



IRISH POWER

Strength & Conditioning Newsletter
February 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.



NHSSCA-IL Newsletter

Recently, our Irish Power program was lucky enough to be highlighted in the February issue of the Illinois Chapter of the National High School Strength Coaches Association's newsletter.

I can say I feel very honored that our small school has garnered enough respect and attention from other strength coaches around the state to be recognized. It is a testament to the hard work of our athletes and coaches, as well as the support from the administration. Our facilities also wouldn't be what they are without the work of our maintenance and custodial staff. Thanks to everyone who makes Irish Power and SHS great!

You can check out our 2 pages in the newsletter in the pages to follow.



GO IRISH!

Coach Baker

IRISH

SENECA HIGH SCHOOL

COACH: DAN BAKER CSCS

17 YEARS TEACHING
7 YEARS S&C COACH



PROGRAMMING:
TIER SYSTEM/TRIPHASIC

8 POWERLIFT RACKS, 8 PLATFORMS,
2 GHDS, 1 SHREDMILL, TEAMBUILDR

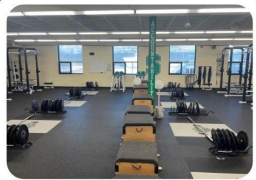
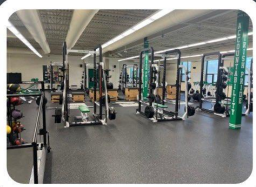
UNIQUE FEATURE:
IRISH POWER LEAGUE



SHS_Strength



SHS_Irish_Power



NHSSCA ILLINOIS PROGRAM SPOTLIGHT

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SHS_Irish_Power

UNIQUE FEATURE:

A few years ago, I was disappointed with the number of athletes attending voluntary off-season workouts. We started what is known as the "Irish Power League" to help with buy-in.

During off-seasons, captains are chosen who then draft all the athletes into teams to compete throughout the off-season. It has helped our attendance, enthusiasm, and overall culture tremendously.

WHO IS ONE PERSON IN S&C THAT HAS BEEN A MENTOR TO YOU?

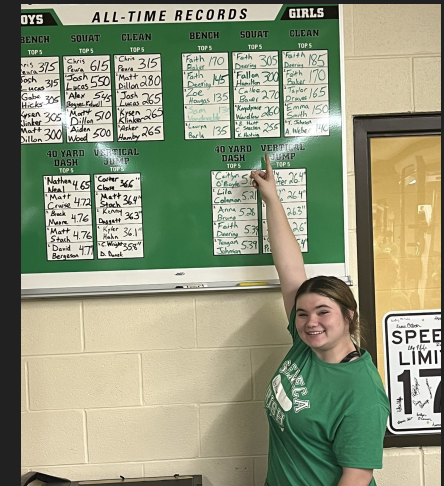
COACH ADAM VOGEL
(Homewood Flossmoor HS)

WHAT IS THE MOST FULLFILLING PART OF WORKING IN HS STRENGTH & CONDITIONING?

I would say seeing student-athletes improve. And I mean that in any and all areas - whether it's their physical capabilities, attitude, effort, or ability to be a good teammate. When you really see a kid progress, it makes it all worth it.

NHSSCA ILLINOIS PROGRAM SPOTLIGHT

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	2 Josh Lucas 315	1 Chris Peura 615	2 Josh Lucas 550	1 Chris Peura 315	2 Matt Dillon 280	1 Faith Baker 170	2 Faith Deering 145	1 Faith Deering 305	2 Fallon Hamilton 300	1 Faith Deering 185	2 Faith Baker 170
3 Gabe Hicks 305	4 Kysen Klinker 305	3 Alex Bogner-Kidwell 545	4 Matt Dillon 510	3 Josh Lucas 265	4 Kysen Klinker 265	3 Zoe Hougas 135	4 Sam Vandervalde 135	3 Callee Bauer 270	4 Kaydence Wardlow 260	3 Taylor Draves 165	4 Emma Smith 150
5 Matt Dillon 300		5 Aiden Wood 500		5 Asher Hamby 265		5 Lauryn Barla 135		5 Camryn Stacken 260		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	2 Matt Cruise 4.72	1 Carter Clouse 36.6"	2 Matt Stach 36.4"	1 Caitlyn O'Boyle 5.19	2 Lila Coleman 5.21	1 Lilly Pfeifer 26.4"	2 Lauryn Barla 26.4"
3 Brock Moore 4.76	4 Matt Stach 4.76	3 Kenny Daggatt 36.3"	4 Tyler Hahn 36.1"	3 Anna Bruno 5.28	4 Faith Deering 5.39	3 Faith Deering 26.3"	4 Teagan Johnson 26"
5 David Bergeson 4.77		5 C. Wright D. Danek 35.8"		5 Teagan Johnson 5.39		5 Grayson Provance 25.4"	



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
S. Finch 255	Vanecia 385	Knoebel 225	Sigler 34.7"	Barr 4.84
Knoebel 250	Siegel 360	Angeloff 220	Clouse 34.4"	Clouse 4.87
Maxwell 245	J. Arnold 345	Finch 215	Barr 33.5"	Varknd 4.91
Klicker 235	A. Gagnon 340	Siegel, J. Arnold Echeverria 210	Thorson 33.4"	Moore Giertz 4.99
Barla 135	Stecken 260	Weber 140	Barla 26"	Coleman 5.40
Douglas 125	Wardlow 260	Mino 130	Provance 25.4"	Okon 5.45
Schaefer 125	Hunt 255	McNabb 130	L. Pfeifer 24.6"	Cato 5.56
Weber 125	H. Pfeifer 230	Buis 130	Skelton 24.1"	Provance 5.57
Hunt O'Neal Pacheco 120	Mino Witte Schaefer 220	Wardlow H. Pfeifer 125	Terry H. Pfeifer 23.9"	L. Pfeifer Hunt 5.58

