



Foothill High School

Flex Day Schedule

Wednesday, September 9th, 2026

General Information.

- **Seniors and Juniors can pick up their student IDs** Tuesday and Wednesday 8-8:30 in front of the main office. **Sophomores and Freshman** can pick up their student IDs during lunch in front of the main office.
- **Club Rush is coming!** Rush Week will be September 8–11, with **Club Rush on Friday, September 11.**
- **College Quest 2026 College Fair is Monday, September 21st** from 5:30pm-7:30pm **at Shasta College.** This is a free event with over 40+ colleges present including private, trade and military. There is also a **financial aid table with counselors available to answer questions.**
- **UC Santa Cruz will be on campus for a presentation on Friday, September 11th** during 2nd period in the library. Register [HERE](#) to attend.
- **Attention Juniors and Seniors:** Shasta College is once again hosting a **Job Fair** with the Smart Center and **Reach Higher Shasta on September 18th.** Over 60 employers will be present. Must have 5 copies of a resume ready, dress professionally and be prepared to engage with employers. If interested in attending, please sign up and **get a permission slip with Mrs. Noble in the Career Center, located in the library.**

ASB/Yearbook

- **Jungle Spirit Packs are back** for this week's game. Head to the webstore to purchase a limited edition USA themed Game Day Shirt, and receive 8 themed buttons and one mystery item. Spirit packs will be delivered Friday. **\$15 with ASB and \$20 without.**
- **Save the date Cougars, the homecoming dance is October 3rd.**
- **HOMECOMING DANCE TICKET SALES:**
SALES WINDOW 1 SEPTEMBER 3 - 16 \$45 WITH ASB \$65 WITHOUT ASB.
Dance tickets are non refundable and non transferable.
- **Guest Dance Passes for Homecoming** are available in the Main Office and will need to be returned by **Sept. 30th** to Mrs Perales
- **ASB Membership:** Each student is issued one ID card at no cost. An ASB Membership (Sticker) is \$30 until 9/8/26 after September 8th the price increases to \$40. The ASB Memberships are automatically printed on the ID Cards during the time of School Pictures. *An ASB Membership entitles you to **NOW FREE Admission to all home games, excluding playoffs.** Other benefits include reduced admission to several dances and other activities throughout the year. **TO BE ELIGIBLE FOR ATHLETIC OR ACADEMIC LETTERS YOU MUST BE AN ASB MEMBER ON YOUR ID CARD.** If in the case of a lost ID card, the replacement cost of a card is \$5
- Head to jostensyearbooks.com by September 11 to lock in your copy of the 2027 Yearbook at the lowest price of the year! Don't wait—prices will increase after the deadline. Questions? Email afitzgerald@suhsd.net
- **Personalized grad ad in the 2027 yearbook!** Current pricing is \$365 for a full page, \$185 for a half page, and \$90 for a quarter page. Head to jostensyearbooks.com to purchase and create your ad.

Athletics

- **Baseball players** interested in offseason training will start **Tuesday Sept. 15th** after school at the varsity baseball field. We will be working out on **Tuesdays and Thursdays from 3:30pm-5:30pm.**
- **Varsity/JV/Frosh Football: Friday Sept 11 vs Del Oro @ Foothill (3:00/5:00/7:00) (Military Night)**
- **Volleyball: Thursday Sept 10 vs Uprep @ Foothill (5:00/6:00/7:00)**
Saturday Sept 12 Pleasant Valley JV Classic @ Pleasant Valley (All day)
- **Girls Golf: Wednesday Sept 9 League @ Butte Creek (2:00)**
- **Girls Tennis: Thurs-Sat Sept 10-12 California Classic @ Clovis (TBA)**
- **Swim: Wednesday Sept 9 vs Enterprise @ Enterprise (4:00)**
- **ALL students** participating in sports must complete the athletic clearance through homecampus.com and then pick up a Blue Card from Mrs.Perales in the Main Office.

