



Foothill High School
Home of the Cougars
Swim 2024/2025



DAY	DATE	OPPONENT	LOCATION	TIME
Wednesday	September 11	Chico	Chico	4:00 PM
Wednesday	September 18	Pleasant Valley	Foothill	4:00 PM
Wednesday	September 25	Red Bluff	Foothill	4:00 PM
Friday	October 4	NorCal Varsity Invitational	Anderson	10:00 AM
Saturday	October 5	NorCal Novice Invitational	Anderson	10:30 AM
Wednesday	October 9	Shasta	Shasta	4:00 PM
Wednesday	October 16	Enterprise	Foothill	4:00 PM
Thursday	Oct 24	League Championship	Foothill	11:00 AM
Wednesday	Oct.30	NSCIF Division 1 Champ.	Shasta College	Noon
Saturday	Nov. 2	Masters Meet	Shasta College	10:00 AM

Principal: Kevin Green
Head Coach: Aaron Turnipseed
Address: 9733 Deschutes Road
Mascot: Cougar

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

Athletic Director: Stephanie Ahluwalia