



# **Foothill High School**

## **Home of the Cougars**

### **Swim 2025/2026**



<b>DAY</b>	<b>DATE</b>	<b>OPPONENT</b>	<b>LOCATION</b>	<b>TIME</b>
Wednesday	September 10	Chico	Foothill	4:00 PM
Wednesday	September 17	Pleasant Valley	Pleasant Valley	4:00 PM
Wednesday	September 24	Red Bluff	Red Bluff	4:00 PM
Friday	October 3	NorCal Varsity Invitational	Anderson	10:00 AM
Saturday	October 4	NorCal Novice Invitational	Anderson	10:30 AM
Wednesday	October 8	Shasta	Foothill	4:00 PM
Wednesday	October 15	Enterprise	Enterprise	4:00 PM
Tuesday	Oct 21	League Championship	Foothill	11:00 AM
Wednesday	Oct.29	NSCIF Division 1 Champ.	Shasta College	Noon
Saturday	Nov. 1	Masters Meet	Shasta College	10:00 AM

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

Athletic Administrator: Joey Brown  
Palo Cedro, CA 96073  
Phone: (530) 547-1700

Athletic Director: Stephanie Ahluwalia