

IRISH POWER

Strength & Conditioning Newsletter

FALL 2026

by Coach Dan Baker

Thanks for checking out the *Irish Power Newsletter*

The purpose of this quarterly 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.











NHSSCA Clinic @ SHS

On Friday, October 30, Seneca High School got to host the Illinois branch of the National High School Strength Coaches Association for a Coaching Clinic. S&C Coaches and PE Teachers from all over Illinois came for a day of learning through presentations and roundtable discussions. In all, about 60 coaches from the state attended.

Not only were we honored to host this event, but I think a lot of coaches and teachers that were not from around the area were astounded by the amazing facilities, people, and opportunities our student-athletes have at SHS. I hope our community and students are just as excited and appreciative of all that we have at our disposal. I know I am.

Thank you to the administration, maintenance/custodial staff, student volunteers, the NHSSCA, fellow IPT teachers, and all who made this great event possible. You can see a few photos from the day on the following page.

GO IRISH!

Coach Baker



NHS SCA ILLINOIS









IRISH



ALL-TIME IRISH POWER RECORDS



CURRENT IRISH POWER LEADERBOARD



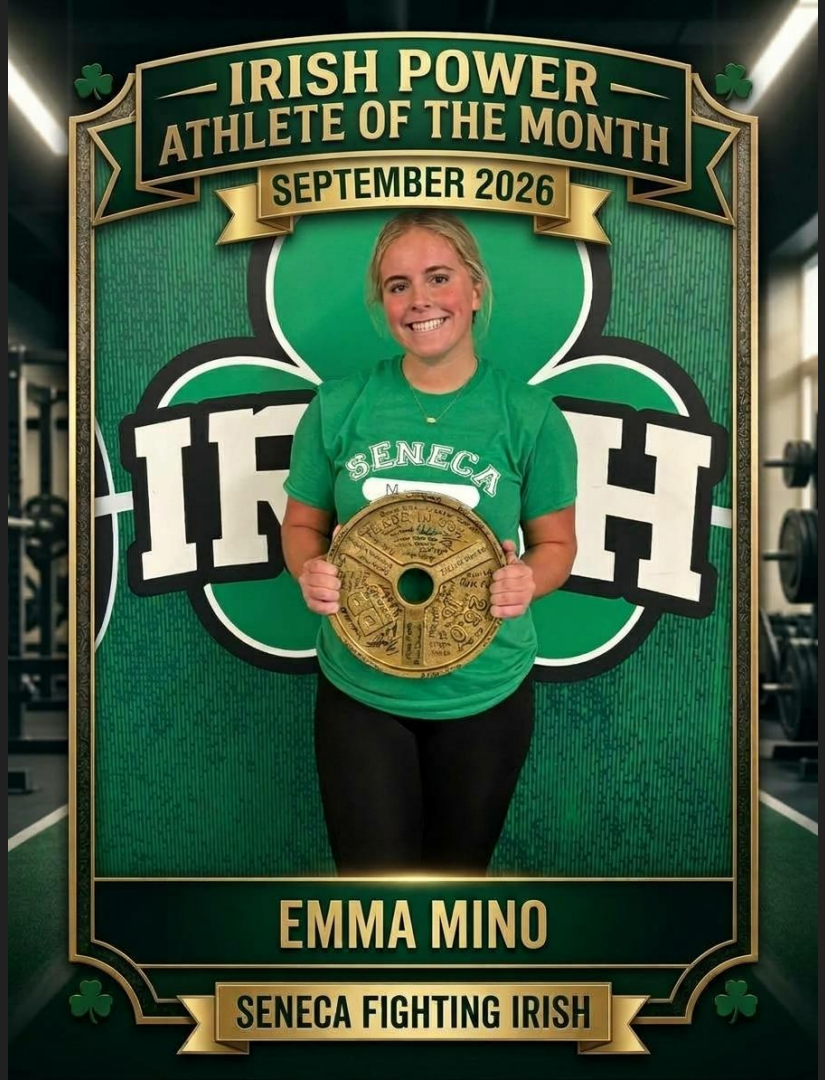
← BOYS

← GIRLS

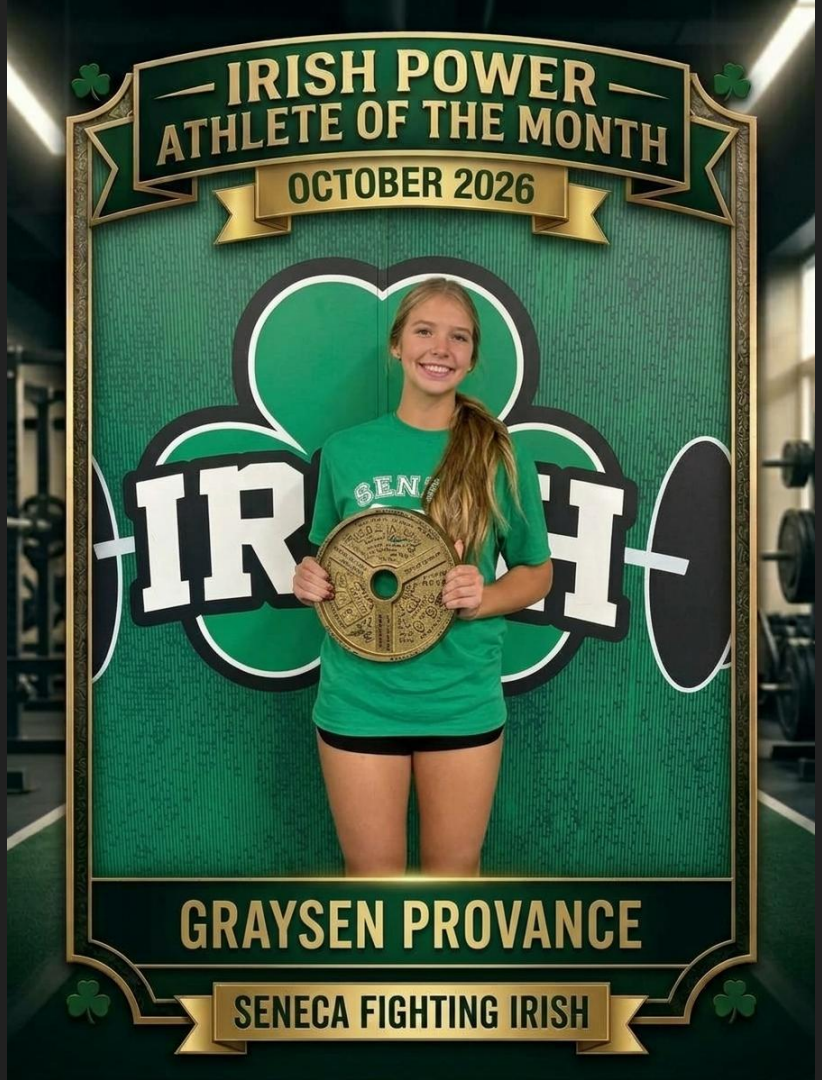
IRISH POWER ATHLETES OF THE MONTH

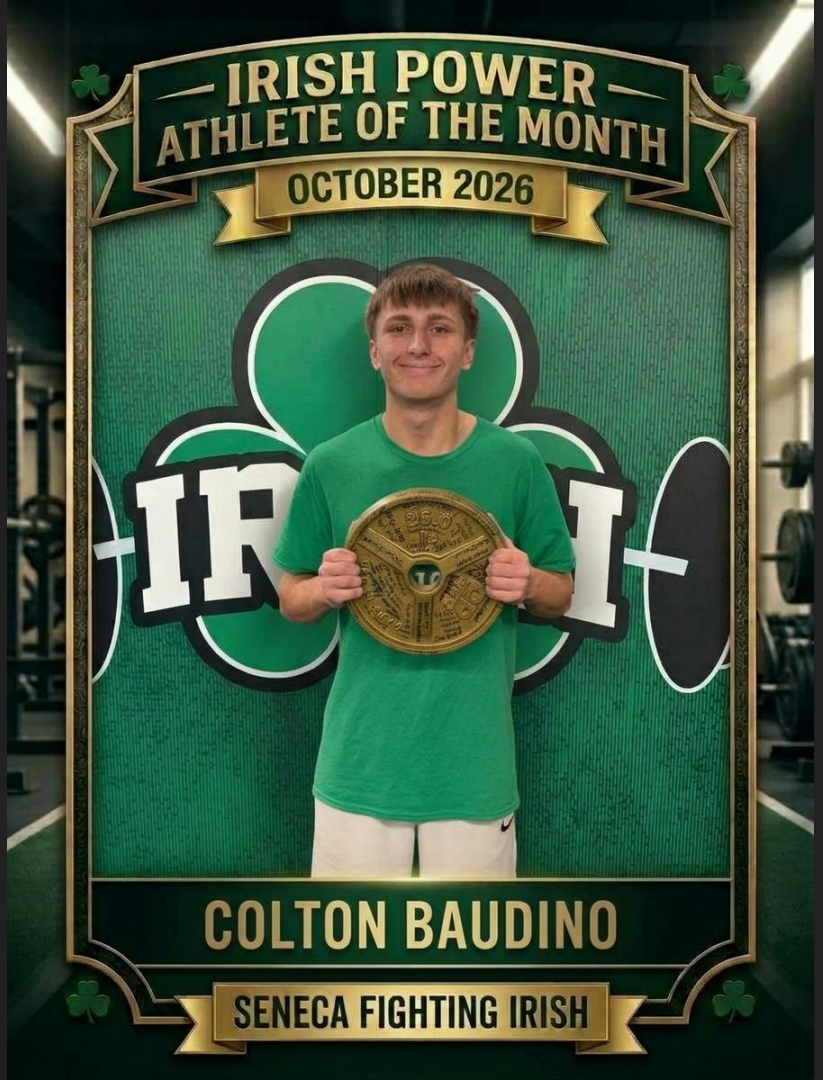
Irish Power Athletes of the Month are chosen by a combination of student nominations and Irish Power Training coach input. The following pages show the winners for August, September, and October. Congratulations to all of these hard working athletes!




IRISH POWER
ATHLETE OF THE MONTH
SEPTEMBER 2026
SENECA
EMMA MINO
SENECA FIGHTING IRISH


IRISH POWER
ATHLETE OF THE MONTH
SEPTEMBER 2026
CADE KRULL
SENECA FIGHTING IRISH


IRISH POWER
ATHLETE OF THE MONTH
OCTOBER 2026
GRAYSEN PROVANCE
SENECA FIGHTING IRISH


IRISH POWER
ATHLETE OF THE MONTH
OCTOBER 2026
COLTON BAUDINO
SENECA FIGHTING IRISH

IRISH POWER NUTRITION

EAT BREAKFAST EVERY DAY

>80%

ATHLETES EATING BREAKFAST

Our recent survey results show significant improvement in daily student-athlete nutrition.

In Irish Power Training, we are focused on simple improvements to athlete diets. Making sure to eat breakfast daily provides essential energy to start the day and ensures adequate caloric intake for high performance.

If your student-athlete is not currently eating breakfast, we encourage you to help them start their day on the right track!



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
  - Irish Power Training Teacher - Tim Brungard - tbrungard@senecahs.org
  - Irish Power Training Teacher - Nathaniel Meiss - nmeiss@senecahs.org
  - Seneca HS - 815-357-5000

#1Team *#IrishPride*

IRISH POWER
18 Sports ONE TEAM