

IRONWOOD RIDGE VOLLEYBALL

IRONWOOD RIDGE VOLLEYBALL 2026

OFF-SEASON INFORMATION

Welcome to the IRVB 2026! With tradition comes great responsibility. IRVB is preparing for it's 25th Varsity Season this this year. After twenty-five years, the expectations remain the same and the volleyball program is gearing up to win the Region Championship again, host another Final Four, and make a run at the 4A State Championship this season.

The following information is to help prepare all returning and prospective volleyball student-athletes prepare for the upcoming volleyball season:



IRVB 2026 PROSPECTIVE PLAYER INFORMATION FORM

Please use the QR Code to provide the coaching staff with information to plan out the Off-Season and Volleyball Tryouts. This form should be filled out by the athlete. The contact information will be used to communicate via email newsletters during the summer in preparation for the Fall Season.

OFF-SEASON VOLLEYBALL EXPECTATIONS | *Our Commitment to Excellence*

Preparation is the key to maintaining a top-notch volleyball program. Expectations are high and you must make a choice to share these expectations and the commitment to meet them. The emphasis for our off-season training this season is to focus on preparing athletes to be **mentally prepared, physically prepared** to compete at a high level while **avoiding injury**, and to **improve the program culture and team chemistry**.

Please do not confuse off-season training with tryouts. Off-season is an opportunity for all prospective players to be a part of the program. Participation in off-season activities does not guarantee a uniform in the Fall, it guarantees only that if a player works hard, they will improve.

ATHLETE STRENGTH/CONDITIONING | MAY–JULY

Strength Coaches will provide a volleyball-specific and cycled workout that will require 4 days per week. It is **acceptable to supplement** workouts with a personal trainer and/or another organization. However, it is **not acceptable to replace** the volleyball workout expectations with a trainer and/or other organization. **If you want to go fast, go alone. If you want to go far, go together.**

IRVB VOLLEYBALL CAMPS | JULY-AUGUST

Ironwood Ridge Volleyball Camps are important to put all prospective athletes on the same page technically and systematically before the season. Prospective players should coordinate summer plans in order to attend the camps—especially the last few weeks of the summer. The camps are scheduled in order to prep right before tryouts. If you need financial assistance for camps, please talk to Coach Lang

VOLLEYBALL TEAM CAMPS AND SCRIMMAGES | JULY

The volleyball program offers the opportunity to attend Team Camps and competitions as a team. Individual invitations for the NAU TEAM CAMP will be sent based on results from the interest form, attendance at off-season conditioning, and positional needs for both the Fall season and the camps. If you need financial assistance for volleyball camps, please talk to Coach Lang.

PRE-SEASON VOLLEYBALL EXPECTATIONS | THE 2026 SEASON STARTS AUGUST 10, 2026

Pre-season volleyball begins the first week of school on **August 3, 2026** with Player Evaluations. We will start Team Selections on **August 10**. Please see the tentative school below. The expectation is that all prospective student-athletes **report on time, fit, and ready to work**.

ATHLETIC CLEARANCE: All student-athletes must have a current clearance packet (including a current physical and health history form) on file with the Athletic Department BEFORE they are allowed to participate in any off-season activities. Physicals for the 2026 season must be dated on or after March 1, 2026. Please contact the Athletic Department with any questions or concerns.

2026 TEAM TRYOUTS:

Pre-Season Player Evaluations begin on **Monday, August 3, 2026**

The Official Volleyball Start Date is **Monday August 10, 2026**; when we will begin Team Selections.

PLAYER EVALUATION SCHEDULE

Monday	8/3	Pre-Season Practice	5:00–7:00 PM
Tuesday	8/4	Pre-Season Practice	5:00–7:00 PM
Thu	8/6	Pre-Season Practice	4:30–6:30 PM
Friday	8/7	TBD	
Monday	8/10	All Athletes Report	4:30–7:30 PM

* Times subject to change

GROUP EVALUATION SCHEDULE

Tuesday	8/11	Navy Group	4:00–7:00 PM
		Silver Group	6:00–9:00 PM
Wednesday	8/12	Navy Group	4:00–7:00 PM
		Silver Group	6:00–9:00 PM

* Times subject to change

FOR MORE INFORMATION: nighthawkvolleyball.com/offseason | Contact Head Coach Bill Lang | blang@amphi.com



Player Evaluation Information

TEAM TRYOUT SESSIONS

All prospective athletes will attend the Pre-Season Player Evaluation Sessions and on Monday (August 11) Prospective athletes will be grouped together for future evaluations.

