season's Irish Power League was a great success. Not only was the competition amazing (probably the closest standings ever), but more importantly, our athletes held each other accountable, showed up, worked hard, and got better.

Thank you to our captains for leading the charge with their teams. The next few pages highlight some of the achievements of our Winter off-season training.



# Irish Power League Champions

KETTLEBELL BABES



ALEX BOGNER, CASSIDY FOSEN, AJ KEEDY, KELLEN ARNOLD, DREW DANEK, GRANT FEINER, KYLER KRULL, LILLY PFEIFER, SAM VANDEVELDE, RUTHIE STEFFES, AIDEN VILCEK



CASEY KLICKER, SAM FINCH, ALEX BOGNER, FAITH BAKER, TAYLOR MINO, HAIDEN LAVARIER



# IRISH POWER LEAGUE

**80% ATTENDANCE**

Chase Buis	Alex Bogner	Casey Klicker
Kevin Einhaus	Ambrey Terry	Griffin Hougas
Kaylee Klinker	Franki Meyers	Cassidy Fosen
Gabi Maxwell	AJ Keedy	Hayden Pfeifer
Brody Rademacher	Aurora Weber	Audrey Claypool
Faith Baker	Sam Finch	Kyler Krull
Taylor Mino	Emme Blakely	Haiden Lavarier



**\*Not all pictured**



# 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](mailto:dbaker@senecahs.org)
  - Additional Athletic PE Teacher, Tim Brungard - [tbrungard@senecahs.org](mailto:tbrungard@senecahs.org)
  - Seneca HS - 815-357-5000

*#1Team*

*#IrishPride*

