



IRISH POWER

Strength & Conditioning Newsletter
September 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.







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.



October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 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	4 ½ Day	5
6	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 P/T Conferences 5-8	10 ½ Day	11 NO SCHOOL	12
13	NO SCHOOL	15 Cheer 3:05-3:30	16 2:50-4 Plyos/Strength Training	17 3:05-4 Speed/Strength Training	18	19
20	21 3:05-4:15 Speed/Strength Training	22	23 2:50-4 Plyos/Strength Training	24 Cheer 3:05-3:30	25 Conditioning 3:05-3:35	26
27	28 3:05-4:15 Speed/Strength Training	29 Cheer 3:05-3:30	30 2:50-4 Plyos/Strength Training	31	1 Conditioning 3:05-3:35	

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.

IRISH POWER				
BENCH	SQUAT	CLEAN	Vertical Jump	40 YD. DASH
Knoebel 260	Vanecia 415	Echeverria 235	Stach 36.4"	Stach 4.79
Klicker 250	J. Gagnon 415	Klicker 230	Varland 33.3"	Barr 4.87
S. Finch 245	K. Arnold 375	Knoebel 225	Sigler 33.2"	Varland 4.91
J. Gagnon 245	Finch Giertz 355	Finch 215	Sheedy 33.1"	Rademacher 4.92
Grant 240	Shriey 355	J. Gagnon 210	Barr Thorson 33"	Finch 4.99
Barla 130	Stecken 240	McNabb 125	Barla 25.8"	Coleman 5.40
O'Neal 120	O'Neal 235	Weber 120	L. Pfeifer 24.2"	L. Pfeifer 5.51
Stecken 110	McNabb 215	Steffes 120	H. Pfeifer 23.9"	Hunt 5.62
Greisen 110	Weber 200	Mino 115	Hunt 23.8"	O'Neal 5.62
McNabb 110	Mino H. Pfeifer 195	Provance 115	A. Aldridge 23.8"	Provance 5.7

← 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 - tbrungard@senecahs.org
 - Seneca HS - 815-357-5000

#1Team

#IrishPride

