

IRISH POWER

Strength & Conditioning Newsletter

SUMMER 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.











Looking Back and Ahead

We just finished an excellent summer of Irish Power Training which began the very first day of June and pushed into August. The summer certainly started off with a bang when we got to see our Lady Irish softball team finish as the State Finals Runner-Up. I think their awesome season helped the momentum of getting summer training off to a good start.

Many athletes stepped up this summer and took the opportunity to improve themselves going into this new year. It was also great to get our large class of Freshman athletes acquainted with Irish Power. As we look ahead, I can't wait to see how that pays off for them. For those that didn't take advantage of this summer's opportunities, they'll have a little slower start in the weight room this fall, but we'll get the ball rolling and have everyone giving their best and making improvements all school year long.

Good luck to all of our athletes this '26-'27 school year! Parents, never hesitate to reach out with questions or concerns. I look forward to working with each one of our Irish athletes.

GO IRISH!

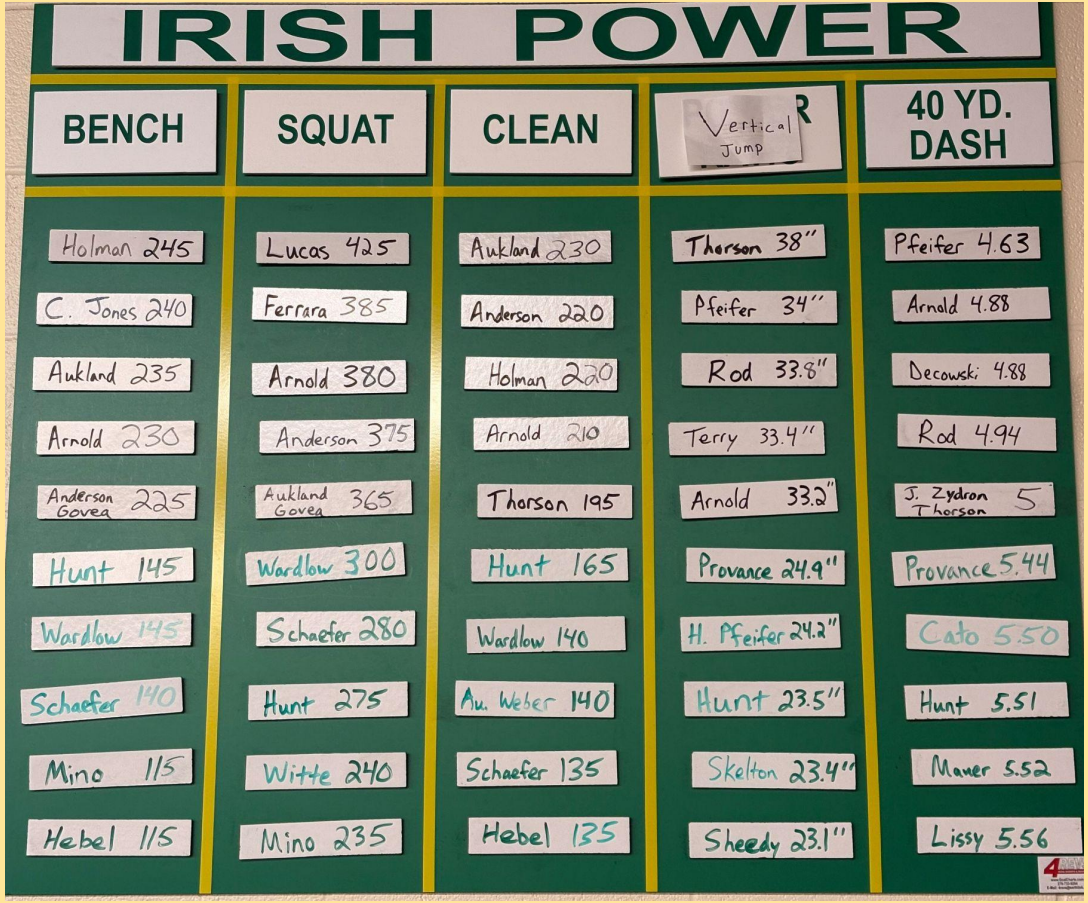
Coach Baker

ALL-TIME IRISH POWER RECORDS



CURRENT IRISH POWER LEADERBOARD

All records current as of the last 6 months



← BOYS

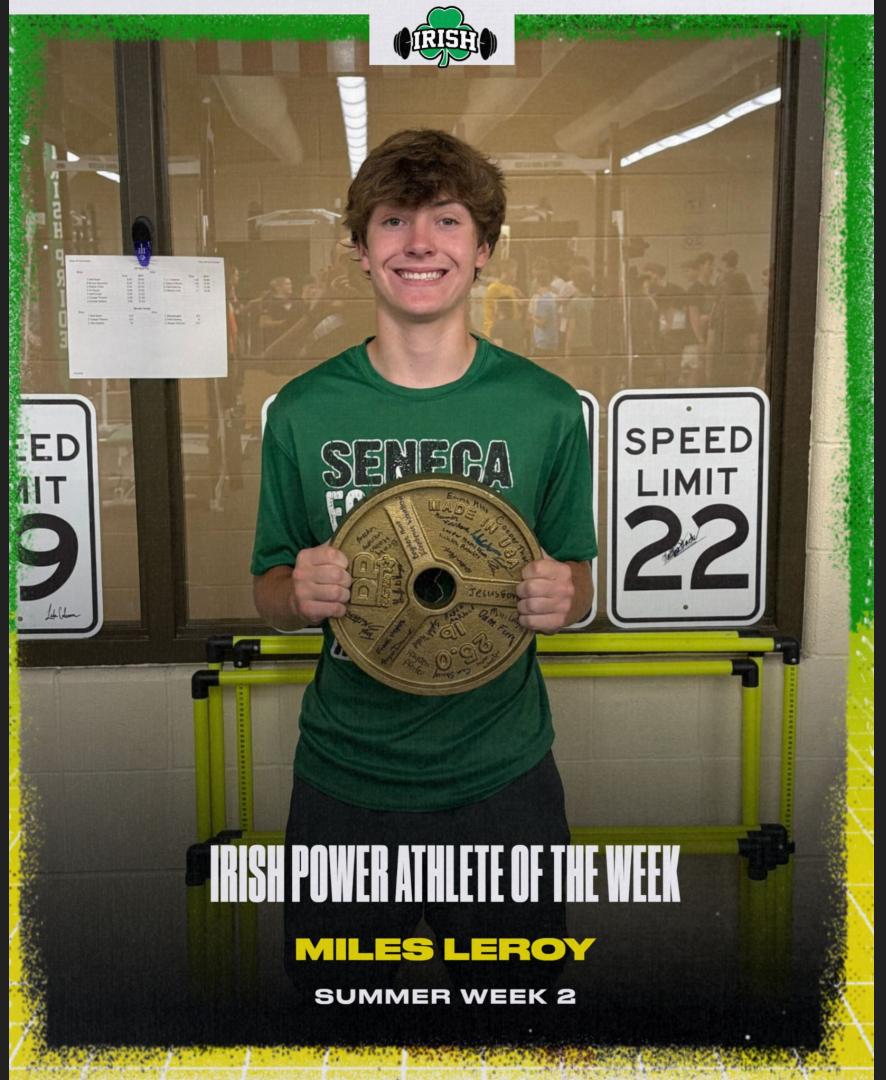
← GIRLS

IRISH POWER ATHLETE OF THE WEEK



BRYCEN DECOWSKI

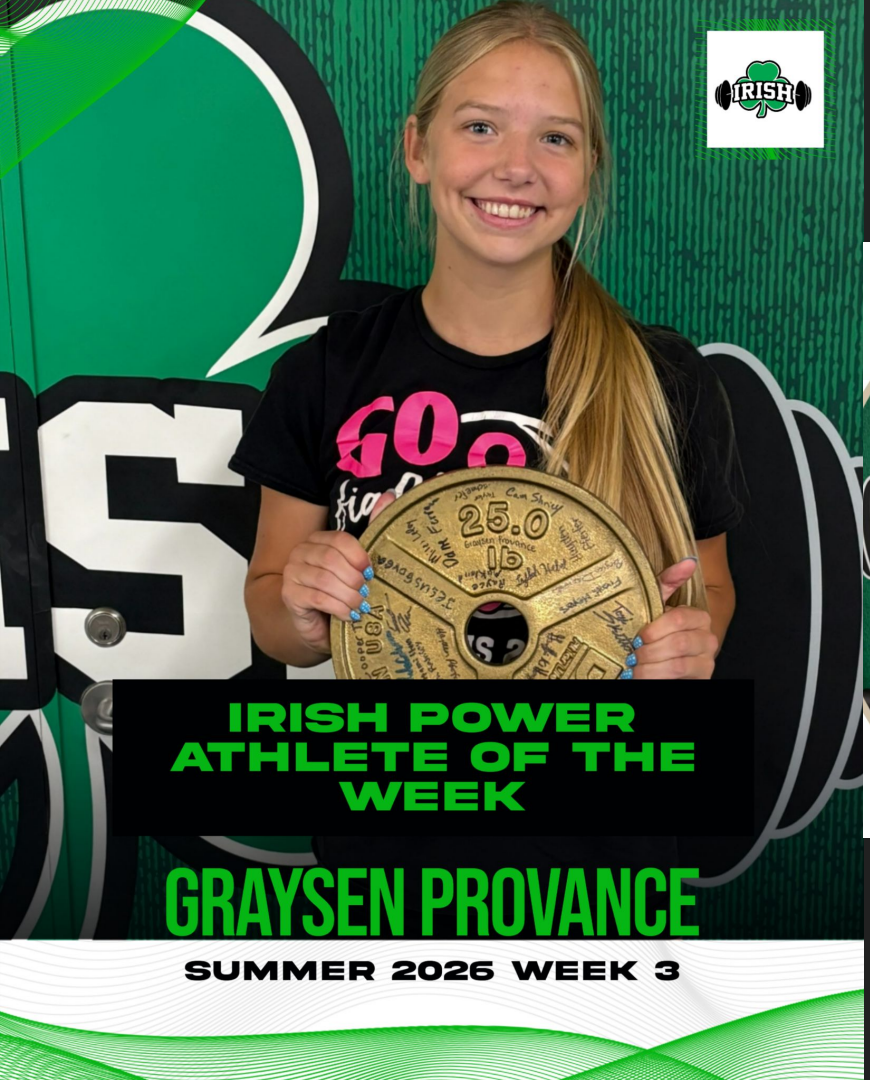
2026 Summer WEEK 1



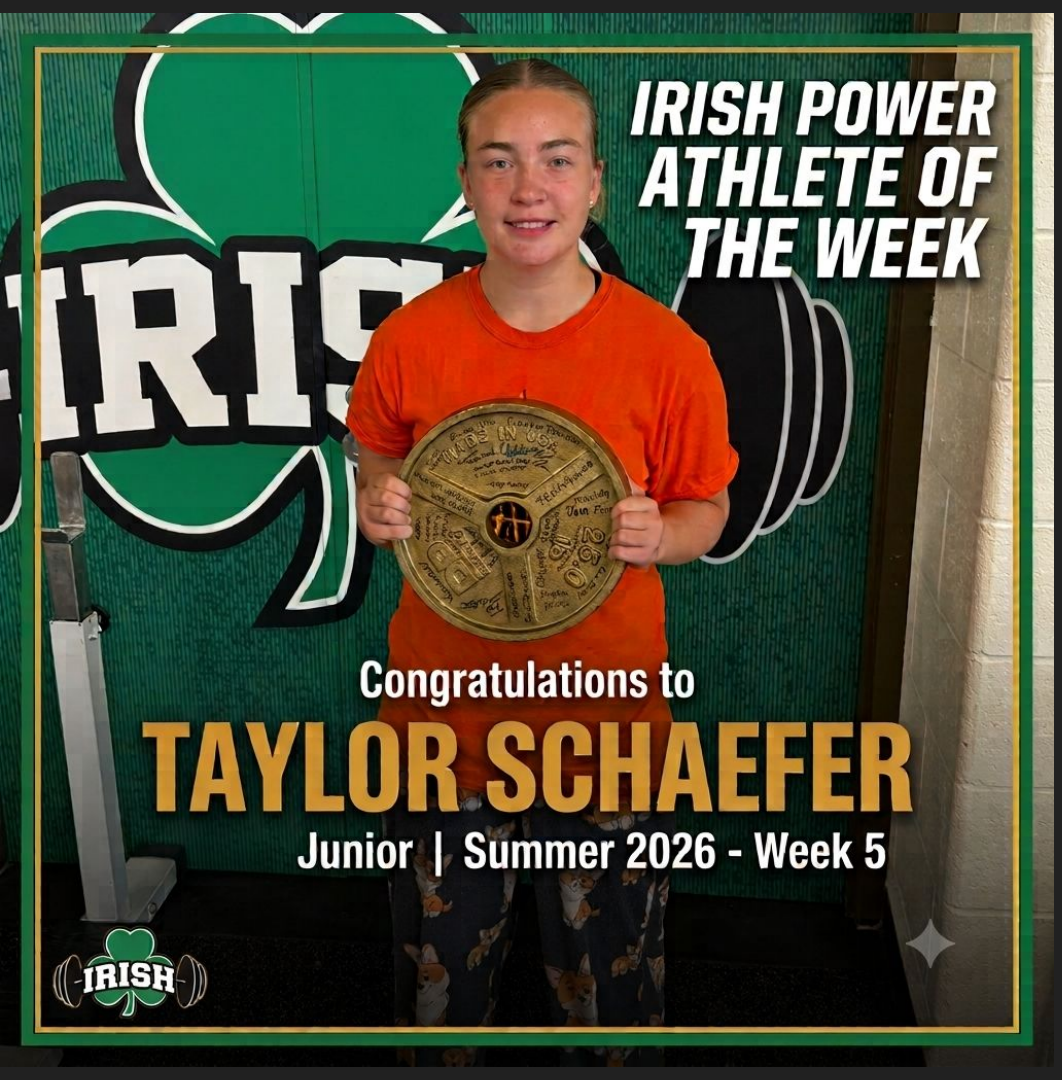
IRISH POWER ATHLETE OF THE WEEK

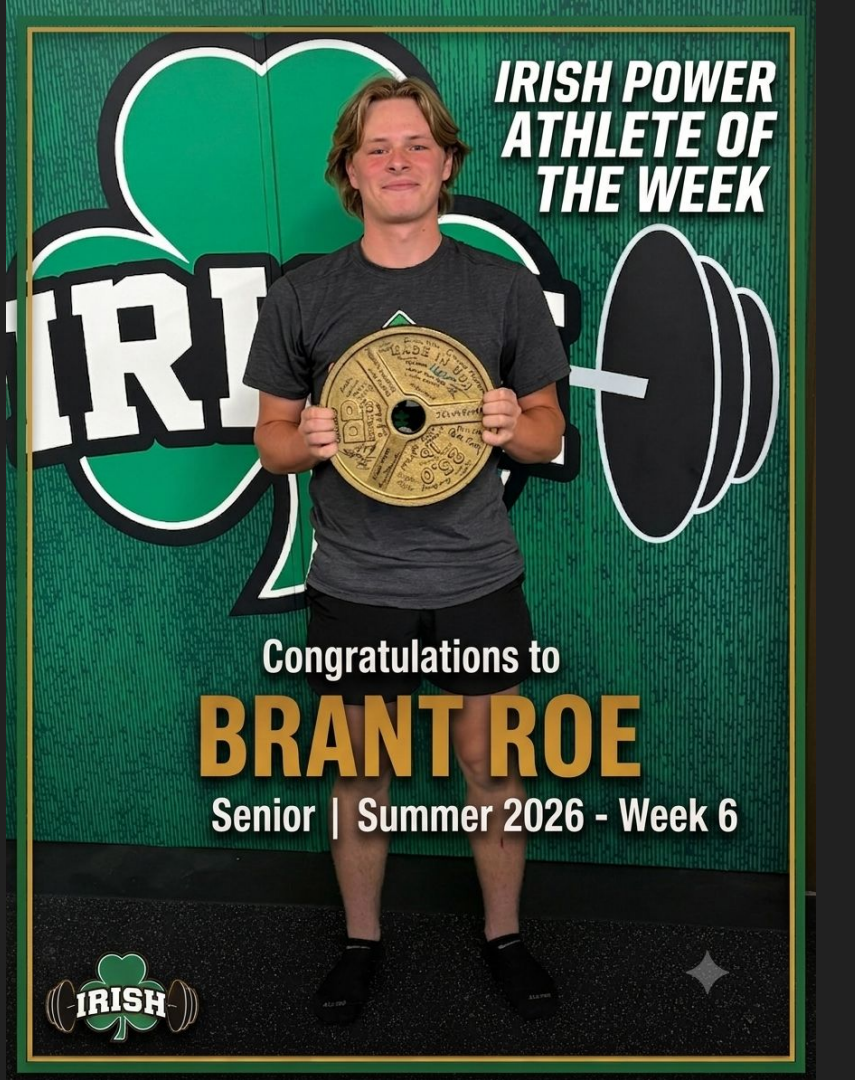
MILES LEROY

SUMMER WEEK 2


IRISH
25.0
lb
