



# IRHS Athletics – Incoming 9<sup>th</sup> Graders

- ✓ Must have current physical on file with Athletics Office to participate in summer activities
  - ✓ Grades from last quarter in 8<sup>th</sup> grade are used for eligibility in Fall
- ✓ Register to participate in Athletics for the 2025-2026 SY at [www.registernyathlete.com](http://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:  
justincolemant0212@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:  
ironwoodridgecheer@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:  
Facebook: Ironwood Ridge High School 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

