

Foothill High School

9733 Deschutes Road Palo Cedro, Ca 96073



foothillcougars.com

530-547-1700

Swim 2026-2027

Day	Date	Opponent	Location	Time
Wednesday	September 9	Enterprise	Enterprise	4:00
Wednesday	September 16	Pleasant Valley	Foothill	4:00
Wednesday	September 23	Shasta	Shasta	4:00
Friday	October 2	NorCal Invitational	Anderson	10:00
Saturday	October 3	Novice Invite	Anderson	10:30
Wednesday	October 7	Chico	Foothill	4:00
Wednesday	October 14	Red Bluff	Red Bluff	4:00
Wednesday	October 21	EAL League Championship	Foothill	11:00
Wednesday	October 28	Div. 1 Championship	Shasta College	Noon
Saturday	October 31	Masters Meet	Shasta College	10:00

Head Coach Aaron Turnipseed

School Mascot Cougars

Colors Red, Black, Silver

Principal Kevin Greene

Athletic Admin. Joey Brown

Athletic Director Stephanie Ahluwalia

Updated: 4/25/2026