

20 CROSS COUNTRY SCHEDULE

August 30th- 13th Annual Bill Springhorn Classic Shasta College, Redding, CA- pending District approval

Sept. 3rd- Monte Vista Opener Invitational- early release 1:45pm

Sept 14th- Viking Opener Invitational, Spring Lake, Santa Rosa 8am-noon

September 21st-22nd- Woodbridge Invitational, Silver Lakes Sports Complex, Corona California- pending District approval

Sept. 28th- Scott Bauhs Invitational, Shadow Cliffs, Pleasanton 8am-2pm

Oct. 11-12th- Clovis Invitational, Woodward Park, Fresno- pending District approval

Oct 19th- 35th P-Wilder Mariner Invite, Hayward HS, Hayward 8am-1pm

November 9th- EBAL's, Hayward HS, Hayward- 1pm-6pm

November 23rd- NCS, Hayward HS, Hayward- times TBD

November 30th- CIF, Woodward Park, Fresno- times TBD

V and Varsity FOOTBALL

Scrimmage Week	August 17th	Scrimmage	Livemore	10:00	10:00
Week 0	August 23rd	San Leandro (Home Opener)	AVHS	4:00	7:00
Week 1	August 30th	Heritage	FHS?	4:30	7:00
Week 2	September 6th	Petaluma	FHS	4:30	7:00
Week 3	September 13th	at Granada	Granada	4:30	7:00
Week 4	September 16th	PICTURE DAY	FHS	3:30	3:00
Week 4	September 20	BYE WEEK	FHS	4:30	7:00
Week 5	September 27	Dougherty Valley (Homecoming)	FHS	4:30	7:00
Week 6	October 4th	at San Ramon Valley	SRV	4:30	7:00
Week 7	October 11th	at MV	MV	4:30	7:00
Week 8	October 18th	Clayton Valley	FHS	4:30	7:00
Week 9	October 25th	Amador (Senior Night)	FHS	4:30	7:00
Week 10	November 1st	at Cal High	CAL HIGH	4:30	7:00

Frosh Schedule FOOTBALL

CANCELLED – COMBINED WITH JV

DATE	Frosh Schedule	Location	TIME
8/17	Scrimmage Livemore	Livemore	12:00
8/22	San Leandro (No Frosh Team)	Burrel Field	5:30
8/29	Heritage away	Heritage	5:30
9/5	Dublin	FHS	5:30
9/12	Granada home	FHS	5:30
9/16	Picture Day	FHS	5:30
9/19	BYE Week	BYE WEEK	5:30
9/26	DV away (NO FROSH TEAM)	DV	5:30
10/3	SRV Home	FHS	5:30
10/10	MV Home	FHS	5:30
10/17	Clayton Valley Away	Clayton Valley	5:30
10/24	Amador Away	Amador	5:30
10/31	Cal Home (NO FROSH TEAM)	FHS	5:30

Foothill High school Girls Golf 2019

Date	Day	Home	Away	Venue	Tee Time	Release
20-Aug	Tuesday	FHS	GHS	CCC	3:30	2:15
27-Aug	Tuesday	FHS	DV	CCC	3:30	2:15
28-Aug	Wednesday	CAL	FHS	Bridges	3:30	2:15
					3:30	
29-Aug	Thursday	MV	FHS	Blackhawk Falls		2:15
					3:15	
3-Sep	Tuesday	FHS	CAL	Callippe		2:15
					3:30	
4-Sep	Wednesday	CAR	FHS	Boundary Oak		2:15
5-Sep	Thursday	SRV	FHS	Crow Canyon	3:30	2:15
9-Sep	Monday	DV	FHS	Blackhawk Falls	3:30	2:15
					3:30	
10-Sep	Tuesday	FHS	DUB	CCC		2:15
					3:30	
12-Sep	Thursday	AV	FHS	Ruby Hill		2:15
					3:30	
17-Sep	Tuesday	GHS	FHS	Poppy Ridge		2:15
					3:30	
18-Sep	Wednesday	LHS	FHS	Wente		2:15
19-Sep	Thursday	FHS	LHS	Callippe	3:15	2:15
23-Sep	Var/JV Poppy Ridge Tournament			Poppy Ridge	12:00	10:00
25-Sep	Wednesday	FHS	MV	Calippe	3:15	2:15
1-Oct	Tuesday	FHS	CAR	CCC	3:30	2:15
3-Oct	Thursday	FHS	SRV	Calippe	3:15	2:15
7-Oct	VAR Tracy Tournament			Tracy CC	9:00	All day
8-Oct	Tuesday	DUB	FHS	SRGC	3:15	2:15
10-Oct	Thursday	FHS	AV	Calippe	3:15	2:15
14-Oct	EBAL League Championship			TBA	8:30	All day
28-Oct	NCS Division 1 Tournament			Foxtail GC	8:00	All day
4-Nov	Nor Cal Tournament			TBA	8:00	All day

