

19-20 FHS Mens Basketball

DAY	DATE	OPPONENT	LOCATION	FROSH	JV	VAR
Saturday	16-Nov	Castro Valley (S)	Castro Valley	12:00	10:30	9:00
Tuesday	19-Nov	Collerge Park (S)	Foothill	4:00	5:30	7:00
Tuesday	26-Nov	Acalanes (F)	Acalanes	4:00	5:30	7:00
Saturday	30-Nov	Castlemont	Castlemont	NO GAME	TBD	TBD
Tuesday	3-Dec	Antioch	Foothill	4:00	5:30	7:00
Thursday	5-Dec	Pittsburg	Foothill	4:00	5:30	7:00
Tuesday	10-Dec	Concord	Foothill	4:00	5:30	7:00
Wed-Sat	11-14 Dec	Frosh Tournament	San Lorenzo	TBD		
Thur-Sat	12-14 Dec	JV Tournament	Will C Wood		TBD	
Thur-Sat	12-14 Dec	Var Tournament	Vacaville			TBD
Tuesday	17-Dec	Mountain House	Mountain House	4:00	5:30	7:00
Friday	20-Dec	Northgate	Foothill	4:00	5:30	7:00
Thur-Sat	26-28 Dec	Dougherty Tournament	Dougherty Valley	TBD		
Thur-Sat	26-89 Dec	Dougherty Tournament	Dougherty Valley		TBD	
Thur-Sat	26-28 Dec	American Tournament	American			TBD
Friday	1/3/2020	Oakland High	Oakland High	4:00	5:30	7:00
EAST	BAY	ATHLETIC	LEAGUE			
Tuesday	7-Jan	SRV	Foothill	4:00	5:30	7:00
Friday	9-Jan	De La Salle	Foothill	4:00	5:30	7:00
Saturday	11-Jan	Dublin	Dublin	4:00	5:30	7:00
Tuesday	14-Jan	Livermore	Foothill	4:00	5:30	7:00
Friday	17-Jan	Amador	Foothill	4:00	5:30	7:00
ay	22-Jan	Granada	Granada	4:00	5:30	7:00
Friday	24-Jan	Monte Vista	Monte Vista	4:00	5:30	7:00
Tuesday	28-Jan	Dougherty	Dougherty	4:00	5:30	7:00
Friday	31-Jan	Granada	Foothill	4:00	5:30	7:00
Tuesday	4-Feb	Dublin	Foothill	4:00	5:30	7:00
Friday	7-Feb	California	Foothill	4:00	5:30	7:00
Tuesday	11-Feb	Livermore	Livermore	4:00	5:30	7:00
Thursday	13-Feb	Amador	Amador	4:00	5:30	7:00