All tryout sessions will begin on time – please plan on checking in at least 15 minutes prior to the start time.

Please check the Tryout Schedule, as all athletes will be expected to attend each session unless otherwise directed by the Coaching Staff. If you have any conflicts with the Tryout Schedule, please contact the Head Coach as soon as possible.

ATHLETIC DEPARTMENT CLEARANCE

All prospective student-athletes **must be cleared through the Ironwood Ridge Athletic Office** before being permitted to workout or tryout for **any** sport on campus. Athletic clearance is facilitated online using **RegisterMyAthlete.com** for all registration form uploads. Families must set-up an account to be cleared.

Athletes without proper clearance will not be allowed to participate - **no exceptions**.

Please be cleared by **August 1** to avoid any unforeseen delays with the paperwork or requirements.

Missing a significant number of sessions could adversely effect a student-athletes placement on a team...

WHAT TO EXPECT AT VOLLEYBALL TRYOUTS

Expect to work hard. Volleyball is a team sport where everyone works hard together. The goal of the coaching staff is to place players in the best situation for the success of the program first, then each team, and finally, the players' individual development. Competition for a team uniform, playing time, and/or a starting position will be intense. We believe that selection to a high school team is an honor and privilege.

Player Evaluations will include the following:

Attitude Evaluation: Each training session is designed to incorporate practice-like instruction and feedback from the volleyball coaching staff. Prospective student-athletes will be evaluated on their **coachability**, motivation, and maturity. Students with campus discipline issues may not be considered.

Athletic Testing: All prospective student-athletes will be put through a series of physical testing to measure each athletes overall athletic ability and level of conditioning.

Skill/Competition Evaluation: The final criteria will be a comprehensive evaluation of how well student-athletes respond in competitive situations. Skill and positional need is considered during this evaluation.

Player Interview: The staff may interview candidates to gauge their contribution to the program culture.

VARSITY PLAYER EVALUATION CRITERIA

Participating athletes must possess a working knowledge of offensive/defensive systems and terminology that is consistent with that of the Nighthawk Volleyball system. Athletes must also possess a level of athleticism, fitness, and technical ability consistent with that of a high level varsity players.

Team selections for the top players will be based on results from a **Competitive Matrix** that will score and rank each varsity candidate's athletic ability and level of competitiveness. Further criteria will include the positional needs of the team as well as a **Player Interview** to discuss each candidate's character—meaning their conduct on and off the court, citizenship, commitment, and the candidate's academic performance.

Academically ineligible players will not be considered for the varsity team.

JUNIOR VARSITY; and SOPHMORE/FRESHMAN EVALUATION CRITERIA

Selection will be based mainly on the potential for improvement. The main criteria for each prospective player (in this order) will be:

1. **Attitude** (it must be positive and competitive)
2. **Athletic Ability** (including quantitative athletic testing)
3. **Positional skill and/or Potential**

The main criteria for our **Sophomore/Freshman Team** will be coachable athletes with a great work ethic and the ability to learn offensive/defensive systems. Prior volleyball experience may help, **but is not required**.

Junior Varsity athletes must possess a working knowledge of offensive/defensive systems consistent with that of a typical varsity program. Athletes must also possess a level of fitness and technical ability consistent with of a mid-level varsity player. Other criteria may include the candidate's academic performance and conduct on and off the court on campus. Academically ineligible players may not be selected in most cases.

The Ironwood Ridge Volleyball coaching staff will conduct all evaluations.

Questions regarding the Player Evaluations or Team Selections should be directed to Head Volleyball Coach Bill Lang at blang@amphi.com.



