

FOREST HILLS HIGH SCHOOL**FALL 2016 MASTER SPORTS SCHEDULE**

Date	Sport	Opponent	Location	Start Time
8/17/16	Soccer	Piedmont	Home	6:00
8/19/16	Varsity Football	Anson	Home	7:30
8/20/16	Cross Country	Cuthbertson	Away	9:00
8/22/16	Soccer	East Montgomery	Home	6:00
8/23/16	Volleyball	Albemarle	Home	4:30
8/24/16	Soccer	Queen's Grant	Away	5:00
8/25/16	JV Football	Weddington	Home	6:30
8/25/16	Soccer	Northside Christian	Away	6:00
8/25/16	Volleyball	Piedmont	Home	4:30
8/26/16	Varsity Football	Weddington	Away	7:30
8/29/16	Soccer	Union Academy	Away	6:00
8/30/16	Cross Country	West Stanly	Away	4:30
8/30/16	Tennis	Piedmont	Home	4:30
8/30/16	Volleyball	Anson	Away	4:30
8/31/16	Soccer	Rocky River High School	Away	5:30
9/1/16	JV Football	Central Pageland	Home	6:30
9/1/16	Soccer	Mallard Creek High School	Away	5:30
9/1/16	Tennis	Piedmont	Away	4:30
9/1/16	Volleyball	Piedmont	Away	4:30
9/2/16	Varsity Football	Central Pageland	Away	7:30
9/6/16	Cross Country	CATA	Away	4:30
9/6/16	Soccer	Sun Valley	Away	6:00
9/6/16	Volleyball	Anson	Home	4:30
9/7/16	Soccer	Olympic High School	Home	6:00
9/8/16	Cross Country	Vac and Dash County Clash	Away	4:00
9/8/16	JV Football	Piedmont	Away	6:30
9/8/16	Tennis	Mt. Pleasant	Home	4:30
9/8/16	Volleyball	Albemarle	Away	4:30
9/9	Varsity Football	Piedmont	Home	7:30
9/12/16	Soccer	Albemarle	Home	6:00
9/13/16	Cross Country	Forest Hills	Home	4:30
9/13/16	Tennis	Parkwood	Away	4:30
9/13/16	Volleyball	Mt. Pleasant	Home	4:30
9/14/16	Soccer	South Stanly	Home	6:00
9/15/16	JV Football	Cuthbertson	Home	6:30
9/15/16	Tennis	West Stanly	Away	4:30
9/15/16	Volleyball	Parkwood	Away	4:30
9/16/16	Varsity Football	Cuthbertson	Away	7:30
9/19/16	Soccer	Metrolina Christian Academy	Home	5:00
9/20/16	Cross Country	Wingate (XC Championship)	Away	4:00
9/20/16	Soccer	Independence	Home	6:00
9/20/16	Tennis	CATA	Home	4:30
9/20/16	Volleyball	West Stanly	Away	4:30