← BOYS

← GIRLS

Favorite Lift: **Back Squat**

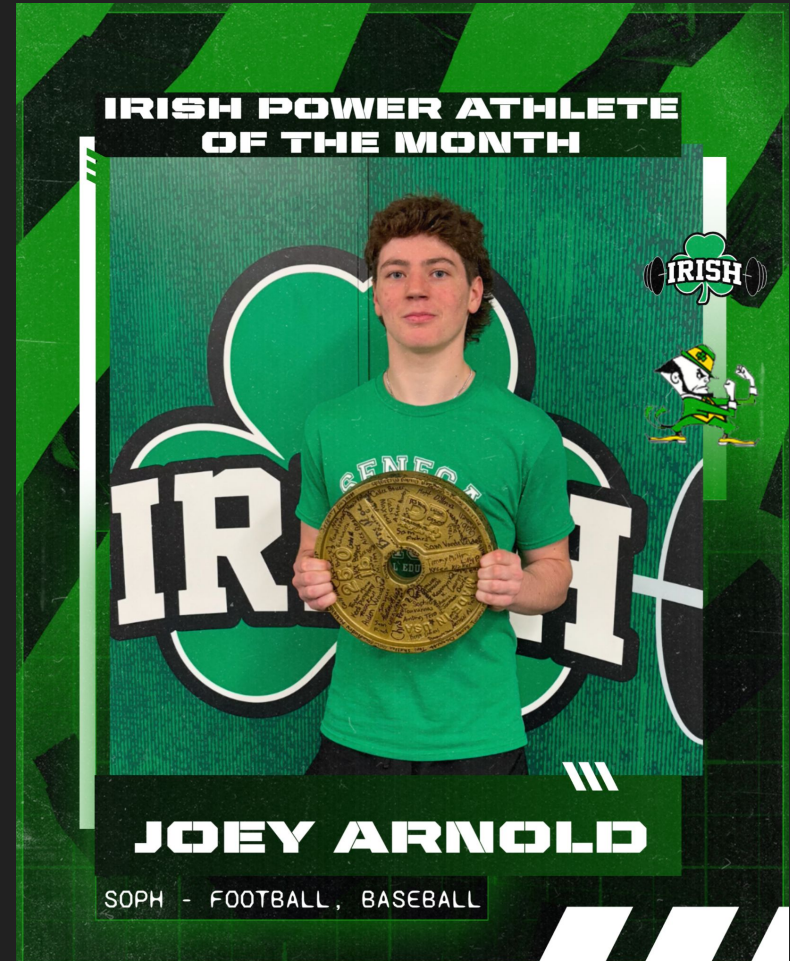
Favorite Weight Room Music: **90's Grunge Rock**

What coach inspires you and how? **Mr. Maxwell is a great coach to look up to and is always good to talk to for advice. I've had my fair share of injuries throughout high school already, and he has been someone to talk to on that because he had also dealt with working back from injuries during his athletics career, and shares how to come out better physically and mentally.**

What is the best part of Irish Power Training? **Not only getting better as an athlete, but also constantly bonding with my other teammates in the weight room.**

What athletic goals do you have for your upcoming seasons? **For baseball, bat above .350 and for football to get myself a starting spot on varsity.**

JANUARY 2025



Favorite Lift: **Squat**

Nickname: **My friends call me Gray and G.**

Favorite Weight Room Music: **Anything 2010's and upbeat so I can sing along.**

What teammate inspires you and how? **Audry McNabb inspires me. She always works hard and gives her all in all of her sports and activities. She is very involved and is always a good person to look up to.**

What is the best part of Irish Power Training? **I like cheering everyone on and being able to build each other up so we can all PR.**

Favorite Irish sports memory: **Winning regionals for volleyball. The atmosphere was so fun and there were so many people there.**

JANUARY 2025



Winter Off-Season Training

We are wrapping up our Winter Off-Season training block this week. The winter season is a long one, and I feel our athletes made a lot of progress from late November through February.

Throughout the season, off-season athletes participated in the Irish Power League after school. In addition to many also attending baseball/softball batting cage workouts and pre-season T&F sessions, the athletes also lifted, sprinted, jumped, and improved mobility all winter long. All of this while also competing with their team against other Irish Power League teams, earning points for things like attendance, contests, and PRs.



The following pages show some of the accomplishments of the Irish Power League teams and the dedication of individuals throughout the Winter Off-Season.

'24-'25 Winter Irish Power League Champs

MUSCLE SPROUTS



IRISH POWER LEAGUE

80% ATTENDANCE

Thomas Watkins	Brant Roe	Kyler Krull
Max Youngblood	Vinny Corrado	Lilly Pfeifer
Ambrey Terry	Franki Meyers	Lexie Buis
Cody Clennon	Griffin Hougas	Aurora Weber
Audrey Claypool	Hayden Pfeifer	Morgan Starwalt
Joey Arnold	Brady Haines	





Winter '24-'25
Irish Power
League

LEXIE BUIS
GRIFFIN HOUGAS
CODY CLENNON
KYLER KRULL
VINNY CORRADO
MAX YOUNGBLOOD
AUDREY CLAYPOOL

**PERFECT
ATTENDANCE**

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
 - Additional Athletic PE Teacher, Tim Brungard - tbrungard@senecahs.org
 - Seneca HS - 815-357-5000

#1Team

#IrishPride