IRISH POWER ATHLETE OF THE WEEK
GRAYSEN PROVANCE
SUMMER 2026 WEEK 3


IRISH POWER ATHLETE OF THE WEEK
Summer '26
Week 4
JESUS GOVEA
Senior
IRISH


IRISH POWER ATHLETE OF THE WEEK
Congratulations to
TAYLOR SCHAEFER
Junior | Summer 2026 - Week 5
IRISH


IRISH POWER ATHLETE OF THE WEEK
Congratulations to
BRANT ROE
Senior | Summer 2026 - Week 6
IRISH


IRISH POWER ATHLETE OF THE WEEK
Congratulations to
COLTON BAUDINO
Junior | Summer 2026 - Week 7
IRISH


IRISH POWER ATHLETES OF THE WEEK
IRISH
BASEBALL
LADY
Irish
Congratulations to
WYATT HOLMAN
& TORI SKELTON
Summer 2026 - Week 8
IRISH

CRITICAL RELOAD

SAMPLE SCHOOL-DAY FUELING SCHEDULE

FUEL YOUR DAY. FUEL YOUR PERFORMANCE.

★ EAT SMART. TRAIN HARD. WIN. ★

6:45 AM	**BREAKFAST**	Eggs, toast, banana, milk, water.
10:00 AM	**MORNING SNACK**	Granola bar + water refill.
11:45 AM	**LUNCH**	Turkey or chicken sandwich, fruit, milk, water.