2019 Foothill High School Girls Tennis Schedule

Date	Day	Opponent	Varsity Location	Start Time	JV*
5-Sep	Thursday	Granada	Granada	4:00	4:00
7-Sep	Saturday	Logan JV Tournament	Logan	JV only	7:30
10-Sep	Tuesday	Livermore	Livermore	4:00	4:00
12-Sep	Thursday	Dougherty Valley	Dougherty Valley	4:00	4:00
13-Sep	Friday	Logan Tournament	Logan	7:30	Varsity only
14-Sep	Saturday	Logan Tournament	Logan	TBD	Varsity only
17-Sep	Tuesday	Monte Vista	Foothill	4:00	4:00
19-Sep	Thursday	California	California	4:00	4:00
24-Sep	Tuesday	Carondelet	Foothill	4:00	4:00
26-Sep	Thursday	SRV	Foothill	4:00	4:00
1-Oct	Tuesday	Dublin	Dublin	4:00	4:00
3-Oct	Thursday	Amador Valley	Foothill	4:00	4:00
8-Oct	Tuesday	Granada	Foothill	4:00	4:00
10-Oct	Thursday	Livermore	Foothill	4:00	4:00
15-Oct	Tuesday	Dougherty Valley	Foothill	4:00	4:00
17-Oct	Thursday	Monte Vista	Monte Vista	4:00	4:00
22-Oct	Tuesday	California	Foothill	4:00	4:00
24-Oct	Thursday	Carondelet	Carondelet	4:00	4:00
29-Oct	Tuesday	SRV	SRV	4:00	4:00
31-Oct	Thursday	Dublin	Foothill **	4:00	4:00
5-Nov	Tuesday	Amador Valley	Amador Valley	4:00	4:00
7-Nov	Thursday	EBAL Championships	Crow Canyon	TBD	
8-Nov	Friday	EBAL Championships	Crow Canyon	TBD	
9-Nov	Saturday	EBAL Championships	Crow Canyon	TBD	
11-Nov	Monday	EBAL NCS Doubles	Crow Canyon	TBD	
12-Nov	Tuesday	NCS Team round 1	TBD		
14-Nov	Thursday	NCS Team round 2	TBD		
16-Nov	Saturday	NCS Team semi & Finals	TBD		
18-Nov	Monday	NCS Individual and Doubles	TBD		
19-Nov	Tuesday	NCS Individual and Doubles	TBD		
22-Nov	Friday	CIF Nor Cal Team	TBD		
23-Nov	Saturday	CIF Nor Cal Team	TBD		

Start Time is a 'no later than' time. Many matches will begin before 4pm at the agreement of coaches.

* JV Match locations is usually opposite the Varsity location

(e.g. if varsity is playing Monte Vista at Monte Vista, the JV match will be at Foothill)

** Senior Recognition Match

Foothill High School

4375 Foothill Road
Pleasanton, CA 94588
(925) 461-6600
Fax: (925) 461-6633

2019 FOOTHILL WOMEN'S VOLLEYBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
Thur.	Aug. 22	James Logan JV Jamboree	James Logan HS	TBA
Fri.	Aug. 23	James Logan Var Jamboree	James Logan HS	TBA
TUES.	AUG. 27	GRANADA	AWAY	4 PM
Wed.	Aug. 28	Campolindo	Home	4 PM
THURS.	AUG. 29	LIVERMORE	AWAY	4 PM
TUES.	SEPT. 3	DOUGHERTY VALLEY	AWAY	4 PM
THURS.	SEPT. 5	MONTE VISTA	HOME	4 PM
Fri.	Sept. 6	Heritage	Home	4 PM
Sat.	Sept. 7	East County JV Tournament		TBA
TUES.	SEPT. 10	CALIFORNIA	AWAY	4 PM
THURS.	SEPT. 12	CARONDELET	HOME	4 PM
Sat.	Sept. 14	Royal Varsity Classic	Simi Valley	TBA
TUES.	SEPT. 17	SAN RAMON VALLEY	HOME	4 PM
THURS.	SEPT. 19	DUBLIN	AWAY	4 PM
Sat.	Sept. 21	East County Varsity Tournament		TBA
TUES.	SEPT. 24	AMADOR VALLEY	HOME	4 PM
THURS.	SEPT. 26	GRANADA	HOME	4 PM
Sat.	Sept. 28	East County Frosh Tournament		TBA
TUES.	OCT. 1	LIVERMORE	HOME	4 PM
THURS.	OCT. 3	DOUGHERTY VALLEY	HOME	4 PM
TUES.	OCT. 8	MONTE VISTA	AWAY	4 PM
THURS.	OCT. 10	CALIFORNIA	HOME	4 PM
TUES.	OCT. 15	CARONDELET	AWAY	4 PM
THURS.	OCT. 17	SAN RAMON VALLEY	AWAY	4 PM
TUES.	OCT. 22	DUBLIN	HOME	4 PM
THURS.	OCT. 24	AMADOR VALLEY	AWAY	4 PM

