



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 2024-2025 SY at www.registernyathlete.com

Football

Distribution List:
irhsfbboosterpres@gmail.com
Facebook: [irhsfootballboosters](#)
Instagram: [irhsfootballbooster](#)
Twitter: [@irhsfbbooster](#)
Website: ridgefootball.com

Girls Soccer

Distribution List:
nathan@soccershots.org
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:
justincolemant0212@gmail.com
Facebook: [IRHS Nighthawks Boys Basketball](#)
Instagram: [irhsboysbasketball](#)
Twitter: [@irhsmbb](#)
Website: theridgehoops.com

Girls Basketball

Distribution List:
Nighthawkgirlsbasketball.com
Facebook: [Ironwood Ridge Girls Basketball](#)
Instagram: [@irhsgirlsbasketball](#)
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:
kiera.lamoreaux@gmail.com
Instagram: [irhsswim](#)
Website: irhsswimdive.com

Boys Golf

Distribution List:
rbais@amphi.com
Facebook: [IRHS Nighthawks Boys Golf Team](#)
Instagram: [@IRHS_Boys_Golf](#)
Twitter: [@IRHS_Boys_Golf](#)

Baseball

Distribution List:
baseball@chadchop.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:
irhsmentennis@gmail.com
Instagram: [irhs.mens.tennis](#)

Cross Country

Distribution List:
ironwoodridgehxc@gmail.com
Instagram: [irhs.xc.track](#)
Website: [ironwoodridgexc/home](#)

Girls Golf

Distribution List:
dkautz@amphi.com
Instagram: [irhsgirlsgolf](#)