Date	Sport	Opponent	Location	Start Time
9/22/16	JV Football	Sun Valley	Home	6:30
9/22/16	Tennis	Monroe	Home	4:30
9/22/16	Volleyball	CATA	Home	4:30
9/23/16	Varsity Football	Sun Valley	Away	7:30
9/26/16	Soccer	Mt. Pleasant	Home	6:00
9/27/16	Cross Country	Mt. Pleasant	Away	4:30
9/27/16	Tennis	Mt. Pleasant	Away	4:30
9/27/16	Volleyball	Monroe	Home	4:30
9/28/16	Soccer	Parkwood	Away	6:00
9/29/16	Tennis	Parkwood	Home	4:30
9/29/16	Volleyball	Mt. Pleasant	Away	4:30
10/3/16	Soccer	West Stanly	Away	6:00
10/4/16	Tennis	West Stanly	Home	4:30
10/5/16	Soccer	CATA	Home	6:00
10/5/16	Volleyball	Parkwood	Home	4:30
10/6/16	JV Football	Mt Pleasant	Away	6:30
10/6/16	Tennis	CATA	Away	4:30
10/6/16	Volleyball	West Stanly	Home	4:30
10/7/16	Varsity Football	Mt. Pleasant	Home	7:30
10/10/16	Soccer	Monroe	Home	6:00
10/10/16	Tennis	Monroe	Away	4:30
10/10/16	Volleyball	CATA	Away	4:30
10/11/16	Cross Country	Monroe	Away	4:30
10/12/16	Soccer	Mt. Pleasant	Away	6:00
10/13/16	JV Football	Parkwood	Home	6:30
10/13/16	Tennis	West Stanly	Away	4:30
10/13/16	Volleyball	Monroe	Away	4:30
10/14/16	Varsity Football	Parkwood	Away	7:30
10/17/16	Soccer	Parkwood	Home	6:00
10/18/16	Cross Country	West Stanly	Away	4:30
10/19/16	Soccer	West Stanly	Home	6:00
10/20/16	JV Football	West Stanly	Home	6:30
10/21/16	Varsity Football	West Stanly	Away	7:30
10/24/16	Soccer	CATA	Away	6:00
10/26/16	Soccer	Monroe	Away	6:00
10/27/16	JV Football	cata	Away	6:30
10/28/16	Varsity Football	Cata	Home	7:30
11/3/16	JV Football	Monroe	Away	6:30
11/4/16	Varsity Football	Monroe	Home	7:30

Courtney Lisk
Athletic Director
Courtney.lisk@ucps.k12.nc.us

FOREST HILLS HIGH SCHOOL

FALL 2016 CROSS COUNTRY SCHEDULE

Date	Sport	Opponent	Location	Start Time
8/20/16	Cross Country	Cuthbertson	Away	9:00
8/30/16	Cross Country	West Stanly	Away	4:30
9/6/16	Cross Country	CATA	Away	4:30
9/8/16	Cross Country	Vac and Dash County Clash	Away	4:00
9/13/16	Cross Country	Forest Hills	Home	4:30
9/20/16	Cross Country	Wingate (XC Championship)	Away	4:00
9/27/16	Cross Country	Mt. Pleasant	Away	4:30
10/11/16	Cross Country	Monroe	Away	4:30
10/18/16	Cross Country	West Stanly	Away	4:30

Austin Reep

Head Cross Country Coach

Austin.reep@ucps.k12.nc.us

FOREST HILLS HIGH SCHOOL

FALL 2016 JV FOOTBALL SCHEDULE

Date	Sport	Opponent	Location	Start Time
8/25/16	JV Football	Weddington	Home	6:30
9/1/16	JV Football	Central Pageland	Home	6:30
9/8/16	JV Football	Piedmont	Away	6:30
9/15/16	JV Football	Cuthbertson	Home	6:30
9/22/16	JV Football	Sun Valley	Home	6:30
10/6/16	JV Football	Mt Pleasant	Away	6:30
10/13/16	JV Football	Parkwood	Home	6:30
10/20/16	JV Football	West Stanly	Home	6:30
10/27/16	JV Football	CATA	Away	6:30
11/3/16	JV Football	Monroe	Away	6:30

Cory Smith

Head Football Coach

Cory.smith@ucps.k12.nc.us

FOREST HILLS HIGH SCHOOL

FALL 2016 VARSITY FOOTBALL SCHEDULE

Date	Sport	Opponent	Location	Start Time
8/19/16	Varsity Football	Anson-Endowment Game	Home	7:30
8/26/16	Varsity Football	Weddington	Away	7:30
9/2/16	Varsity Football	Central Pageland	Away	7:30
9/9	Varsity Football	Piedmont	Home	7:30
9/16/16	Varsity Football	Cuthbertson	Away	7:30
9/23/16	Varsity Football	Sun Valley	Away	7:30
10/7/16	Varsity Football	Mt. Pleasant	Home	7:30
10/14/16	Varsity Football	Parkwood	Away	7:30
10/21/16	Varsity Football	West Stanly	Away	7:30
10/28/16	Varsity Football	CATA	Home	7:30
11/4/16	Varsity Football	Monroe	Home	7:30

