



## 2018 Cosumnes Oaks Wolfpack

### JV & Varsity Football

**Head Coach: Derick Milgrim**

**JV Head Coach: Melvin Taj Carter**

9850 Lotz Parkway Elk Grove, CA 95757

School Phone (916) 683-7670 Fax (916) 683-4522

Date	Day	Home/Away	Opponent	Location	Start Time	Load Time
11-Aug	Sat	Away	Antelope	Antelope H.S.	9:00/10:30AM	7/8:30 AM
17-Aug	Fri	Home	Capital Christian	Cosumnes Oaks H.S.	5/7:15PM	
24-Aug	Fri	Away	McNair	McNair H.S.	5/7:15PM	2:45/3:30 PM
31-Aug	Fri	Home	River City	Cosumnes Oaks H.S.	5/7:15 PM	
7-Sep	Fri	Away	Montrey Trail	Monterey Trail H.S.	5/7:15PM	3:00 PM
14-Sep	Fri	Away	Sheldon	Sheldon H.S.	5/7:15PM	3:15 PM
21-Sep	Fri	**Home	Pleasant Grove	Cosumnes Oaks H.S.	5/7:15PM	
28-Sep	Fri	Home	Jesuit	Cosumnes Oaks H.S.	5/7:15PM	
5-Oct	Fri	Away	Franklin	Cosumnes Oaks H.S.	5/7:15PM	
12-Oct	Fri	Bye				
19-Oct	Fri	***Home	Elk Grove	Cosumnes Oaks H.S.	5/7:15PM	
26-Oct	Fri	Away	Davis	Davis H.S.	5/7:15PM	2:45/3:30 PM
			<b>**Homecoming</b>			
			<b>***Senior Night</b>			
<b>Principal: Maria Osborne</b>			<b>Athletic Director: George Smith</b>			
<b>Mascot/Colors:</b>			<b>Wolfpack/Navy Blue &amp; Orange</b>			



## 2018 Cosumnes Oaks Wolfpack Freshman Football

**Head Coach: Will Ayers**

9850 Lotz Parkway Elk Grove, CA 95757

School Phone (916) 683-7670 Fax (916) 683-4522

Date	Day	Home/Away	Opponent	Location	Start Time	Load Time
11-Aug	Sat	Away	Antelope	Antelope H.S.	10:30 AM	8:30 AM
16-Aug	Thurs	Home	Granite Bay	Cosumnes Oaks H.S.	5:00 PM	
23-Aug	Thurs	Away	McNair	McNair H.S.	5:00 PM	2:30 PM
30-Aug	Thurs	Home	River City	Cosumnes Oaks H.S.	5:00 PM	
6-Sep	Thurs	Away	Montrey Trail	Monterey Trail H.S.	5:00 PM	2:45 PM
14-Sep	Fri	Away	El Camino	El Camino H.S.	4:30 PM	2:15 PM
20-Sep	Thurs	Home	Pleasant Grove	Cosumnes Oaks H.S.	5:00 PM	
27-Sep	Thurs	Home	Jesuit	Cosumnes Oaks H.S.	5:00 PM	
4-Oct	Thurs	Away	Franklin	Cosumnes Oaks H.S.	5:00 PM	
11-Oct	Thurs	Bye				
18-Oct	Thurs	Home	Whitney	Cosumnes Oaks H.S.	5:30 PM	
25-Oct	Thurs					
			<b>Principal: Maria Osborne</b>		<b>Athletic Director: George Smith</b>	
			<b>Mascot/Colors:</b>		<b>Wolfpack/Navy Blue &amp; Orange</b>	



## 2018 Cosumnes Oaks Wolfpack

### Cross Country

**Head Coach: Amber Lassetter**

9850 Lotz Parkway Elk Grove, CA 95757

School Phone (916) 683-7670 Fax (916) 683-4522

Date	Day	Home/Away	Opponent	Location	Start Time	Load Time
17-Aug	Fri	Away	EG Park Soph Delite	EG Park	4:00 PM	Own
21-Aug	Tues	Home	Parent Meeting	HD 9	6:00 PM	
24-Aug	Fri	Away	Lodi Lake Inv.	Lodi Lake	3:00 PM	12:45 PM
1-Sep	Sat	Away	Lagoon Valley Invite	Vacaville	8:30 AM	5:45 AM
8-Sep	Sat	Away	Nevada Union Invite	Nevada Union H.S.	8:30 AM	5:15 AM
15-Sep	Sat	Away	Trojan Invite	Willow Hills Res.	8:30 AM	6:30 AM
18-Sep	Tues	Home	Picture Day		3:30 PM	
22-Sep	Sat	Away	Pacific Tiger Invite	Elk Horn Golf Course	9:00 AM	6:30 AM
26-Sep	Wed	Away	Delta League Meet # 1	Cherry Island	9:00 AM	6:30 AM
29-Sep	Sat	Away	Stanford Invite	Stanford	9:00 AM	5:15 AM
6-Oct	Sat	Away	Clovis Invite	Woodward Park, Fresno	8:30 AM	5:00 AM
13-Oct	Sat	Away	Bronco Invite	Willow Hills Res.	8:30 AM	6:30 AM
10/19 to 10/21	Fri to Sun	Away	Mt. Sac League	San Antonio	Sat AM	Sun Morning
27-Oct	Sat	Away	Championships	Willow Hills Res.	9:00 AM	6:45 AM
3-Nov	Sat	Away	Sub-Sections	Angels Camp	9:00 AM	5:30 AM
9-Nov	Fri	Away	Section Meet	Willow Hills Res.	9:00 AM	7:00 AM
11/23 to 11/24	Fri to Sat	Away	Calif. State Meet	Woodward Park, Fresno	8:00 AM	Sat Afternoon
<b>Principal: Maria Osborne</b>				<b>Athletic Director: George Smith</b>		
<b>Mascot/Colors:</b>				<b>Wolfpack/Navy Blue &amp; Orange</b>		



