



Foothill High School

Home of the Cougars

Volleyball 2024/2025



DAY	DATE	OPPONENT	LOCATION	LEVEL	TIME
Friday	August 9	Junior Varsity Play Day	Shasta College	Frosh, JV	9am
Saturday	August 10	Varsity Play Day	Foothill	Varsity	9am
Wednesday	August 14	Trinity High School	Foothill	JV , V	5:30/6:30
Thursday	August 15	West Valley	West Valley	F, JV, V	5:00/6:00/7:00
Wednesday	August 21	SHS/EHS Scrimmage	Shasta	F, JV	4:00 PM
Friday	August 23	4-Way Tourney	Ponderosa	Varsity	2:00
Friday	August 23	4-Way Tourney	Pleasant Valley	F, JV	4:00
Saturday	August 24	Pleasant Valley Frosh	Pleasant Valley	Frosh	8:00AM
Saturday	August 24	Chico Varsity Tourney	Chico	Varsity	8:00AM
Saturday	August 31	Civt Sacramento Tourney	Capital Sports	Varsity	8:00AM
Saturday	August 31	Chico JV Tourney	Chico	JV	TBA
Wednesday	September 4	4-way Tourney	Foothill	Varsity	12:00
Thursday	September 5	Orland	Foothill	F, JV , V	5:00/6:00/7:00
Saturday	September 7	PV JV Tourney	PV	JV	8:00AM
Thursday	September 12	UPrep	UPrep	F, JV, V	4:30/5:30/6:30
Saturday	September 14	Novato High Tourney	Novato	Varsity	8:00AM
Tuesday	September 17	Enterprise	Enterprise	F, JV , V	TBD
Thursday	September 19	Chico	Foothill	F, JV , V	5:00/5:00/6:00
Saturday	September 21	Cougar Invitational	Foothill	F, JV	8:00
Tuesday	September 24	Pleasant Valley	Foothill	F, JV , V	5:00/5:00/6:00
Friday	September 27	West Valley (HC)	Foothill	Varsity	5:00
Tuesday	October 1	Shasta	Shasta	V	5:00/6:00/7:00
Thursday	October 3	Bye			
Friday	October 4	West Valley (homecoming)	Foothill	F, JV, V	5:00/6:00/7:00
Tuesday	October 8	Red Bluff	Red Bluff	F, JV , V	5:00/6:00/7:00
Thursday	October 10	Enterprise	Foothill	F, JV , V	5:00/6:00/7:00
Tuesday	October 15	Pleasant Valley	Pleasant Valley	F, JV, V	5:00/5:00/6:00
Thursday	October 17	Shasta	Foothill	F, JV , V	5:00/6:00/7:00
Thursday	October 22	Chico	Chico	F, JV , V	5:00/5:00/6:00
Thursday	October 24	Red Bluff	Foothill	F, JV , V	5:00/6:00/7:00
Tuesday	October 29	NSCIF QUARTER FINALS**	Highest Seed	V	TBD
Tuesday	November 5	NSCIF SEMI FINALS**	TBD	V	7:00
Saturday	November 9	NSCIF Finals***	TBD	V	TBD
Tues/Thurs /Sat/Tues/Sat	Nov 12-19	NORCAL S**	TBD	V	TBD
Friday/Saturday	Nov 22-23	CIF Final	TBD	V	TBD

Principal: Kevin Green
 Varsity Coach: Pablo Lana
 Address: 9733 Deschutes Road
 Mascot: Cougar

Athletic Administrator: Shawn Anstine
 JV Coach Alexis Rodriguez
 Palo Cedro, CA 96073
 Phone: (530) 547-1700

Athletic Director: Stephanie Ahluwalia
 Frosh Coach:

Updated: 8/19/24