

2023 Season
Week 1



2023 Irondale Kights Volleyball

August 14th—20th, 2023

Monday—Try-outs—bring water and Lunch for 11am break

9:00am—all 10th grade –12th grade in the main gym

Noon—All grades in the main gym

Tuesday—Try-outs—bring water and Lunch for 11am break

9:00am—11:00am -All grades in the main gym

Noon—2:00pm -All grades in the main gym

Wednesday—Try-outs—bring water and Lunch for 11am break

9:00am—11:00am -All grades in the main gym

Noon—2:00pm -All grades in the main gym

Thursday—Practice

9am-Noon Varsity in the main gym

9-11am Junior Varsity/10th grade main gym

3:30pm—5:30 9th grade Gold/Maroon in the main gym

Friday—Practice or Scrimmage at Big Lake 9am-1pm

7:30am V/JV/10—Bus to Big Lake , 2pm back to Irondale

3:30-5:30 9 gold and maroon practice in main gym

Saturday—Team Workshop in main gym

9:00am Workshop starts in Main Gym, ends at Noon.

Sunday—Rest

