

Strength & Conditioning Newsletter
October 2024

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.









Rapid Improvement

As I spoke with many parents of freshmen at Parent/Teacher Conferences, I shared my excitement for the very quick improvements that freshmen, and any beginners, make early in the process of S&C training. When an athlete goes from little to no strength and speed training to very regimented and frequent training, their athleticism grows by leaps and bounds early and often. You can see it across the board in our freshmen, especially those that attended summer training sessions. This occurs, as well, with any athletes that may not have taken Athletic PE in that past or transfer to our school, but begin the process later in their high school career.

While all this rapid progression is awesome to see, I also make sure to remind our beginners that it's not always going to happen this easily. After some rapid gains, they will have to continue to work hard over the next several years to continue their progress. I'm excited about our new batch of Seneca High School athletes and those that have taken the next step in their athletics by taking Athletic PE. Let's keep up the hard work and see that progress continue!

GO IRISH! Coach Baker 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.



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.



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



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.



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.

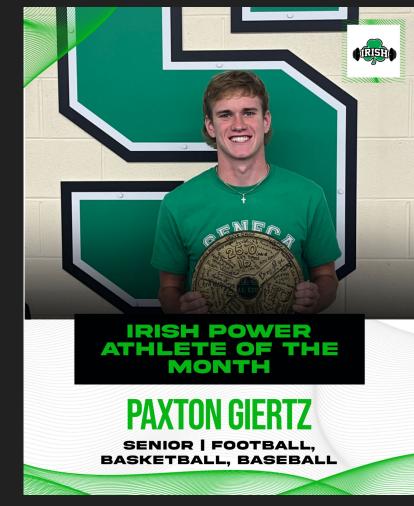
What teammate or coach inspires you and how? Casey Klicker as my teammate because he is always hustling no matter what, and Coach Witte because he is always keeping me on track and pushing me to be my best.

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.



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.



Stay Connected

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

- Contact Info:
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#1Team

#IrishPride

