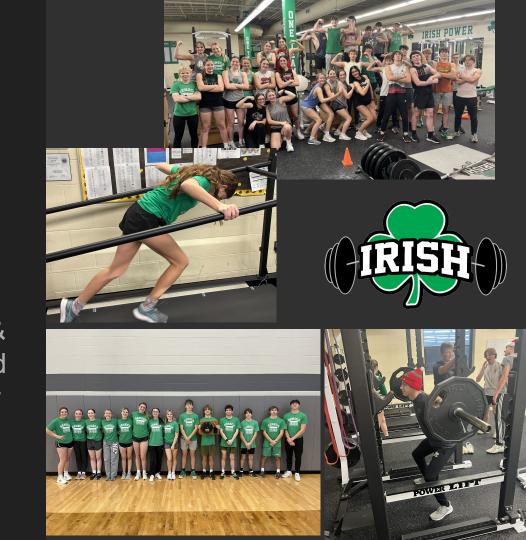


Strength & Conditioning Newsletter **December 2024**

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.



A Semester of Progress/What's Next?

Semester 1 of 2024 was a great one in the Strength & Conditioning department. We've taught and trained probably the largest amount of freshmen athletes I've seen come through the weight room, our Cheerleading team has stepped up their game and committed to lifting and training, all of our Fall & Winter sports teams have been very successful, and our upperclassmen have set the tone of what it takes to be part of the Irish Power program. We've learned to utilize some of our new tools and facilities like the SHREDmill, the new gym, and the indoor track. Personally, I've tried to commit to recognizing the hard work and dedication of our athletes and their accomplishments in training. I think that recognition on social media, at school, and through things like this newsletter has helped drive the student-athletes to want to achieve more.

So what's next after such a great first semester? We need to follow it up with an even better second semester. Our newcomers to Irish Power that have already been training first semester will be stepping up their game and have higher expectations put on them, including increasing the amount of weight their lifting and performing new exercises. We'll add a few more athletes to Athletic PE that will get some of their first experience regularly in the weight room. Most importantly, every athlete should personally strive for more - whether that is hitting PRs, getting healthy from an injury, perfecting their technique, or just becoming an all around better athlete for their sport. Our upperclassmen need to lead the way and continue to make the Land of the Irish a great place to be an athlete.

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







CURRENT IRISH POWER LEADERBOARD

Leaders as of current statistics. After 1st Semester, the "Current" Leaderboard will list only records set during Semester 1.



Favorite Lift: Bench Press

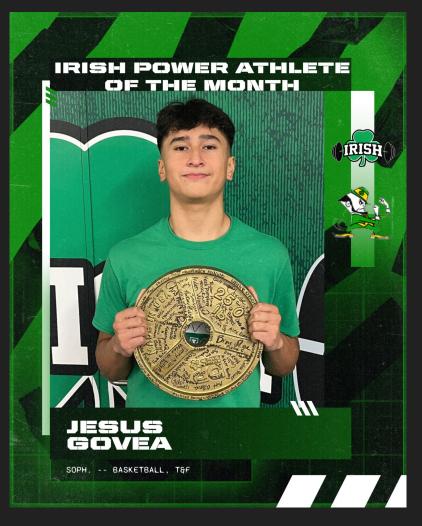
NOVEMBER

Favorite Pregame Meal: Subway

What is an athletic (sports or training) goal you have for yourself? I want to sign the 20 MPH sign, PR on multiple lifts, and win Regionals in basketball.

What is the best part of Irish Power training? The best part of Irish Power training is the facilities, coaches, and all around atmosphere.

What teammate or coach inspires you? My coaches Witte and Maxwell inspire me to be the best athlete I can be.



Favorite Lift: Clean or Squat

NOVEMBER

What motivates you to stay dedicated to your training? I think what motivates me is my friends around me or thinking about being stronger for softball season.

What teammate or coach inspires you and how? I think Coach Holman inspires me because he pushes me to be better at softball and helps me accomplish things in practice and games.

What is an athletic (sports or training) goal you have for this year? Squat 225 and hit 10 Homeruns.

Favorite Irish sports memory: Winning regionals and going to sectionals for volleyball and softball.





IRISH POWER LEAGUE STANDINGS

WEEK 2



1	MUSCLE SPROUTS	886
2	SWOLE PATROL	801
3	WINTER ARC	733
4	RECORD WRECKERS	272

WEEK 2 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

