

2011 IRONWOOD RIDGE WOMEN'S VOLLEYBALL

Welcome to Ironwood Ridge Volleyball! The great thing about being a Nighthawk Volleyball player is that you get to be a part of a program and a school that thrive on building tradition and excellence. It means that you are committed to hard work and dedication on and off the court... It means playing in front of some of the loudest and most supportive fans in the city... It means playing against the best teams in the state... It means wearing the school colors with pride... It means doing your best in athletics and academics...

It is a unique and special feeling to be a Nighthawk - being part of this program is a privilege and if you have what it takes to wear a uniform, we'd like to see you at the 2011 player evaluations.

NEW PLAYER INFORMATION

Head Coach	Bill Lang <i>bill.lang@nighthawkvolleyball.com</i>
Volleyball Season	Fall Season (August-November)
Teams Fielded	Varsity; Junior Varsity; Freshman
Players per team	12
Practices	Afterschool, 5 practices a week including some Saturday practices
Competitions	18 total (2 matches per week) Varsity teams plays up to 40 matches
Official Start Date	August 8, 2011
Tryout Schedule	Times to be announced <i>* Please note that volleyball begins before the first day of school. School starts on August 10, 2011</i>
Evaluation Criteria (in order)	1. Attitude 2. Athletic Ability 3. Positional Skill and/or Potential



IRVB QUICK FACTS

Overall Team Record	255-110 (.699)
Region Championships	2004, 2007, 2008, 2009, 2010
State Tournament	2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010
Final-Four Appearances	2004, 2007, 2008, 2009, 2010
State Final Appearances	2004
AVCA Team Academic Award	2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010 (tba)
Region Players of the Year	Michelle McLain (2004) Krista Kallish (2007) Malyree Harper (2008) Michaela Christiaansen (2009) Michaela Christiaansen (2010)

2011 OFF-SEASON PREPARATION

New Player Meetings	May 11 6:30 PM Lecture Hall June 8 6:30 PM Gym Classroom
Open Gyms	Tuesdays in June; 6:00-7:30 PM
Summer VB League	Thursdays. More information pending
Volleyball Camps	See Information below
Freshman Conditioning	July 18-28; 2:30-3:30 PM

IRONWOOD RIDGE VOLLEYBALL CAMPS

Freshman Fundamental	June 6-8	Monday-Wednesday	4:00-6:30 PM
Defensive Skills Camp	July 11-13	Monday-Wednesday	4:00-7:00 PM
Setter/Attacker Positional Camp	July 18-20	Monday-Wednesday	4:00-7:00 PM
Championship All-Skills Camp	July 25-29	Monday-Friday	4:00-7:00 PM

Ironwood Ridge Volleyball Camps are posted on the website at www.nighthawkvolleyball.com/camps. The IRVB CAMPS offer a Defensive Camp, Setter/Attacking Camp, and the Nighthawk All-Skills Camp. These camps have been the cornerstone of the Ironwood Ridge Volleyball program by offering invaluable instruction each summer to our players at an affordable low cost.

Ironwood Ridge students must register by July 1, 2011 to take advantage of the package discount available to enrolled students.

UA VOLLEYBALL TEAM CAMP: JULY 15-17, 2011: The volleyball program will send at least 4 teams (including one freshman team) to the UA Volleyball Team Camp. To reserve a spot on one of the teams, please contact Coach Lang for more information.