19-20 FHS WOMENS JV/V BASKETBALL

Day	Date	Opponent	Location	Team	Time
Saturday	Nov. 16	Pinole Valley(Scrimmage)	Pinole Valley	JV/Varsity	10:00- 2:00 pm
Wednesday	Nov.20	Alameda	Alameda	JV/Varsity	5:00pm /6:30pm
Tuesday	Nov. 26	Pinole Valley - Foundation	Foothill	JV/Varsity	5:30pm/ 7:00 pm
Saturday	Nov.30	Pittsburgh	Pittsburgh	JV/Varsity	12pm/1:30pm
Tuesday	Dec. 3	Freedom	Freedom	JV/Varsity	5:30/7:00 pm
Thursday	Dec.5	Dougherty Valley(NON-LEAGUE)	Dougherty Valley	Varsity	6:00 PM
Saturday	Dec.7	Deer Valley(7th annual Elite tourney)	Miramonte	Varsity	8:00pm
Thursday	Dec.12	Castro Valley	Castro Valley	JV/Varsity	5:30/7:00 pm
Saturday	Dec. 14	Santa Rosa	Foothill	JV/Varsity	1:30/3:00pm
Monday	Dec. 16	Clayton Valley	Foothill	JV/Varsity	5:30/7:00pm
Saturday	Dec.21	Skyline	Foothill	JV/Varsity	4:30/6:00pm
Thurs, Fri, Mon	Dec. 27, 28 & 30	West Coast Jamboree	TBA	Varsity	TBA
Thurs, Fri, Mon	Dec. 27, 28 & 30	Newark Tournament	TBA	JV	TBA
Saturday	Jan.4	Pittsburgh Shootout	Pittsburgh	Varsity	TBA
Saturday	Jan. 4	Lincoln (San Francisco)	Foothill	JV	2:00pm
League					
Tuesday	Jan.7	San Ramon	San Ramon	JV/Varsity	5:30/7:00pm
Thursday	Jan. 9	Carondelet	Carondelet	JV/Varsity	5:30/7:00pm
Saturday	Jan.11	Dublin	Foothill	JV/Varsity	5:30/7:00 pm
Tuesday	Jan.14	Livermore	Livermore	JV/Varsity	5:30/7:00pm
Friday	Jan.17	Amador	Amador	JV/Varsity	5:30/7:00 pm
Wednesday	Jan.22	Granada	Foothill	JV/Varsity	5:30/7:00 pm
Friday	Jan.24	Monte Vista	Foothill	JV/Varsity	5:30/7:00pm
Tuesday	Jan.28	Dougherty Valley	Foothill	JV/Varsity	5:30/7:00 pm
Friday	Jan.31	Granada	Granada	JV/Varsity	5:30/7:00 pm
Tuesday	Feb. 4	Dublin	Foothill	JV/Varsity	5:30/7:00pm
Friday	Feb.7	California	California	JV/Varsity	5:30/7:00pm
Tuesday	Feb.11	Livermore	Foothill	JV/Varsity	5:30/7:00pm
Thursday	Feb.13	Amador	Night)	JV/Varsity	5:30/7:00pm
Saturday	Feb.15	EBAL PLAYOFFS			
Tues- Mon	Feb.18-24	NCS Tournament			
Wed-Thurs	Feb 26- Mar.5	Northern California Championships			
Varsity Coach	Cheryl Namoca	510-410-0554	il.com		
Assist. Varsity	April Duarte	925-519-4497	mail.com		
JV Coach	Dan Carabello	510-205-5550	mail.com		
Assist.	Montreal Smith	910-653-8559	gmail.com		
	Samantha Roney	925-339-3129	ail.com		

Foothill High School 2017-18

Mens Soccer Schedule

Date						Time
Preseason/non-league						
5-Dec		Clayton @FHS				4/6pm
9-Jan		@Cal				4/6pm
18-Dec		@Castro Valley				11am/1pm
1-Feb		DeerValley @ FHS				10/12pm
JV Games Only						
Winter Classic (Varsity)						
Date						
4-Dec	@ Foothill	Newark Memorial vs Campolindo 4:30				4:30/6:30pm
	@ Foothill	Foothill vs Acalanes 6:30				
7-Dec	@ Foothill	Overfelt Vs Northgate		3:00 PM		3/5pm
	@ Foothill	Richmond vs Foothill		5:00 PM		
14-Dec	@ Foothill	Foothill vs Campolindo		3:00 PM		3/5pm
	@ Foothill	American vs Alameda		5:00 PM		
21-Dec	@ Foothill	Bronze Final		2:00 PM		2/4/6pm Finals
	@ Foothill	Silver Final		4:00 PM		
	@ Foothill	Gold Final		6:00 PM		
						7:00pm
						2 and 4pm
League Schedule						
Date		Home		Away		Time
17-Dec		FHS		Livermore		4:00/6:00pm
19-Dec		Granada		FHS		4:00/6:00pm
7-Jan		FHS		Dublin		4:00/6:00pm
9-Jan		BYE				4:00/6:00pm
14-Jan		FHS		AV		4:00/6:00pm
16-Jan		MV		FHS		4:00/6:00pm
21-Jan		FHS		DLS		4:00/6:00pm
23-Jan		DValley		FHS		4:00/6:00pm
28-Jan		FHS		SRV		4:00/6:00pm
30-Jan		Livermore		FHS		4:00/6:00pm
4-Feb		FHS		Granada		4:00/6:00pm
6-Feb		Dublin		FHS		4:00/6:00pm
11-Feb		FHS		Cal		4:00/6:00pm
13-Feb		Amador		Foothill		4:00/6:00pm
Feb 19,22,26,29 NCS			Nor Cal March 3,5,7			

