



IRISH POWER

Strength & Conditioning Newsletter
January 2025

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.



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



ALL-TIME IRISH POWER RECORDS

SENECA HIGH SCHOOL

IRISH POWER

BOYS ALL-TIME RECORDS GIRLS

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 Baker 170	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 Faith Baker 170						
3 Gabe Hicks 305	3 Alex Bogner-Kidwell 545	3 Josh Lucas 265	3 Zoe Haugas 135	3 Callee Bauer 270	3 Taylor Draves 165						
4 Kysen Klinker 305	4 Matt Dillon 510	4 Kysen Klinker 265	4 Sam VanderVelde 135	4 Kennedy Hartwig 255	4 Emma Smith 150						
5 Matt Dillon 300	5 Aiden Wood 500	5 Asher Hamby 265	5 T. Draves L. Barla 130	5 Brynlee Hunt 250	5 T. Johnson A. Weber 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 Close 36.6"	1 Caitlyn O'Boyle 5.19	1 Lilly Pfeifer 26.4"				
2 Matt Cruise 4.72	2 Matt Stach 36.4"	2 Lila Coleman 5.21	2 Lauryn Barla 26.4"				
3 Brock Moore 4.76	3 Kenny Daggatt 36.3"	3 Anna Bruno 5.28	3 Faith Deering 26.3"				
4 Matt Stach 4.76	4 Kyler Hahn 36.1"	4 Faith Deering 5.39	4 Teagan Johnson 26"				
5 David Bergeson 4.77	5 C. Wright 35.8"	5 Teagan Johnson 5.39	5 Grayson Provance 25.4"				
	D. Danek						



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).

IRISH POWER				
BENCH	SQUAT	CLEAN	Vertical Jump	40 YD. DASH
J. Gagnon 260	J. Gagnon 430	J. Gagnon 235	Stach 36.4"	Stach 4.78
Knoebel 235	Vanecia 385	Angeloff 220	Sigler 34.7"	Barr 4.85
Maxwell 230	Siegel 360	Finch 215	Clouse 34.4"	Clouse 4.87
Barr 230	K. Arnold 350	Echeverria 210	Barr 33.5"	Varlund 4.91
Phillips 230	A. Gagnon 340	Siegel 210	Thorson 33.4"	Giertz 4.99
Barla 135	Hunt 250	Weber 140	Barla 26"	Coleman 5.40
Douglas 125	Stecken 245	Mino 130	Provance 25.4"	Olson 5.45
Schaefer 125	H. Pfeifer 230	McNabb 130	L. Pfeifer 24.6"	Cato 5.58
O'Neal 120	Schaefer O'Neal 210	H. Pfeifer 125	Skelton 24.1"	L. Pfeifer 5.58
Hunt Pacheco 120	McNabb 210	Buis 125	Terry H. Pfeifer 23.9"	McNabb 5.6

← BOYS

← GIRLS

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**





WINTER '24-'25

IRISH POWER LEAGUE STANDINGS

WEEK 5



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**

- **Contact Info:**
 - S&C Coach Dan Baker - dbaker@senecahs.org
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#1Team

#IrishPride

