

To the Parents, Students and Alumni of Foothill High School,

The Athletic Department, knows the value of Foothill's Athletic experience in your child's life and we are happy to play a part in it!

Approximately 48% of our student body are involved in athletics and join the rich tradition that started in 1964 and has produced many great men and women in the past fifty years.

Being a part of the Century Conference adds to the thrill and excitement in each of our 24 sports. This is the one of the toughest leagues from top to bottom in the CIF Southern Section.

Throughout the years we have had many league, CIF and individual championships. Visit our Athletic Records page on our website for a listing of our champion Knights.

Fall sports (Boys & Girls Cross Country, Football, Girls Golf, Girls Tennis, Girls Volleyball and Boys Water Polo ) practice and compete from mid-August to mid November.

Winter Sports (Boys & Girls Basketball, Boys and Girls Soccer, Girls Water Polo and Boys & Girls Wrestling) practice and compete from mid November to mid February.

Spring Sports (Baseball, Boys Golf, Boys & Girls Lacrosse, Softball, Boys & Girls Swimming, Boys Tennis, Boys and Girls Track and Boys Volleyball) practice and compete from mid February to mid May.

It is a great day to be a KNIGHT!

Doug Case & Vince Namba

*FHS Athletic Directors*