



IRISH POWER

Strength & Conditioning Newsletter
October 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.



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



ALL-TIME IRISH POWER RECORDS

Irish athletes set the bar tremendously high over the last few years. Really some high marks for the future to shoot for.

We have had some shake-ups on the All-Time board again.

SENECA HIGH SCHOOL					
IRISH POWER					
BOYS			GIRLS		
BENCH	SQUAT	CLEAN	BENCH	SQUAT	CLEAN
TOP 5	TOP 5	TOP 5	TOP 5	TOP 5	TOP 5
1 st Chris Peura 375	1 st Chris Peura 615	1 st Chris Peura 315	1 st Faith Baker 170	1 st Faith Deering 305	1 st Faith Deering 185
2 nd Josh Lucas 315	2 nd Josh Lucas 550	2 nd Matt Dillon 280	2 nd Faith Deering 145	2 nd Fallon Hamilton 300	2 nd Faith Baker 170
3 rd Gabe Hicks 305	3 rd Alex Bogner-Kidwell 545	3 rd Josh Lucas 265	3 rd Zoe Hougas 135	3 rd Callee Bauer 270	3 rd Taylor Draves 165
4 th Kysen Klinker 305	4 th Matt Dillon 510	4 th Kysen Klinker 265	4 th Sam Vanderveelde 135	4 th Kennedy Hartwig 255	4 th Emma Smith 150
5 th Matt Dillon 300	5 th Aiden Wood 500	5 th Asher Hamby 265	5 th T. Draves L. Barla 130	5 th Z. Hougas J. O'Neil M. M. C. Stach M. Kiefer A. Weber 245	5 th T. Johnson A. Weber 140
40 YARD DASH	VERTICAL JUMP		40 YARD DASH	VERTICAL JUMP	
TOP 5	TOP 5		TOP 5	TOP 5	
1 st Nathan Neal 4.65	1 st Carter Close 36.6"		1 st Caitlyn O'Boyle 5.19	1 st Lilly Pfeifer 26.4"	
2 nd Matt Cruise 4.72	2 nd Matt Stach 36.4"		2 nd Lila Coleman 5.21	2 nd Lauryn Barla 26.4"	
3 rd Brock Moore 4.76	3 rd Kenny Daggatt 36.3"		3 rd Anna Bruno 5.28	3 rd Faith Deering 26.3"	
4 th Matt Stach 4.76	4 th Tyler Hahn 36.1"		4 th Faith Deering 5.39	4 th Teagan Johnson 26"	
5 th David Bergeson 4.77	5 th C. Wright D. Dunek 35.8"		5 th Teagan Johnson 5.39	5 th Taylor Draves 25.3"	

CURRENT IRISH POWER LEADERBOARD

All LIFT records shown are since March 1. All 40 yard dash are since this summer. VERTICALS are from this summer and school year only.

IRISH POWER				
BENCH	SQUAT	CLEAN	Vertical Jump	40 YD. DASH
Knoebel 260	J. Gagnon 430	J. Gagnon 235	Stach 36.4"	Stach 4.78
J. Gagnon 250	Varacia 415	Echeverria 235	Clouse 34.4"	Barr 4.85
Klicker 250	K. Arnold 375	Klicker 230	Varland 33.3"	Clouse 4.87
S. Finch 245	Finch Giertz 355	Knoebel 225	Sigler 33.2"	Varland 4.91
Grant 240	Shriey 355	Angeloff 220	Sheedy 33.1"	Rademacher 4.92
Barla 130	Stecken 245	Weber 140	Barla 25.8"	Coleman 5.40
O'Neal 120	O'Neal 235	Mino 130	L. Pfeifer 24.6"	Olson 5.45
Schaeffer 115	H. Pfeifer 220	H. Pfeifer 125	Skelton 24.1"	Cato 5.58
McNabb Hunt Stecken 110	McNabb 215	Buis 125	H. Pfeifer 23.9"	L. Pfeifer 5.58
Douglas Fairbro 110	Weber Laverier 200	McNabb 125	Hunt A. Aldridge 23.8"	McNabb 5.6

← BOYS

← GIRLS

Favorite Lift: **Back Squat**

AUGUST

What motivates you to stay dedicated to your training? **The group I workout with helps me stay motivated and pushes me to do the best that I can.**

What teammate or coach inspires you and how? **Emma Mino inspires me because she is one of my workout partners and always encourages me and pushes me to get better and better.**

What is the best part of Irish Power training? **Getting to workout with people from school and feel like a team with everyone**

Favorite Irish sports memory: **Breaking the strikeouts in a single game record during last softball season**

Do you have any sports superstitions? **Doing my hair the same way for every game**



**IRISH POWER
ATHLETE OF THE
MONTH**

TESSA KRULL

**JUNIOR | VOLLEYBALL,
BASKETBALL, SOFTBALL**

Favorite Lift: **Back Squat**

AUGUST

What motivates you to stay dedicated to your training? **What motivates me to stay dedicated is my future. I want to push myself harder everyday to get better for my future.**

What teammate or coach inspires you and how? **Mr. Maxwell inspires me a lot when it comes to weight training and sports. He is looking out for his athletes and making sure they do their best to go to bigger places.**

Favorite Weight Room Music: **Definitely the 2000's pop. Everyone starts singing and it's a different energy.**

Favorite Irish sports memory: **My favorite Irish sports memory was in my freshman year of track when me, Ryan Flynn, David Bergeson, and AJ Keedy qualified for the 4x100 meter relay. Going down to Charleston with them and along with Collin Wright, Sam Churchill, and Alex Bogner was definitely the best time I've had.**



**IRISH POWER
ATHLETE OF THE
MONTH**

MATTHEW STACH

**JUNIOR | FOOTBALL,
BASKETBALL, T&F**

SEPTEMBER

What motivates you to stay dedicated to your training? I am motivated by trying to get to the next level for basketball which is obviously college and to also make sure I am always in my top form.

What teammate or coach inspires you and how? Casey Klicker as my teammate because he is always hustling no matter what, and Coach Witte because he is always keeping me on track and pushing me to be my best.

Favorite pre-game meal or snack: BBQ chicken nachos

What is the best part of Irish Power training? That we have the facilities that basically no other high school in the state has.

What is an athletic goal you have for this year? To break the all time scoring record for basketball.

Favorite Irish sports memory: Either kicking a game winning field goal against Salt Fork or hitting the game winning shot against El Paso Gridley.



**IRISH POWER
ATHLETE OF THE
MONTH**

PAXTON GIERTZ

**SENIOR | FOOTBALL,
BASKETBALL, BASEBALL**

Favorite Lift: **Back Squat**

SEPTEMBER

Favorite Weight Room Music: **I like lifting to music that has a lot of bass.**

What teammate or coach inspires you and how? **I have two teachers that inspire me the most: Mr. Brungard and Mr. Baker. They both have amazing enthusiasm and are always excited when you hit new PR's.**

What is the best part of Irish Power training? **Seeing your friends, teammates and yourself improve together and become better and better**

What motivates you to stay dedicated to your training? **What motivates me to stay dedicated to lifting is wanting to be the best version of myself I can be and seeing the improvement from lifting and training.**



**IRISH POWER
ATHLETE OF THE
MONTH**

HAIKEN LAVARIER

SOPHOMORE | GOLF, T&F

Stay Connected

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

- **Contact Info:**
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#1Team

#IrishPride