Varsity Coach Jason Wescott

925-980-0523

JV Coach Josh Cho

Athletic Director Joseph Vivanie Jvivanie@pleasantonusd.net

Principal Sebastian Bull

Foothill High School 2019-20 Mens Frosh Soccer Schedule

Tri Valley Challenge						
28-Nov		@ Amador				
1-Dec		@MV				
5-Dec		@Cal				
8-Dec		@SRV				
Preseason/non-league						
Date						
1-Feb		@FHS				9:00 AM
League Schedule						
Date	Home Team		Away			Time
18-Dec	Livermore		FHS			6:00 PM
20-Dec	FHS		Granada			6:00 PM
8-Jan	Dublin		FHS			6:00 PM
15-Jan	Amador		FHS			6:00 PM
17-Jan	Foothill		MV			6:00 PM
22-Jan	DLS		FHS			6:00 PM
24-Jan	Foothill		DV			6:00 PM
29-Jan	SRV		FHS			6:00 PM
31-Jan	FHS		Livermore			6:00 PM
5-Feb	Granada		FHS			6:00 PM
7-Feb	FHS		Dublin			6:00 PM
12-Feb	Cal		FHS			6:00 PM
14-Feb	FHS		Amador			6:00 PM
						6:00 PM

Coach Jean Carlo Padilla

925-366-0103

Athletic Director Joseph Viviani jviviani@pleasantonusd.net

Principal Sebastian Bull

Foothill High School 2019-2020

Women's Soccer Schedule

**JV and Varsity
PRE-SEASON SCHEDULE**

<u>DATE</u>	<u>DAY</u>	<u>Home</u>	<u>Away</u>	<u>JV</u>	<u>VARSITY</u>
5-Dec	Thursday	American	Foothill	3:15	3:15
12-Dec	Thursday	Foothill	Kennedy	4:00	6:00
14-Dec	Saturday	Castro Valley	Foothill	4:00	6:00

LEAGUE SCHEDULE

<u>DATE</u>	<u>DAY</u>	<u>HOME</u>	<u>AWAY</u>	<u>JV</u>	<u>VARSITY</u>
17-Dec	Tuesday	Livermore	Foothill	4:00	6:00
19-Dec	Thursday	Foothill	Granada	4:00	6:00
7-Jan	Tuesday	Dublin	Foothill	4:00	6:00
9-Jan	Thursday	BYE	BYE	no game	no game
14-Jan	Tuesday	Amador	Foothill	4:00	6:00
16-Jan	Thursday	Foothill	Monte Vista	4:00	6:00
21-Jan	Tuesday	Carondelet	Foothill	4:00	6:00
23-Jan	Thursday	Foothill	Dougherty Valley	4:00	6:00
28-Jan	Tuesday	San Ramon	Foothill	4:00	6:00
30-Jan	Thursday	Foothill	Livermore	4:00	6:00
4-Feb	Tuesday	Granada	Foothill	4:00	6:00
6-Feb	Thursday	Foothill	Dublin	4:00	6:00
11-Feb	Tuesday	Cal High	Foothill	4:00	6:00
13-Feb	Thursday	Foothill	Amador	4:00	6:00

17-Feb NCS Seeding
 Feb. 19, NCS Playoffs & Championship
 March 3, Nor Cal Championships

Staff	Name	Phone	Email
Varsity	Walter Pratte	303-915-0862	wopratte@yahoo.com
Varsity	German Lopez	415-424-0008	Germanariell@hotmail.com
JV Coach	Enrique Rojas	925-219-2750	e.enrique.rojas@gmail.com

Athletic Principal Joseph Viviani
 Sebastian Bull
jviviani@pleasantonusd.net

Foothill High School 2019-2020
 Women's Soccer Schedule

FRESHMAN SCHEDULE

<u>DATE</u>	<u>DAY</u>	<u>HOME</u>	<u>AWAY</u>	<u>TIME</u>
18-Dec	Wednesday	Foothill	Livermore	6:00
20-Dec	Friday	Granada	Foothill	6:00
8-Jan	Wednesday	Foothill	Dublin	6:00
10-Jan	Friday	BYE	BYE	no game
15-Jan	Wednesday	Foothill	Amador	6:00
17-Jan	Friday	Monte Vista	Foothill	6:00
22-Jan	Wednesday	Foothill	Carondelet	6:00
24-Jan	Friday	Dougherty	Foothill	6:00
29-Jan	Wednesday	Foothill	San Ramon	6:00
31-Jan	Friday	Livermore	Foothill	6:00
5-Feb	Wednesday	Foothill	Granada	6:00
7-Feb	Friday	Dublin	Foothill	6:00
12-Feb	Wednesday	Foothill	Cal High	6:00
14-Feb	Friday	Amador	Foothill	6:00

