

FOOTHILL HIGH SCHOOL
HOME OF THE "COUGARS"
2009 VOLLEYBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION/Level</u>	<u>TIME</u>
Saturday	August 22	NVOAA Play Day***	Shasta High	8:00 am
Saturday	August 29	Red Bluff Invite***	RBHS JV	TBD-Scrimmages
Monday	August 31	Large School Scrimmage***	Shasta V College	3:15
Thursday	September 3	Central Valley***	FHS F, JV, V	4:30, 5:30, 6:30
Thursday	September 10	West Valley***	FHS F, JV, V	4:30, 5:30, 6:30
Fri/Sat	September 11/12	Pleasant Valley Invite***	PVHS V	TBD
Saturday	September 12	Central Valley Invite***	CVHS F	TBD
Tuesday	September 15	Oroville*	FHS F, JV, V	5:00, 6:00, 7:00
Fri/Sat	September 18/19	Red Bluff Invite***	RBHS V	TBD
Saturday	September 19	Chico JV Tourney***	CHS JV	TBD
Tuesday	September 22	Chico*	CHS F, JV, V	5:00, 6:00, 7:00
Thursday	September 24	Anderson***	FHS F, JV, V	4:30, 5:30, 6:30
Saturday	September 26	Shasta Union Invite***	EHS F	TBD
Saturday	September 26	Shasta Union Invite***	SHS JV	TBD
Tuesday	September 29	Red Bluff*	FHS F, JV, V	5:00, 6:00, 7:00
Thursday	October 1	Paradise*	FHS F, JV, V	5:00, 6:00, 7:00
Saturday	October 3	Sacramento Invite Roseville***	RHS V	TBD
Tuesday	October 6	Shasta*	SHS F, JV, V	5:00, 6:00, 7:00
Thursday	October 8	Pleasant Valley*	PVHS F, JV, V	5:00, 6:00, 7:00
Tuesday	October 13	Enterprise*	FHS F, JV, V	5:00, 6:00, 7:00
Thursday	October 15	Oroville*	OHS F, JV, V	5:00, 6:00, 7:00
Tuesday	October 20	Chico*	FHS F, JV, V	5:00, 6:00, 7:00
Thursday	October 22	Red Bluff*	RBHS F, JV, V	5:00, 6:00, 7:00
Tuesday	October 27	Paradise*	PHS F, JV, V	5:00, 6:00, 7:00
Thursday	October 29	Shasta*	FHS F, JV, V	5:00, 6:00, 7:00
Tuesday	November 3	Pleasant Valley*	FHS F, JV, V	5:00, 6:00, 7:00
Thursday	November 5	Enterprise	EHS F, JV, V	5:00, 6:00, 7:00
Thursday	November 10	NSCIF QTR FINALS**	TBD V	TBD
Tuesday	November 12	NSCIF SEMI FINALS**	TBD V	TBD
Saturday	November 21	Finals**	RBHS V	TBD

*Denotes League Match

**Denotes Play-offs

***Denotes Non-League

Principal: Jim Bartow
 Athletic Administrator: Kevin Greene
 Athletic Director: Troy Wellington
 Mascot: Cougar

Phone: (530)547-1700 Revised 8-12-09
 Address: 9733 Deschutes Rd.
 Palo Cedro, CA 96073

V Coach: Tom Lowe

JV Coach: Sarah Cascarina

Frosh Coach: Tara Meyer