

Strength & Conditioning Newsletter September 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.











#### Strength in Numbers

Seneca High School athletics are in a great spot right now. If you're paying attention to our Fall sports, everybody seems to be winning and succeeding. I believe one part of that success is our very strong overall school culture, especially within our athletic department. This excellent culture can be seen and exemplified in the Irish Power program. Our school enrollment is roughly 370 students. Over half of our student body participates in at least one sport. Right now, we have the most athletes in Athletic PE that we've ever had - 179 total athletes across 6 class periods. This has been bolstered by a large group of freshmen athletes and better buy-in across the board from all of our coaches, sports, and athletes. We also saw some of the best summer training attendance we've ever had.

When you combine that buy-in with the hard work from the athletes at least 2-3x a week in class, in addition to the quality coaching they receive, their efforts at practice, and all the skill work they put in, it's no wonder Irish athletics are looking so great nowadays. It's a testament to all the efforts our coaching staffs of each sport put in, as well as the everyday efforts of the majority of our athletes. Let's keep up the great work, Irish, and keep working together as ONE TEAM!

GO IRISH! Coach Baker

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



#### **Fall Off-Season Training**



A vast majority of our athletes play some kind of fall sport. We've had a small, but dedicated group consistently working hard at after school sessions. We are working on building size, strength, power, speed, overall athleticism, and will stress some conditioning in the month of October.

Coaches and parents, if you have student-athletes not playing a fall sport but participating later in the year, please do your best to encourage them to train after school with their peers. The October calendar can be seen on the following page.



#### IRISH POWER S&C Schedule

			October 202	24		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
POWER	Concession stand 4:15-6:30	1 3:05-4:15 Speed/Strength Training	2 2:50-4 Plyos/Strength Training	3 Cheer 3:05-3:30	<b>4</b> % Day	5
	7 3:05-4:15 Speed/Strength Training	8 Cheer 3:05-3:30 Conditioning 3:30-4	9 2:10-3 Plyos/Strength Training	10 ½ Day	NO SCHOOL	12
3	14 NO SCHOOL	15 Cheer 3:05-3:30	16 2:50-4 Plyos/Strength Training	17 3:05-4 Speed/Strength Training	18	19
0	21 3:05-4:15 Speed/Strength Training	22	23 2:50-4 Plyos/Strength Training	<b>24</b> Cheer 3:05-3:30	25 Conditioning 3:05-3:35	26
27	28 3:05-4:15 Speed/Strength Training	<b>29</b> Cheer 3:05-3:30	30 2:50-4 Plyos/Strength Training	31	1 Conditioning 3:05-3:35	(RISH

# **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 since school has begun, though!



## **CURRENT IRISH POWER LEADERBOARD**

All LIFT and 40 DASH records shown are since March 1. **VERTICALS** are from this summer and school year only. If athletes did not attend this summer. their spring records are not shown.



← BOYS

← GIRLS

### SHREDmill

The new "secret weapon"



This summer, we added a new piece of equipment to our training arsenal - the SHREDmill. The SHREDmill was invented to implement year-round speed training right in the weight room. The machine adjusts incline and resistance. The athlete powers the machine by moving the belt with their own force and an app shows their MPH, time to top speed, and yardage covered. We're already seeing great results in improving our speed and explosiveness across all sports. We're very lucky at SHS to have access to such great tools and facilities.

# 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 <u>tbrungard@senecahs.org</u>
  - Seneca HS 815-357-5000

#1Team

#IrishPride

