



IRHS Athletics – Incoming 9th Graders

- ✓ Must have current physical on file with Athletics Office to participate in summer work-outs
 - ✓ Grades from last quarter in 8th grade count towards eligibility in Fall
- ✓ Register to participate in Athletics for the 2023-24 SY at www.registermyathlete.com

Football

Distribution List:
irhsfbboosterpres@gmail.com
Facebook: irhsfootballboosters
Instagram: irhsfootballbooster
Twitter: @irhsfbbooster
Website: ridgefootball.com

Girls Soccer

Distribution List:
sewatkins@amphi.com
Facebook: Ironwood Ridge Girls Soccer
Instagram: irhsgirlssoccer
Twitter: @IRHS_GSoccer

Softball

Distribution List:
dmartine@amphi.com
Facebook: Ironwood Ridge Nighthawks Softball
Instagram: IRHS_Softball
Twitter: @IRHSSoftball

Boys Basketball

Distribution List:
ridgeboysbasketball@gmail.com
Facebook: IRHS Nighthawks Boys Basketball
Instagram: irhsboysbasketball
Twitter: @irhsmbb
Website: theridgehoops.com

Girls Basketball

Distribution List:
Nighthawsgirlsbasketball.com
Facebook: Ironwood Ridge Girls Basketball
Instagram: irhs_womensbball
Twitter: @IRHSLadyHoops

Cheer

Distribution List:
dbusby@amphi.com
Instagram: irhsspiritline
Twitter: @IR_Cheerleaders
Website: irhsspiritline.weebly.com

Boys Soccer

Distribution List:
irhsmenssoccer@gmail.com
Facebook: Ironwood Ridge Mens Soccer
Instagram: irhs_mens_soccer
Website: irhsmenssoccer.com

Track & Field

Distribution List:
ironwoodridgetf@gmail.com
Instagram: irhs.xc.track
Website: Ironwood-ridge-track and field/home

Girls & Beach Volleyball

Distribution List:
Blang@amphi.com
Facebook: Ironwood Ridge Volleyball
Instagram: nighthawkvb
Twitter: @nighthawkvb
Website: Nighthawkvolleyball.com

Swim & Dive

Distribution List:
Ironwood.swimming@gmail.com
Instagram: irhsswim
Website: irhsswimdive.com

Boys Golf

Distribution List:
rbais@amphi.com
Twitter: @irhs_Boys-Golf
Facebook: IRHS Nighthawks Boys Golf Team

Baseball

Distribution List:
coachtnighthawks@gmail.com
Facebook: Ironwood Ridge Nighthawks Baseball
Instagram: ironwood ridge nighthawks baseball
Twitter: @IRHawksBaseball
Website: irhsbaseballbooster

Wrestling

Distribution List:
rob.lynnlord04@gmail.com
Facebook: Ironwood Ridge High School Wrestling

Pomline

Distribution List:
irhspom@gmail.com
Instagram: Ironwoodridgепomline
Website: ironwoodridgепomline.Weebly.com

Girls Tennis

Distribution List:
abrowning90@gmail.com
Instagram: irhsgirlstennis

Boys Volleyball

Distribution List:
irhsbvb@gmail.com
Instagram: ridgebvb

Boys Tennis

Distribution List:
Agallardo284@gmail.com
Instagram: irhs.mens.tennis

Cross Country

Distribution List:
ironwoodridgehscx@gmail.com
Instagram: irhs.xc.track
Website: ironwoodridgexc/home

Girls Golf

Distribution List:
dkautz@amphi.com
Instagram: irhsgirlsgolf

