

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.









### Athlete Education

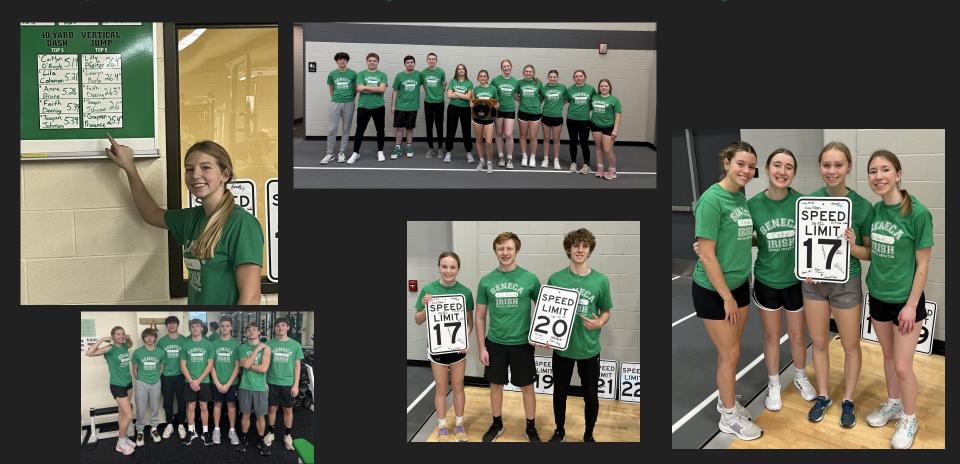
I've written before about the importance of what an athlete does outside of training time. Yes, we improve our bodies, athleticism, and skills through training and practice, but a lot of the gains to be made can't happen properly without things like proper nutrition and rest.

Coach Brungard and I are trying to step up our game this semester when it comes to educating our student-athletes on these concepts in Athletic PE. We are utilizing a program called Critical Reload. Each week, students will see short slideshows streaming in the weight room during their training sessions. At the end of the week, we will have short discussions on the key takeaways from those lessons. We feel any knowledge the students can obtain from these quick lessons can go a long way in improving not only their athletic performance, but also their overall health.

Along with providing some knowledge on nutrition, we are also offering the opportunity for student-athletes to purchase post-workout protein shakes. Information has been sent home about this already and several students have taken advantage. Certainly, a protein shake isn't a cure-all when it comes to an athlete's diet, but it can help fill some gaps and add to what they are eating.

If any parents have questions about any of these newly-introduced items, please feel free to reach out.

GO IRISH! Coach Baker We love to celebrate progress and achievement! Check out these photos of students setting Personal Records or hitting milestones.



# **ME IRISH POWER RECORDS**



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# **CURRENT IRISH POWER LEADERBOARD**

The "Current" Leaderboard will list only records set during this school year (with the Summer also included for 40 yd dash).



#### Favorite Lift: Clean

What motivates you to stay dedicated to your training? Knowing that if I become stronger it will better my chances of committing to college

What teammate or coach inspires you and how? Hayden Pfeifer inspires me the most. She keeps me focused and motivates me to be a better athlete. We often work together on softball.

Favorite Irish sports memory: Winning Softball regionals my freshman year

## DECEMBER 2024



#### Favorite Lift: Bench

## DECEMBER 2024

Favorite Weight Room Music: Rap

What teammate or coach inspires you and how? Raiden Terry, he always tells me to lock in.

What is a training goal you have for this year? Hit 265 on Bench and become an NHSSCA All-American



Favorite Irish sports memory: Beating Wilmington in Football



# IRISH POWER LEAGUE STANDINGS



1	MUSCLE SPROUTS	2037
2	SWOLE PATROL	1847
3	WINTER ARC	1561
4	RECORD WRECKERS	1078

## WEEK 5 WINNER: MUSCLE SPROUTS

# Stay Connected

- Twitter: @SHS\_Strength
- Instagram: @shs\_irish\_power
- School Facebook: Seneca Township High School
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