



FOOTHILL HIGH SCHOOL HOME OF THE "COUGARS" WRESTLING SCHEDULE 2022-2023

DAY:	DATE:	OPP:	LOCAL:	LEVEL:	TIME:
Wed.	Nov. 30	Scrimmage	FHS	ALL	4:00
Sat.	Dec. 3	Doc Peterson	Glen. County Fair	Varsity	9:00am
Wed.	Dec. 7	Uprep	FHS	Varsity	Noon
Sat.	Dec. 10	James Riddle	Oak Dale	Varsity	9:00am
Wed.	Dec. 14	Corning	Corning	Varsity	Noon
Fri/Sat.	Dec. 16-17	Reno TOC	Reno Event Center	Varsity	9:00am
Wed.	Jan. 4	Chico*	Chico	FS/Varsity	6:00pm
Fri/Sat.	Jan. 6-7	NorCal	Anderson	Varsity	9:00am
Fri/Sat	Jan. 6-7	Doc B	Clovis	Varsity	9:00am
Wed.	Jan 11	Shasta*	Foothill	SF/Varsity	6:00 pm
Fri/Sat.	Jan. 13-14	Tim Brown	Sac	Varsity	9:00am
Wed.	Jan. 18	Enterprise*	Enterprise	FS/Varsity	6:00pm
Fri/Sat.	Jan 20-21	Mid Cals	Gilroy	Varsity	9:00am
Wed.	Jan. 25	Red Bluff*	Red Bluff	FS/Varsity	6:00pm
Fri/Sat.	Jan. 27-28	Ukiah	Ukiah	Varsity	9:00am
Wed.	Feb. 1	Pleasant Valley*	Foothill	FS/Varsity	6:00pm
Sat.	Feb. 4	League Championship**	Foothill	FS/Varsity	9:00am
Sat.	Feb. 11	Division Championship**	TBA	Varsity	9:00am
Fri/Sat.	Feb. 17-18	NSCIF Championship**	TBA	Varsity	9:00am
Thurs-Sat.	Feb. 23-25	State**	Bakersfield	Varsity	9:00am

***Denotes League Match**

****Denotes Play-Offs**

PRINCIPAL: Kevin Greene

ATHLETIC DIRECTOR: Stephanie Ahluwalia

ATHLETIC ADMIN: Shawn Anstine

COACH: Jerry Vallotton

ASST. Coaches: Caleb Vallotton

9733 Deschutes Rd., Palo Cedro CA 96073

PHONE #: (530) 547-1700

MASCOT: COUGAR

LEAGUE: SRL- EAL