Off-Season Volleyball Opportunities

The emphasis for our off-season training this season is to focus on allowing all players to be mentally refreshed as well as getting everyone in shape to compete at a high level while avoiding injury. The opportunities listed have always been and will continue to be completely voluntary. Please do not confuse off-season training with tryouts. Training out of season is an opportunity and a privilege to all prospective players. It's called a privilege because it often requires several hours of volunteer time by coaches and players.

For more information, please visit www.nighthawkvolleyball.com/offseason.

VOLLEYBALL PROGRAM STRENGTH/CONDITIONING



Off-season strength and conditioning is for all prospective volleyball players to prepare them for the physical testing that will be performed during player evaluations as well as to enhance performance during the season and to reduce the chance of injury.

Please see the Volleyball Strength/Conditioning Schedule online for specific dates and times.

OFF-SEASON CYCLES | SPRING AND SUMMER STRENGTH/CONDITIONING SCHEDULE:

TESTING	April 13–April 17	Athletic Testing		Monday, Tuesday, Thursday
CYCLE I	April 20-May 14	Reconditioning	3 Weeks	Monday, Wednesday, Thursday
CYCLE II	June 1–June 23	Conditioning/Speed/Prep	3 Weeks	Monday-Thursday; 6:30–8:00 AM
CYCLE III	July 6–July 23	Strength/Speed	3 Weeks	Monday-Thursday; 6:30–8:00 AM

*The expectation is that **varsity candidates** attend 80-100% of all off-season workouts. Regardless, all volleyball players will be expected to report this Fall in excellent physical condition.*

IRONWOOD RIDGE VOLLEYBALL CAMPS



Information concerning the 2026 Ironwood Ridge Volleyball Camps are posted on the website at www.nighthawkvolleyball.com/camps. The IRVB CAMPS offers a **Prep Skills camp** and **Serve/Reception and Attacking Skills** camp sessions in June; and the **Defensive Skills, Positional Skills** and **Competition Skills** camp sessions in July. These camps give prospective players the opportunity to train with the players and coaches at Ironwood Ridge and have been the cornerstone of the Volleyball program by offering invaluable instruction each summer to our players at an affordable low cost.

Returning athletes must **register early** to take advantage of the discounts (Coupon codes will be emailed).

VOLLEYBALL TEAM CAMPS



NAU VOLLEYBALL TEAM CAMP: JULY 14-16, 2026

The volleyball program will send a prospective varsity team to the Northern Arizona Volleyball Team Camp. Spots for the overnight camp will be reserved returning players participating in the off-season training. For more information and to reserve a spot in the camp, please contact Coach Lang.

UA VOLLEYBALL TEAM CAMP: JULY 17-19, 2026

The volleyball program will send at least 2 teams to the UA Volleyball Team Camp. Invitation links will be sent out by the coaching staff. To reserve a spot on one of the teams, complete the registration by **June 1, 2026**. Camp cost is \$150/player. For more information regarding the Team Camp, please contact Coach Lang.

OPEN BEACH



SUMMER NIGHTS AT NIGHTHAWK BEACH

Come out and join the #BeachParty at Nighthawk Beach. The Beach will be open for players and alumni to escape the heat during the summer at the Beach Volleyball Facility. IRVB will host open play on Tuesdays and Thursdays. Check online for the schedule.

SUMMER SCRIMMAGES

More information coming (when/if available) about the opportunity to scrimmage other schools that are training during the summer. Prospective athletes must be participating in the off-season conditioning and/or volleyball camps to be invited to the summer scrimmages.

Please do not confuse these off-season training opportunities with tryouts. Off-season activities are an opportunity for all prospective players to improve their strength and fitness while also being a part of the program during the summer.

Participation in off-season activities and/or club volleyball does not guarantee an Ironwood Ridge uniform in the Fall, it guarantees only that if a player works hard, they will improve.



UA Volleyball Team Camp



CAMP INFORMATION

Ironwood Ridge Volleyball will be offering the opportunity for **prospective players** to compete at the University of Arizona Volleyball Team Camp on **July 17-19, 2026**. This camp will be open to all returning players that are actively participating in the off-season Strength/Conditioning sessions and registered in IRVB Camp Sessions, which will complement the team training at UA.