Cory Smith

Head Football Coach

Cory.smith@ucps.k12.nc.us

FOREST HILLS HIGH SCHOOL

FALL 2016 MENS SOCCER SCHEDULE

Date	Sport	Opponent	Location	Start Time
8/17/16	Soccer	Piedmont	Home	6:00
8/22/16	Soccer	East Montgomery	Home	6:00
8/24/16	Soccer	Queen's Grant	Away	5:00
8/25/16	Soccer	Northside Christian	Away	6:00
8/29/16	Soccer	Union Academy	Away	6:00
8/31/16	Soccer	Rocky River High School	Away	5:30
9/1/16	Soccer	Mallard Creek High School	Away	5:30
9/6/16	Soccer	Sun Valley	Away	6:00
9/7/16	Soccer	Olympic High School	Home	6:00
9/12/16	Soccer	Albemarle	Home	6:00
9/14/16	Soccer	South Stanly	Home	6:00
9/19/16	Soccer	Metrolina Christian Academy	Home	5:00
9/20/16	Soccer	Independence	Home	6:00
9/26/16	Soccer	Mt. Pleasant	Home	6:00
9/28/16	Soccer	Parkwood	Away	6:00
10/3/16	Soccer	West Stanly	Away	6:00
10/5/16	Soccer	CATA	Home	6:00
10/10/16	Soccer	Monroe	Home	6:00
10/12/16	Soccer	Mt. Pleasant	Away	6:00
10/17/16	Soccer	Parkwood	Home	6:00
10/19/16	Soccer	West Stanly	Home	6:00
10/24/16	Soccer	CATA	Away	6:00
10/26/16	Soccer	Monroe	Away	6:00

Matt Collier

Head Men's Soccer Coach

Matt.collier@ucps.k12.nc.us

FOREST HILLS HIGH SCHOOL

FALL 2016 WOMEN'S TENNIS SCHEDULE

Date	Sport	Opponent	Location	Start Time
8/30/16	Tennis	Piedmont	Home	4:30
9/1/16	Tennis	Piedmont	Away	4:30
9/8/16	Tennis	Mt. Pleasant	Home	4:30
9/13/16	Tennis	Parkwood	Away	4:30
9/15/16	Tennis	West Stanly	Away	4:30
9/20/16	Tennis	CATA	Home	4:30
9/22/16	Tennis	Monroe	Home	4:30
9/27/16	Tennis	Mt. Pleasant	Away	4:30
9/29/16	Tennis	Parkwood	Home	4:30
10/4/16	Tennis	West Stanly	Home	4:30
10/6/16	Tennis	CATA	Away	4:30
10/10/16	Tennis	Monroe	Away	4:30
10/13/16	Tennis	West Stanly	Away	4:30

Alanna Smith

Head Women's Tennis Coach

Alanna.smith@ucps.k12.nc.us

FOREST HILLS HIGH SCHOOL

FALL 2016 WOMEN'S VOLLEYBALL SCHEDULE

Date	Sport	Opponent	Location	Start Time
8/23/16	Volleyball	Albemarle	Home	4:30
8/25/16	Volleyball	Piedmont	Home	4:30
8/30/16	Volleyball	Anson	Away	4:30
9/1/16	Volleyball	Piedmont	Away	4:30
9/6/16	Volleyball	Anson	Home	4:30
9/8/16	Volleyball	Albemarle	Away	4:30
9/13/16	Volleyball	Mt. Pleasant	Home	4:30
9/15/16	Volleyball	Parkwood	Away	4:30
9/20/16	Volleyball	West Stanly	Away	4:30
9/22/16	Volleyball	CATA	Home	4:30
9/27/16	Volleyball	Monroe	Home	4:30
9/29/16	Volleyball	Mt. Pleasant	Away	4:30
10/5/16	Volleyball	Parkwood	Home	4:30
10/6/16	Volleyball	West Stanly	Home	4:30
10/10/16	Volleyball	CATA	Away	4:30
10/13/16	Volleyball	Monroe	Away	4:30

Mike Inga

Head Women's Volleyball Coach

Mike.inga@ucps.k12.nc.us