



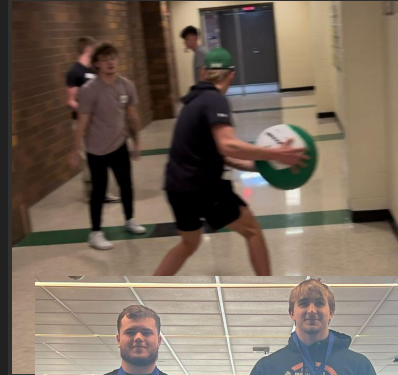
IRISH POWER

Strength & Conditioning Newsletter
March 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.



Isabelle O'Neal - 1st Squat

Wyatt Coop - 2nd Squat, 3rd Bench

Faith Baker - 2nd Bench, 3rd Squat, 3rd Clean

Memphis Echeverria - 3rd Bench

Thomas Milton - 2nd Clean, 2nd Bench, 3rd Squat

Alex Bogner-Kidwell - 2nd Squat, 2nd Bench, 3rd Clean

Chris Peura - 1st Squat, 1st Bench, 1st Clean

Kevin Einhaus - 3rd Bench

Travis Barr - 1st Bench, 1st Clean

Emmitt Liberg - 2nd Bench, 2nd Squat





2ND PLACE

M-F POWER MEET

**1ST PLACE MEDALS
CHRIS PEURA (3)
TRAVIS BARR (2)
ISABELLE O'NEAL**



21 Medals, 41 Points, 26 PRs

#1Team #IrishPride

ALL-TIME IRISH POWER RECORDS

It's great to see our athletes always striving to compete. Congrats to all who newly made or moved up the boards!

SENECA HIGH SCHOOL											
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	1 Chris Peura 615	1 Chris Peura 315	1 Faith Baker 170	1 Faith Deering 305	1 Faith Deering 185	2 Josh Lucas 315	2 Josh Lucas 550	2 Matt Dillon 280	2 Faith Hamilton 300	2 Faith Baker 170	2 Taylor Draves 165
2 Gabe Hicks 305	3 Alex Bogner-Kidwell 545	3 Josh Lucas 265	2 Faith Deering 145	2 Fallon Hamilton 300	3 Taylor Draves 165	3 Matt Dillon 300	4 Matt Dillon 510	3 Nathan Grant 260	3 Callee Bauer 270	3 Emma Smith 150	3 Taylor Draves 165
4 Nate Grant 285	5 Aiden Wood 500	4 A. Hamby A. Bogner G. Wright 255	3 Zoe Haugas 135	4 Kennedy Hartwig 255	4 Emma Smith 150	5 Sam Vandeveld 130	5 Aiden Wood 500	5 A. Hamby A. Bogner G. Wright 255	5 Z. Haugas J. O'Neal M. Mino M. Kiefer M. Kiefer 245	5 Teagan Johnson 140	5 Teagan Johnson 140
40 YARD DASH		VERTICAL JUMP		40 YARD DASH		VERTICAL JUMP		40 YARD DASH		VERTICAL JUMP	
TOP 5		TOP 5		TOP 5		TOP 5		TOP 5		TOP 5	
1 Nathan Neal 4.65	1 Carter Close 36.6"	2 Matt Cruise 4.72	2 Kenny Daggett 36.3"	2 Lila Coleman 5.27	2 Lilla Pfeifer 26.4"	3 Brock Moore 4.76	3 Kyler Hahn 36.1"	3 Anna Bruno 5.28	3 Lauryn Barla 26.4"	3 Faith Deering 26.3"	3 Teagan Johnson 26"
4 Matt Stach 4.76	4 Drew Dzek 35.8"	5 David Bergeson 4.77	5 Collin Wright 35.8"	4 Faith Deering 5.39	4 Teagan Johnson 26"	5 Teagan Johnson 5.39	5 Collin Wright 35.8"	5 Teagan Johnson 5.39	5 Taylor Draves 25.3"	5 Taylor Draves 25.3"	5 Taylor Draves 25.3"

CURRENT IRISH POWER LEADERBOARD

IRISH POWER				
BENCH	SQUAT	CLEAN	Vertical Jump ^R	40 YD. DASH
Peura 375	Peura 615	Peura 315	Clouse 36.6"	Neal 4.65
Lucas 315	Lucas 550	Lucas 265	Daggett 36.3"	Stach 4.76
Nate Grant 285	Bogner-Kidwell 545	Nate Grant 260	Barr 35.2"	Daggett 4.78
Klinker 280	Hamby 410	Hamby 255	Sigler 34.7"	Na. Grant 4.84
Bogner 265	J. Gagnon 380	Bogner 255	Dane ^k Gieftz 34.5"	Flynn 4.89
Baker 160	O'Neal 245	Baker 165	L. Pfeifer 26.4"	Coleman 5.27
Vandevelde 135	Mino 235	Johnson 140	Barla 26.4"	Johnson 5.39
Barla 125	Vandevelde 235	Maxwell 135	Johnson 26"	Olson 5.4
Maxwell 115	Balandyng 230	T. Mino 130	Coleman 24.7"	Jackson 5.43
Douglas 115	Stecken Baker 230	Staffies Weber 130	Skelton 24.1"	Fosen 5.49

← BOYS

← GIRLS

February Irish Power Athlete of the Month: **Madison DeGrush**

**Sophomore
Basketball, Softball**

Who is a coach that inspires you? Mrs. Read because she always pushes me to do my best even when I'm getting down on myself.

Favorite Quote: "Life moves pretty fast. If you don't stop and look around for a while, you could miss it." - Ferris Bueller

What motivates you to stay dedicated to your training? The results motivate me to stay dedicated to my training. After I workout, I already feel like I've accomplished something which makes me want to continue to train.

Favorite Lift: Back Squat



February Irish Power Athlete of the Month: **Zeb Maxwell**

Senior

Football, Basketball, T&F

Favorite pro athlete: Kobe Bryant because of his work ethic

What motivates you to stay dedicated to your training? My dad is a big motivation to lifting. Also, another big motivation is not wanting to be worse than anybody and be the best.

Who is an Irish athlete that inspires you? Alex Bogner-Kidwell is a inspiration of mine because he was not a very good athlete his Sophomore year, then became a beast at what he does.

Favorite Lift: Dumbbell Military Press

Favorite Pregame Meal: Cheesy chicken casserole made by my mother





Good Luck to our Spring Sports!



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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 - Seneca HS - 815-357-5000

#1Team

#IrishPride