Oct. 29-Nov. 9 North Coast Section Championships

Nov. 12-19 Northern California Championships

Nov. 22/23 State CIF Championships

BOLD PRINT INDICATES EBAL MATCH

Times listed are for Frosh match with JV/Varsity to follow except where noted

Varsity Head Coach: Dusty Collins

dcollins@pleasantonusd.net

Principal: Sebastian Bull

sbull@pleasantonusd.net

FHS GIRL WATER POLO - 2019		0070C0Team	GAME TIMES		0070C0Year
DAY	DATE	OPONENT	LOCATION	JV - 4:00	VAR - 5:00
PRE	SEASON	GAMES			
Tuesday	27-Aug	College Park	College Park	7:00	6:00
Thursday	29-Aug	Heritage	Brentwood	X	X
EAST	BAY	ATHLETIC	LEAGUE		
Thursday	Sept 5	Dublin High	Dublin		NO TEAM
Tuesday	Sept 10	Clayton Valley High	FHS	X	X
Thursday	Sept 12	Granada	FHS	X	X
Friday	Sept 13	Northgate JV Invitational	Northgate	X	Changed to FHS pool
Saturday	Sept 14	Northgate JV Invitational	Northgate	X	Tournament 3-4 games
Tuesday	Sept 17	Livermore	RLCC	X	Tournament
Thursday	Sept 19	San Luis Obispo	San Luis Obispo		Date changed to accommodate a tournament sc
Friday	Sept 20	San Luis Obispo	San Luis Obispo		Tournament 5 games
Saturday	Sept 21	San Luis Obispo	San Luis Obispo		Tournament
Thursday	Sept 26	Dougherty	Dublin	X	Tournament
Saturday	Sept 28	Las Lomas	Walnut Creek	TBD	2 Games Each
Thursday	3-Oct	Monte Vista	San Ramon	X	
Saturday	5-Oct	Santa cruz tournament	santa cruz	X	Tournament 3 games
Thursday	10-Oct	Cal High	San Ramon	X	
Friday	11-Oct	Various - tournament	FHS/AMADOR		Tournament 3-4 games
Saturday	12-Oct	Various - tournament	FHS/AMADOR		Tournament
Thursday	17-Oct	Carondelet	FHS	X	
Thursday	Oct 24	San Ramon	FHS	X	
Friday/Sat	Oct 25 & 26	Delta Shoot out	Liberty	TBD	Tournament
Wednesday	Oct 30	Amador	AVHS	X	Date may be changed to Oct 30 from Nov 1
Current number of games				23	21



Name E-Mail Ph #
Head Coach: Frances Usedom f.usedom@comcast.net 925-519-7726
Assistants: Marina Beadle davidbeadle1@comcast.net 925-699-3899
 Colleen Mayes c_mayes3@live.com 925-872-1021
JV Coach: Shelby Craig Shelbycraig95@yahoo.com 925-519-3769
JV Assistant: Mark Williams markwilliams-env@hotmail.com 925-858-5990
AD - Joseph Vivani jviviani@pleasantonusd.net 925-461-6600

Foothill Boys Water Polo Game Schedule

Morning Practice: M/W/F: 6:30-8:00
(Varsity Mandatory)(JV Optional *Recommended)
Afternoon Practice: M-F: 5:00-7:00
(Varsity & JV)

August

12	First Day of Practice		
22	Amador/Cal High Scrimmage	(Varsity only)	@ Amador
29	Heritage	(Non-League)	@ Home

September

5	Livermore	(Varsity only)	@ Away
7	Milpitas Tournament	(JV only)	@ Milpitas
10	Clayton Valley	(Non-League)	@ Home
12	Granada	(League)	@ Home
13-14	Roddy Svendsen (Merced)	(Varsity only)	@ Merced
19	Las Lomas	(Non-League)	@ Home
20	Bishop O'Dowd	(Non-League)	@ Home
26	Dougherty Valley	(League)	@ Away
27-28	Foothill/Amador Tournament		@ Co-Host at both schools

October

3	Monte Vista	(League)	@ Away
4-5	Aptos Tournament	(Varsity only)	@ Aptos
10	Cal High	(League)	@ Away
17	De La Salle	(League)	@ Home
24	San Ramon	(League)	@ Home
25-26	Las Lomas Tournament	(JV only)	@ Las Lomas (Walnut Creek)
30	Amador		@ Away

November

NCS (Upon Qualification)

7	NCS Round One	(CIF NCS)	@ TBA
9	NCS Round Two	(CIF NCS)	@ TBA
13	NCS Semi-Finals	(CIF NCS)	@ TBA
16	NCS Championships	(CIF NCS)	@ TBA

Updated: 8/21/19