

September

2019

Ironwood Ridge Nighthawks Girls' Basketball

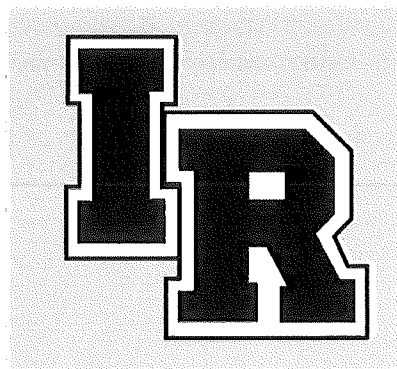
Coach Daron Cross, Head Varsity Coach – (520) 271-3991

Coach Margie Cross – (520) 404-6533

Coach Kim Sams – (520) 668-6982

Coach Sarina Scandaliato – (520) 272-8860

Coach Alyssa Madlangbayan – (520) 306-6913



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY	3	4 Weights & Track 5:30 – 7pm	5 Practice 5:30-7:30pm	6 Track/ Body Conditioning 4:00 – 5:30pm	7 Fall League Game TBA
8	9	10 Weights & Practice 5:30 – 7:30pm	11	12 Weights & Practice 5:30 – 7:30pm	13	14 Fall League Game TBA
15	16 Weights & Track 5:30 – 7pm	17	18 Weights & Track 5:30 – 7pm	19 Practice 5:30 – 7:30pm	20	21 Fall League Game TBA
22	23 Weights & Track 5:30 – 7pm	24	25 Weights & Track 5:30 – 7pm	26	27	28 Fall League Game TBA
29	30 Weights & Track 5:30 – 7:30pm					

October

2019

Ironwood Ridge Nighthawks Girls' Basketball

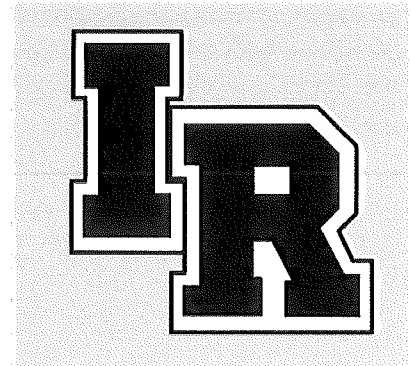
Coach Daron Cross, Head Varsity Coach – (520) 271-3991

Coach Margie Cross – (520) 404-6533

Coach Kim Sams – (520) 668-6982

Coach Sarina Scandaliato – (520) 272-8860

Coach Alyssa Madlangbayan – (520) 306-6913



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Practice 5:00 - 7:00pm		Weights & Track 4:00 – 5:30pm	Fall League Game TBA
6	7	8	9	10	11	12
	Weights & Track 5:30 – 7:30pm	Practice 5:00-7:00pm	Weights & Track 5:30 – 7:30pm			Fall League Game TBA
13	Columbus Day 14	15	16	17	18	19
	Weights & Practice 10:00 – 12:00pm	Practice 5:00 – 7:00pm			Weights & Track 4:00 – 5:30pm	Fall League Game TBA
20	21	22	23	24	25	26
	Weights & Track 5:30 – 7:30pm	Scrimmage @ Flowing Wells 6pm		Weights & Practice 5:00 – 7:00pm		Fall League Game TBA
27	28	29	30	31		
	Weights & Track 5:30 – 7:30pm		Weights & Track 5:30 – 7:30pm			