- **IRVB-NAVY** (TBD)
- **IRVB-SILVER** (10 Athletes)
- **IRVB-WHITE** (10 Athletes)
- **IRVB-GREEN** (Incoming Freshman—12 athletes)

The UA Team Camp is three days with multiple sessions of volleyball each day. Each team will be assigned a coach from the camp's coaching staff for all training sessions and competition during the camp. The players will report to their assigned coach each session and learn to work together and compete in a team setting during the weekend.

The Camp will be held on the University of Arizona campus, as well as Tucson High School. Players will be responsible for transportation to/from the UA campus as well any off-campus site. We will assist in setting up car pools before the camp.

PLEASE NOTE: Participation in the UA Volleyball Team Camp will not guarantee any prospective volleyball player a spot on Ironwood Ridge Volleyball Varsity roster in the Fall. The camp is open to prospective players provided they are currently participating in the off-season.

CAMP ITINERARY

This schedule is tentative and the coaching staff will alert all participating players of any changes before the camp begins.

FRIDAY	July 17	11:30 AM	Team Check-In
		12:00–2:30 PM	Session I
		2:30 PM–3:30 PM	<i>Dinner</i>
		3:30–5:00 PM	Session II
SATURDAY	July 18	9:00–10:00 AM	Session III: Skills Training
		11:00 AM–12:00 PM	Session III: Competition
		12:00 PM–2:00 PM	<i>Lunch and Educational Learning (Mental Health, Strength, Nutrition)</i>
		2:00–3:00 PM	Session IV: Skills Training
		3:00–5:00 PM	Session IV: Competition
SUNDAY	July 19	9:00–10:00 AM	Session V: Skills Training
		11:00 AM–12:00 PM	Session V: Competition
		12:00 PM–2:00 PM	<i>Lunch and Educational Learning (Mental Health, Strength, Nutrition)</i>
		2:00–5:00 PM	Session VI: Competition

CAMP REGISTRATION AND TUITION

Families must register directly with Rita Stubbs Volleyball Camp once they receive the Registration Invitation from the coaching staff.

To reserve a spot on one of the IRVB team rosters, please **complete the registration with the link provided by the coaching staff no later than June 1, 2026**. The individual cost of the camp is \$145 per player. Players will be responsibility for all meals and snacks during the camp, as well as transportation to/from the UA campus.

For more information or questions concerning the UA Volleyball Team Camp, please contact Ironwood Ridge head volleyball coach Bill Lang at (520) 906-6668 or by email at blang@amphi.com.



NAU Volleyball Team Camp



PLEASE NOTE: This summer's team camp structure will look different than in previous years. We plan to take one team to NAU and two teams to UA. Separate rosters will be created for each camp, and athletes will not be asked to attend both. This adjustment is intended to reduce costs for families, allow for additional rest and recovery, and help manage the program's off-season transportation budget

INVITATION ONLY: Individual invitations for the NAU TEAM CAMP will be sent based on results from the interest form, attendance at off-season conditioning, and positional needs for both the Fall season and the camps.

CAMP INFORMATION

The Team Camp will be held at Northern Arizona University in Flagstaff, Arizona. The team will travel by school (or rental) vans and stay in dormitories on the NAU campus—the dorms will be supervised by the camp staff as well as the varsity coaching staff. Meals will also be included for the team during the camp.

The NAU Team Camp is three days with multiple sessions of volleyball each day. Included in the sessions will be 10 matches of competition, training, team bonding exercises, and team chalk talks with the NAU coaching staff. The final day (Thursday) will feature a double-elimination tournament for the participating teams.

PLEASE NOTE: Participation in the NAU Volleyball Team Camp will not guarantee any prospective volleyball player a spot on Ironwood Ridge Volleyball Varsity roster in the Fall. The camp is open to prospective players provided they are currently participating in the off-season.

