

Foothill High School

Home of the "Cougars"

2023 Volleyball

Day	Date	Opponent	Location	Level	Time
Friday	August 11	Junior Varsity Play Day	Foothill	jV frosh	9am
Saturday	August 12	Varsity Play Day	Foothill	V	9am
Thursday	August 17	Trinity High School	Trinity	JV, V	5:30/6:30
Saturday	August 19	Antioch tournament	Los Medanos Colleg	V	9a.m.
Wednesday	August 23	Shasta/Enterprise Scrimmage	Shasta	F, JV	4:00 PM
Saturday	August 26	Pleasant Valley Frosh	Pleasant Valley	Frosh	8:00:00 AM-Sat
Saturday	August 26	Chico JV	Chico	JV	8:00:00 AM-Sat
Saturday	August 26	Yreka Varsity Tournament	Yreka	Varsity	8:00:00 AM-Sat
Tuesday	September 5	West Valley	West Valley	F, JV, V	5:00, 6:00, 7:00
Thursday	September 7	U-Prep	Foothill	F, JV, V	5:00, 6:00, 7:00
Saturday	September 9	Chico JV	Chico	JV	8:00:00 AM-Sat
Saturday	September 9	Pleasant Valley Frosh	Pv	Frosh	8:00:00 AM-Sat
Tuesday	September 12	Shasta	Foothill	F, JV, V	5:00/6:00/7:00
Thursday	September 14	West Valley	Foothill	F, JV, V	5:00/6:00/7:00
Saturday	September 16	Cougar Invitational (JV)***	Foothill	JV	8:00AM
Tuesday	September 19	Chico	Chico	F, JV, V	5:00/5:00/6:00
Saturday	September 23	Cougar Invitational (Frosh)***	Foothill	Frosh	8:00:00 AM-Sat
Tuesday	September 26	Red Bluff	Foothill	F, JV, V	5:00/6:00/7:00
Thursday	September 28	Pleasant Valley	Pleasant Valley	F, JV, V	5:00/5:00/6:01
Saturday	September 30th	South Medford Tournament	Medford	V	8:00:00 AM-Sat
Tuesday	October 3	Enterprise	Foothill	F, JV, V	5:00/6:00/7:00
Thursday	October 5	Shasta	Shasta	F, JV, V	5:00/6:00/7:00
Tuesday	October 10	Chico	Foothill	F, JV, V	5:00/5:00/6:00
Thursday	October 12	Red Bluff	Red Bluff	F, JV, V	5:00/6:00/7:00
Tuesday	October 17	Pleasant Valley	Foothill	F, JV, V	5:00/5:00/6:00
Thursday	October 19	Enterprise	Enterprise	F, JV, V	5:00/6:00/7:00
Tuesday	October 24	NSCIF QUARTER FINALS**	Highest Seed	V	TBD
Thursday	October 26	Open	TBD	F, JV, V	5:00/6:00/7:00
Tuesday	October 31	NSCIF SEMI FINALS**	TBD	V	7:00
Thursday	November 2	Open	TBD	V	7:00
Saturday	November 4	NSCIF Finals***	TBD	V	TBD
tues/Thurs /Sat/1	Nov 7-14	NORCAL**	TBD	V	TBD
Saturday	Nov 17-18	State Final	TBD	V	TBD

* Denotes League Match

**Denotes Playoffs

***Denotes Non-League

Principal: Kevin Green

Varsity Coach: Pablo Lana

JV Coach Alexis Rodriguez

Frosh Coach: Tom Lowe

Address: 9733 Deschutes Road

Mascot: Cougar

Vounteer Assistants

Athletic Administrator: Shawn A Athletic Director: Stephanie Ahlawalia

Var Asst: Kelsee Irwin

JV. Assistant

Frosh Assistant

Palo Cedro, CA 96073

Phone: (530) 547-1700

8/16/2023