2:15 PM	**PRE-PRACTICE SNACK**	PB&J or yogurt + granola + fruit.
2:55 PM	**QUICK TOP-OFF**	Banana + a few sips of sports drink.
3:30–5:30 PM	**PRACTICE + HYDRATION**	Water throughout. Sports drink for long or hot sessions.
5:45 PM	**POST-PRACTICE RECOVERY**	Critical Reload shake + fruit.
7:00 PM	**DINNER**	Lean protein, carbs, vegetables, water.
9:00 PM	**OPTIONAL EVENING SNACK**	Greek yogurt, cottage cheese, or cereal with milk.












GOOD FUEL. BETTER ATHLETE.

CRITICAL RELOAD

WATER APPEARS THROUGHOUT THE DAY.



Summer Irish Power League Final Standings

1st - TOO HOT TO SPOT

2nd - HEAT CHECK

3rd - BARBELL BARBARIANS CARTEL

4th - SUMMER SHREDDERS



Miles LeRoy
Breckin Anderson
Brycen Decowski
Brant Roe
Colton Baudino
Wyatt Holman
Kolten Pfeifer

Taylor Schaefer
Dane Ferrara
Race Olson
Tori Skelton
Chris Thompson
Gryphon Wills
Joey Arnold

Lylah Hebel
Blane Lucas
Graysen Provance
Braden Skelton
Rayce Aukland
Jolene Arnstrom
Noah Grant

Nick Jahp
Bailey Kruger
Judd Taylor
Braden Bland
Raiden Terry
Kylee Rowley
Cade Krull

Another Coach in the Room

This fall, you may hear the athletes mention an additional coach in the weight room. Mr. Hayden Marvin will be student teaching in the PE department for the first 8 weeks of the semester. He will eventually be leading a couple of the Irish Power Training classes during that time.

Mr. Marvin comes to us from Illinois State University. He is a native of Grand Ridge, and graduated from Ottawa High School. We're excited to add Mr. Marvin to the Irish Power coaching staff for a few weeks, and wish him luck as he finishes his training to become a PE teacher.

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