



FOOTHILL HIGH SCHOOL HOME OF THE "COUGARS" WRESTLING SCHEDULE 2009-10

DAY	DATE	OPPONENT	LOCATION	LEVEL	TIME
Wednesday	December 2	Four/Six Way Scrimmage	Foothill	JV/V	8:00 a.m.
Saturday	December 5	Doc Peterson	Orland	V	9:00 a.m.
Fri.-Sat.	December 11-12	Iron Man	Ohio	V	9:00 a.m.
Saturday	December 12	Natomas Duels	Natomas	V	9:00 a.m.
Fri.-Sat.	December 18-19	Reno TOC	Reno	V	9:00 a.m.
Mon.-Tues	December 29-30	The Bash	Fresno	V	9:00 a.m.
Saturday	January 2	Cougar Clash	Foothill	JV	9:00 a.m.
Wednesday	January 6	Enterprise Dual*	Enterprise	JV/V	6:00 p.m.
Fri.-Sat.	January 8-9	Nor Cals	Anderson High	V	9:00 a.m.
Wednesday	January 13	Shasta Dual*	Foothill	JV/V	6:00 p.m.
Fri.-Sat.	January 15-16	Five Counties Tourney	Huntington Beach	V	9:00 a.m.
Saturday	January 16	North Coast	Eureka	JV	9:00 a.m.
Wednesday	January 20	Chico Dual*	Foothill	JV/V	6:00 p.m.
Fri.-Sat.	January 22-23	Tim Brown Tourney	Sacramento	V	9:00 a.m.
Wednesday	January 27	Red Bluff Dual*	Red Bluff	JV/V	6:00 p.m.
Thursday	February 4	Paradise Dual*	Paradise	JV/V	6:00 p.m.
Saturday	February 6	JV Championships**	Orland HS	JV	9:00 a.m.
Saturday	February 13	EALS**	Red Bluff	JV/V	10:00 a.m.
Saturday	February 20	Divisionals**	Foothill	V	10:00 a.m.
Thurs.-Fri	February 26-27	Masters**	Redding Civic Center	V	10:00 a.m.
Fri.-Sat.	Mar. 5-6	State Championships**	Bakersfield	V	9:00 a.m.
Saturday	March 12-13	Frosh/Soph. State**	TBD	JV	9:00 a.m.

*Denotes League Match

**Denotes Play-Offs

PRINCIPAL: Jim Bartow
 ATHLETIC DIRECTOR: Troy Wellington
 ATHLETIC ADMINISTRATOR: Kevin Greene
 COACH: Jerry Vallotton ASST:
 9733 Deschutes Rd., Palo Cedro CA 96073

PHONE #: (530)547-1700
 FAX #: (530)245-2700

MASCOT: COUGAR
 LEAGUE: EASTERN ATHLETIC

10/14/09