<u>Staff</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>
Freshman	Ghemarson Deang	510-280-	ghemarsondeang@gmail.com
Athletic Principal	Joseph Viviani Sebastian Bull		jviviani@pleasantonusd.net



2019-2020 WRESTLING PRACTICE SCHEDULE

10/16	Wednesday	Winter Sports Night	7pm	Gym	All Parents
11/4	Monday	First Day of Team Practice	3:30pm	Wrestling Room	All Wrestlers
11/30	Wednesday	Weight Assessment	3pm	Wrestling Room	All Wrestlers

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturday
3:30p-5:30p	3:30p-5:30p	3:30p-5:30p	3:30p-5:30p	3:30p-5:30p	9am – 11am
Thanksgiving	Mon 11/25	Tues 11/26	Wed 11/27	Thurs 11/28	Fri 11/29
Break	9am-11:30a	9am-11:30a	9am-11:30a	No Practice	9am-11am

Winter	Mon 12/23	Tues 12/24	Wed 12/25	Thurs 12/26	Fri 12/27
	9am-11:30a	No Practice	No Practice	9am-11:30a	9am-11:30a
Break	Mon 12/30	Tues 12/31	Wed 1/1	Thurs 1/2	Fri 1/3
	9am-11:30a	No Practice	No Practice	9am-11:30a	9am-11:30a

DUAL MEETS START JV @ 6PM, VARSITY @ 7PM

Date	Day	Event	Location	City	Team
11/30/19	Sat	Liberty JV	Liberty High	Brentwood	JV
12/07/19	Sat	Freedom Duals	Freedom High	Oakley	Var 1&2
12/07/19	Sat	De La Salle Scrimmage	De La Salle High	Concord	JV
12/14/19	Sat	Foothill JV Tournament	Foothill High	Pleasanton	All
12/14/19	Sat	Bay Area 54	Castro Valley	Castro Valley	Varsity 1
12/20&21	Fri-Sat	Lou Bronzan	Liberty High	Brentwood	Varsity 2
12/20&21	Fri-Sat	Zinkin	Buchanan High	Clovis	Varsity 1
12/28&29	Fri-Sat	Pat Lovell Coast Classic	Aptos High	Aptos	Varsity 1
01/04/20	Sat	Albany JV Tournament	St Pat-St Vincent	Vallejo	JV
01/08/20	Wed	Dual Meet @ Granada 6pm	Granada High	Livermore	All
01/11/20	Sat	19 th Annual Mat Classic	Granada High	Livermore	Varsity 1
01/11/20	Sat	JV Tournament TBD			
01/15/20	Wed	Dual Meet VS Dublin 6pm	Foothill High	Pleasanton	All
01/18/20	Sat	Albany Tournament	Albany High	Albany	Varsity 2
01/18/20	Sat	Livermore JV Barnburner	Livermore High	Livermore	JV
01/21/20	Tues	bye			
01/23/20	Thurs	Dual Meet VS Livermore 6pm	Foothill High	Pleasanton	All
01/25/20	Sat	Puma	Maria Carillo	Santa Rosa	Varsity 1
01/25/20	Sat	San Ramon Valley	San Ramon High	Danville	Varsity 2
01/29/20	Wed	Dual Meet @ Amador 6pm	Amador High	Pleasanton	All
1/31-2/1	Fri-Sat	Mission San Jose	Mission SJ High	San Jose	Varsity
02/01/20	Sat	JV Nor Cal Championship	Dougherty High	San Ramon	JV
02/05/20	Wed	Team League Finals	TBA	TBA	All
02/15/20	Sat	EBAL League Finals	TBA	TBA	All
2/21&22	Fri-Sat	NCS Championship	TBA	TBA	Varsity 1
2/27,28,29	Thurs-Sat	Cal State Finals Boys/Girls	Rabobank Arena	Bakersfield	Varsity 1