



FOOTHILL HIGH SCHOOL
Home of the Cougars
WRESTLING SCHEDULE 2023-2024

Day	Date	Opponent	Location	Level	Time
Sat	Dec 2	Doc Peterson	Glenn Co Fair	Varsity	9:00 am
Sat	Dec 9	James Riddle	Oakdale	Varsity	9:00 am
Fri-Sat	Dec 15-16	Reno TOC	Reno Event Center	Varsity	9:00 am
Fri-Sat	Jan 5-6	NorCal	Anderson HS	Varsity	9:00 am
Fri-Sat	Jan 12-13	Tim Brown	Sacramento	Varsity	9:00 am
Wed	Jan 17	Double Dual	Red Bluff	JV/Varsity	6:00 pm
Fri/Sat	Jan 19-20	Eastside (Jr. Cougars)	Foothill	JV/Varsity	9:00 am
Wed	Jan 24	Double Dual	Foothill	JV/Varsity	5:00 pm
Fri-Sat	Jan 26-27	Ukiah Tourney	Ukiah	JV/Varsity	9:00 am
Wed	Jan 31	SHS Dual	Shasta	JV/Varsity	6:00 pm
Sat	Feb 3	League Championships	PV	JV/Varsity	9:00 am
Sat	Feb 10	Divisions	TBA	Varsity	9:00 am
Fri-Sat	Feb 16-17	Masters	TBA	Varsity	9:00 am
Thurs-Sat	Feb 22-24	State	Bakersfield	Varsity	9:00 am

Varsity Coach: Jerry Vallotton

Varsity Assistants: Caleb Vallotton; Greg Coates

Principal: Kevin Greene
Athletic Director: Stephanie Ahluwalia
Athletic Administrator: Shawn Anstine

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League: Eastern Athletic-Sac River