

# Irondale Volleyball

## August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Season Starts Try-Outs 9-2	16 Try-Outs 9-2	17 Try-Outs 9-2	18 Practice V-9-11,12-2 JV-9-11 B-9-11 9G-3-5 9M-3-5	19 Scrimmages at Big Lake 8:00am—Noon  Team Workshop at Irondale 1-4	20
21	22 Practice V-9-11,12-2 JV-9-11 B-9-11 9G-3-5 9M-3-5	23 Scrimmages at Osseo Scrimmages at Buffalo	24 Practice V-9-11,12-2 JV-9-11 B-9-11 9G-3-5 9M-3-5	25 Practice V-9-11,12-2 JV-9-11 B-9-11 9G-3-5 9M-3-5	26 Practice V-9-11,12-2 JV-9-11 B-9-11 9G-3-5 9M-3-5	27 <sup>Tournament</sup> B Squad at Stillwater 9th Grade at Forest Lake
28	29 Match @ St. Francis 4:15 - 9th G 4:15 - 10th 5:30 - JV 7:00 - Varsity	30 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	31 Match Andover 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity			

# Irondale Volleyball

## September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
S.L.P.				1 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	2 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	3
4	5 No Practice Labor Day	6 Match @ St. P Central 5:30 - 10th 5:30 - JV 7:00 - Varsity Practice 9G 3:30-5:30 9M 3:30-5:30	7 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	8 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	9 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	10 Tournament Varsity and JV at Irondale
11	12 Match @ Spring Lake Park 4:15 - 9th G 4:15 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	13 Match @ Centennial 4:15 - 9th G 4:15 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	14 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	15 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	16 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	17 Tournament Junior Varsity at WBL
18	19 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	20 Match East Ridge 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	21 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	22 Match @ Forest Lake 4:00- 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	23 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	24 Tournament 9th Gold and 9th Maroon at Andover B-Squad at Fridley
25	26 Match White Bear Lake 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	27 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	28 Match @ Cretin Derham Hall 4:00- 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	29 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	30 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	

# Irondale Volleyball

## October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Tournament Chisago Lake Varsity
2	3 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	4 Match Woodbury 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	5 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	6 Match @ Stillwater 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	7 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	8 Youth Clinic at Irondale
9	10 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	11 Match Mounds View 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	12 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	13 Match @ Park of Cottage Grove 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	14 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	15 Tournament Varsity and JV at Irondale
16	17 Practice V 3:30-5:30 JV 3:30-5:30 B 3:30-5:30 9G 3:30-5:30 9M 3:30-5:30	18 Match Roseville 4:00 - 9th G 4:00 - 9th M 5:30 - 10th 5:30 - JV 7:00 - Varsity	19 Practice V 3:30-5:30	20 Practice V 9:00-11:00	21 No Practice MEA	22
23	24 Practice V 3:30-5:30	25 Practice V 3:30-5:30	26 Match Sections T.B.D.	27 Practice V 3:30-5:30	28 Practice V 3:30-5:30	29
30	31 Match Sections T.B.D.					