



IRHS Athletics – Incoming 9th Graders

- ✓ Must have current physical on file with Athletics Office to participate in summer activities
 - ✓ Grades from last quarter in 8th grade are used for eligibility in Fall
- ✓ Register to participate in Athletics for the 2025-2026 SY at www.registernyathlete.com

Football

Distribution List:
irhsfbboosterpres@gmail.com
Facebook: Ironwood Ridge Football
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:
justincoleman0212@gmail.com
Facebook: IRHS Nighthawks Boys Basketball
Instagram: irhsboysbasketb
Twitter: @irhsmbb
Website: theridgehoops.com

Girls Basketball

Distribution List:
catsbball_32@hotmail.com
Facebook: Ironwood Ridge Girls Basketball
Twitter: @IRHSGirlsBball
Instagram: @irhsgirlsbasketball

Cheer

Distribution List:
ironwoodridgehscheer@gmail.com
Instagram: irhsspiritline
Twitter: @IR_Cheerleaders

Boys Soccer

Distribution List:
irhsmenssoccer@gmail.com
Facebook: Ironwood Ridge Men's Soccer
Instagram: irhs_mens_soccer
Website: irhsmenssoccer.com

Track & Field

Distribution List:
ironwoodridgetf@gmail.com
Instagram: irhs.xc.track
Website: ironwoodridgetfxc.com

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

Facebook: Ironwood Ridge Nighthawks Baseball
Instagram: irhsnighthawkbaseball
Twitter: @IRHawksBaseball

Wrestling

Distribution List:
sdubiskas@amphi.com
Facebook: Ironwood Ridge High School Wrestling
Instagrams: irhs.wrestling & Irhs.womens.wrestling

Pomline

Distribution List:
irhspom@gmail.com
Instagram:
Ironwoodridgetpomline

Girls Tennis

Distribution List:
abrowning90@gmail.com
Instagram: irhsgirlstennis

Boys Volleyball

Distribution List:
rstewart@amphi.com
Instagram: ridgevbv

Boys Tennis

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

Cross Country

Distribution List:
ironwoodridgetf@gmail.com
Instagram: irhs.xc.track
Website: ironwoodridgetfxc.com

Girls Golf

Distribution List:
dkautz@amphi.com
Instagram: irhsgirlsgolf