TUESDAY | JULY 16

CHECK-IN: 10:30 AM
SESSION 1: 11:00 AM—1:00 PM
SESSION 2: 6:00—9:00 PM

WEDNESDAY | JULY 17

SESSION 3: 9:00 AM—12:00 PM
SESSION 4: 2:00 PM—5:00 PM
SESSION 5: 7:00—9:00 PM

THURSDAY | JULY 18

SESSION 6: 9:00 AM—TBD
CHECK-OUT: 3:00 PM

TRAVEL ITINERARY

This trip is approved by Ironwood Ridge High School and all Ironwood Ridge Volleyball and Amphitheater Student-Athlete Code of Conduct Rules will be followed for the duration of the trip. The team will travel by school vans or rental vans driven by the varsity coaching staff.

TUESDAY	July 16	6:00 AM 10:30 AM	Depart campus for Flagstaff (players responsible for meals during van ride) Check-in to team hotel/dorms See camp schedule listed above
WEDNESDAY	July 17		See camp schedule listed above
THURSDAY	July 18	4:00 PM 8:30 PM	See camp schedule listed above Depart for Oro Valley (players will be responsible for meals during van ride) Return to Ironwood Ridge (approximate arrival time)

CAMP TUITION

Families must register directly with NAU Volleyball Camps. To reserve a spot on one of the IRVB NAU team rosters, please **complete the registration with the link provided by the coaching staff no later than April 25, 2024**. The individual cost of the camp is \$255 per player (includes the camp tuition, housing, and meals—be sure to select the overnight option) and other camp expenses (Team Fee, coaching staff housing, and transportation to Flagstaff) will be covered by the coaching staff and fundraising efforts.

For more information or questions concerning the NAU Volleyball Team Camp, please contact Ironwood Ridge head volleyball coach Bill Lang at (520) 906-6668 or by email at blang@amphi.com.

ATHLETE CODE OF CONDUCT

This is an overnight team camp and all athletes will be supervised by the coaching staff and/or chaperones. **Participating athletes are expected to abide by the Volleyball Athlete Expectations and the Student Code of Conduct during the entire trip.** Any disrespectful and inappropriate behavior, including any infractions related to camp rules, team curfews, dorm resident policies and procedures, or other violations will result in the athlete being sent home (at their families expenses) and probable suspension from the volleyball program.



Athlete Summer Schedule

NAME : _____

EMAIL ADDRESS: _____

CELL PHONE NUMBER: _____

Please include any personal summer plans you have on the following form. This should include non-IRVB activities such as **summer school, family vacation plans, other sports' schedules, summer jobs, club volleyball or beach tournaments, etc.**

Please return to the coaching staff **by May 20.**

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 24	May 25	May 26	May 27	May 28	May 29	May 30
May 31	1 YOUTH CLINIC	2 YOUTH CLINIC	3 YOUTH CLINIC	4 YOUTH CLINIC	5	6
7	8 PREP CAMP	9 PREP CAMP	10 PREP CAMP	11 PREP CAMP	12	13
14	15 SKILLS CAMPS	16 SKILLS CAMPS	17 SKILLS CAMPS	18 SKILLS CAMPS	19	20
21	22	23	24	25	26	27

JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28	July 29	July 30	1	2	3	4
5	6 POSITIONAL CAMP DEFENSE CAMP	7 POSITIONAL CAMP DEFENSE CAMP	8 POSITIONAL CAMP DEFENSE CAMP	9 POSITIONAL CAMP DEFENSE CAMP	10	11
12	13	14 NAU TEAM CAMP	15 NAU TEAM CAMP	16 NAU TEAM CAMP	17 UA TEAM CAMP	18 UA TEAM CAMP
19 UA TEAM CAMP	20 POSITIONAL CAMP COMPETITION CAMP	21 POSITIONAL CAMP COMPETITION CAMP	22 POSITIONAL CAMP COMPETITION CAMP	23 POSITIONAL CAMP COMPETITION CAMP	24	25
26	27	28	29	30	31	Aug 1
Aug 2	Aug 3 PRE-SEASON	Aug 4 PRE-SEASON	Aug 5 SCHOOL STARTS	Aug 6 PRE-SEASON	Aug 7	Aug 8