

La Costa Canyon High School

2009 GIRLS VOLLEYBALL – VARSITY, JV, & FRESHMEN

DAY	DATE	OPPONENT	SITE	TIME
THURS	09/03	Scrim(V) vs. TP/Cathedral/La Jolla	CATHEDRAL	3:30
THURS	09/03	Scrim(JV) vs. TP/Cathedral/La Jolla	LA JOLLA	3:30
THURS	09/03	Scrim(FR) vs. TP/Cathedral/La Jolla	TORREY PINES	3:30
SAT	09/05	Scrim(V) vs. FP / SFC / Scripps	FRANCIS PARKER	9:00 AM
SAT	09/05	Scrim(JV) vs. FP / SFC / Scripps	SANTA FE CHRISTIAN	9:00 AM
SAT	09/05	Scrim(FR) vs. FP / SFC / Scripps	SCRIPPS	9:00 AM
FRI	09/11	SANTA FE CHRISTIAN (FR&JV & V)	SANTA FE CHRISTIAN	3:30 & 4:45
WED	09/16	CARLSBAD (FR/JV & V)	CARLSBAD	3:30 & 4:45
SAT	09/19	POWAY TRNY (JV)	EPIC VB CENTER	8:00 am
TUE	09/22	SANTA MARGARITA (FR&JV & V)	LA COSTA CANYON	3:30 & 4:45
FRI	09/25	DURANGO TRNY (V)	LAS VEGAS	TBA
SAT	09/26	DURANGO TRNY (V)	LAS VEGAS	TBA
SAT	09/26	POWAY TRNY (FR)	EPIC VB CENTER	8:00 AM
SAT	10/03	DAVE MOHS TRNY (JV)	Edison, Huntington Beach	8:00 AM
MON	10/05	POWAY (FR/JV & V)	LA COSTA CANYON	3:30 & 4:45
WED	10/07	MISSION HILLS (FR/JV & V)	MISSION HILLS	3:30 & 4:45
FRI	10/09	SAN PASQUAL (FR/JV & V)	LA COSTA CANYON	3:30 & 4:45
SAT	10/10	GRANITE HILLS TRNY (FR)	GRANITE HILLS	8:00 AM
MON	10/12	FALLBROOK	FALLBROOK	3:30 & 4:45
WED	10/14	ESCONDIDO (FR/JV & V)	LA COSTA CANYON	3:30 & 4:45
FRI	10/16	CALIF. CHALLENGE (V)	TBA	TBA
SAT	10/17	CALIF. CHALLENGE (V)	TBA	TBA
SAT	10/17	SD FALL CLASSIC (FR)	EPIC VB CENTER	8:30 AM
WED	10/21	TORREY PINES (FR/JV & V)	TORREY PINES	3:30 & 4:45
FRI	10/23	MISSION HILLS (FR/JV & V)	LA COSTA CANYON	3:30 & 4:45
SAT	10/24	SD FALL CLASSIC (JV)	EPIC VB CENTER	8:30 AM
MON	10/26	ESCONDIDO (FR/JV & V)	ESCONDIDO	3:30 & 4:45
WED	10/28	SAN PASQUAL (FR/JV & V)	SAN PASQUAL	3:30 & 4:45
FRI	10/30	SANTA BARBARA TRNY (V)	SANTA BARBARA	TBA
SAT	10/31	SANTA BARBARA TRNY (V)	SANTA BARBARA	TBA
WED	11/04	FALLBROOK (FR/JV & V) senior night	LA COSTA CANYON	4:30 & 6:00
FRI	11/06	TORREY PINES (FR/JV & V)	LA COSTA CANYON	3:30 & 4:45
		CIF 1 st Round	TBA	7:00
		CIF Quarterfinal	TBA	7:00
		CIF Semi-finals	TBA	7:00
SAT	11/21	CIF Finals	TBA	TBA

HEAD COACH: Pat McDougall
 Varsity Assistant: Diane Pascua
 JV COACH: Jeff Stewart
 FROSH COACH: Tom Braski
 ATHLETIC DIRECTOR: John Labeta

COLORS: Green, Navy, Gold
 NICKNAME: Mavericks
 TRAINER: Catherine Bates
 TEAM PHYSICIAN: Dr. Gregory Loren
 EQUIPMENT: Cathy Bassett

Revised Date: 8/24/2009