

Foothill High School

Home of the "Cougars" 2022 Volleyball

Day	Date	Opponent	Location	Level	Time
Friday	August 12	Junior Varsity Play Day	Foothill	jV frosh	2pm to 7pm
Saturday	August 13	Varsity Play Day	Foothill	V	9am Sat
Thursday	August 18th	Trinity	Trinity	F-S, V	5P.M.
Saturday	August 20	Chico Varsity	Chico	V	9a.m.
Wednesday	August 24	Shasta/Enterprise Scrimmage	Shasta	F, F-S	4:00 PM
Thursday	August 25th	Uprep	Foothill	F,F-S,V	5:00, 6:00, 7:00
Saturday	August 27	Chico JV	Chico	F-S	8:00:00 AM-Sat
Saturday	August 27	Yreka Varsity	Yreka	Varsity	8:00 AM
Tuesday	September 6	West Valley	Foothill	F, F-S, V	5:00, 6:00, 7:00
Thursday	September 8	Lassen	Lassen	F, F-S, V	4:00/5:00/6:00
Tuesday	September 13th	Shasta	Shasta	F, F-S, V	5:00/6:00/7:00
Thursday	September 15	Bye	Foothill	F, F-S, V	5:00/6:00/7:00
Saturday	September 17	Cougar Invitational (F)***	Foothill	F	8:00:00 AM-Sat
Saturday	September 17	Spartan JV Tourney	Red Bluff	F-S	8:00:00 AM-Sat
Tuesday	September 20	Chico	Home	F, F-S, V	5:00/6:00/7:00
Thursday	September 22	BYE			
Saturday	September 24	North Medford Tournament	Medford	V	8:00:00 AM-Sat
Saturday	September 24	Cougar Invitational (F-S)***		F-S	8:00:00 AM-Sat
Tuesday	September 27	Red Bluff	Red Bluff	F, F-S, V	5:00/6:00/7:00
Thursday	September 29	Pleasant Valley	Home	F, F-S, V	5:00/6:00/7:00
Saturday	October 1st	South Medford Tournament	Medford	V	8:00:00 AM-Sat
Tuesday	October 4	Enterprise	Enterprise	F, F-S, V	5:00/6:00/7:00
Thursday	October 6	Shasta	Foothill	F, F-S, V	5:00/6:00/7:00
Tuesday	October 11	Chico	Chico	F, F-S, V	5:00/6:00/7:00
Thursday	October 13	Red Bluff	Home	F, F-S, V	5:00/6:00/7:00
Tuesday	October 18	Pleasant Valley	Pleasant Valley	F, F-S, V	5:00/6:00/7:00
Wednesday	10/19/2022 Revised	Enterprise	Home	F, F-S, V	5:00/6:00/7:00
Tuesday	October 25	NSCIF QUARTER FINALS**	Highest Seed	V	TBD
Thursday	October 27	Open	TBD	F, F-S, V	5:00/6:00/7:00
Tuesday	November 1	NSCIF SEMI FINALS**	TBD	V	7:00
Thursday	November 3	Open	TBD	V	7:00
Saturday	Nov 5,	NSCIF Finals***	TBD	V	TBD
tues/Thurs /Sat/1	Nov 8-15	NORCAL**	TBD	V	TBD
Saturday	Nov 18-19	State Final	TBD	V	TBD

* Denotes League Match

**Denotes Playoffs

***Denotes Non-League

Principal:

Athletic Administrator: Shawn Anstine Athletic Director:

Varsity Coach: Pablo Lana

Var Asst: Kelsee Irwin

Frosh-Soph Coach: Lexi Rodriguez

Frosh-Soph Assistant

Frosh Coach: Mickaela Slinkard

Frosh Assistant Jeff Van Ausdall

Address: 9733 Deschutes Road

Palo Cedro, CA 96073

Mascot: Cougar

Phone: (530) 547-1700

5/25/2022

Vounteer Assistants