## 2018 Cosumnes Oaks Wolfpack Girls Golf

**Head Coach: Steve Robards**

9850 Lotz Parkway Elk Grove, CA 95757

School Phone (916) 683-7670 Fax (916) 683-4522

Date	Day	Home/Away	Opponent	Location	Start Time	Load Time
22-Aug	Wed	Away	Loren Roberts	Emerald Lakes	1:00 PM	
5-Sep	Wed	Away	Davis	El Macero	3:00 PM	
10-Sep	Mon	Away	Delta League Tourney #1	Wildhawk	12:00 PM	
12-Sep	Wed	Home	Pleasant Grove	Bartley Cavanaugh	3:00 PM	
17-Sep	Mon	Away	Franklin	Bartley Cavanaugh	3:00 PM	
24-Sep	Mon	Home	Sheldon	Bartley Cavanaugh	3:00 PM	
26-Sep	Wed		BYE			
3-Oct	Wed	Home	St. Francis	Bartley Cavanaugh	3:00 PM	
9-Oct	Tues	Away	Delta League Tourney #2	Rancho Murieta	12:00 PM	
10-Oct	Wed	Away	Elk Grove	Wildhawk	3:00 PM	
15-Oct	Mon	Away	Delta League Tourney #3	El Macero	11:00 PM	
22-Oct	Mon	Away	Sections	TBD	TBD	
29-Oct	Mon	Away	Masters	Reserve	TBD	
5-Nov	Mon	Away	NorCal	TBD	TBD	
13-Oct	Tues	Away	State	TBD	TBD	
<b>Principal: Maria Osborne</b>				<b>Athletic Director: George Smith</b>		
<b>Mascot/Colors:</b>				<b>Wolfpack/Navy Blue &amp; Orange</b>		



## 2018 Cosumnes Oaks Wolfpack

### Girls Tennis

**Head Coach: Chris Wall**

9850 Lotz Parkway Elk Grove, CA 95757

School Phone (916) 683-7670 Fax (916) 683-4522

Date	Day	Home/Away	Opponent	Location	Start Time	Load Time
4-Sep	Tues	Away	Elk Grove	Elk Grove H.S.	3:45 PM	own
6-Sep	Thurs	Home	Sheldon	Cosumnes Oaks H.S.	3:45 PM	
11-Sep	Tues	Away	Franklin	Laguna Creek R.C.	3:45 PM	own
13-Sep	Thurs	Home	Pleasant Grove	Cosumnes Oaks H.S.	3:45 PM	
18-Sep	Tues	BYE				
20-Sep	Thurs	Home	Davis	Cosumnes Oaks H.S.	3:45 PM	
25-Sep	Tues	Away	St. Francis	Rio del Oro R.C.	3:45 PM	2:15 PM
27-Sep	Thurs	Home	Elk Grove	Cosumnes Oaks H.S.	3:45 PM	
2-Oct	Tues	Away	Sheldon	Sheldon H.S.	3:45 PM	own
4-Oct	Thurs	Home	Franklin	Cosumnes Oaks H.S.	3:45 PM	
9-Oct	Tues	Away	Pleasant Grove	Pleasant Grove H.S.	3:45 PM	own
11-Oct	Thurs	BYE				
16-Oct	Tues	Away	Davis	Davis H.S.	3:45 PM	2:00 PM
18-Oct	Thurs	Home	St. Francis	Cosumnes Oaks H.S.	3:45 PM	
22-Oct	Mon	Away	League Singles Tourney	Rio del Oro R.C.	9:00 AM	
24-Oct	Wed	Away	League Doubles Tourney	Rio del Oro R.C.	9:00 AM	
29-Oct	Mon	Away	Section Team Playoffs	TBD	TBD	
1-Nov	Thurs	Away	Section Individual Playoffs	TBD	TBD	
16-Nov	Fri	Away	Nor Cal	TBD	TBD	
<b>Principal: Maria Osborne</b>				<b>Athletic Director: George Smith</b>		
<b>Mascot/Colors:</b>				<b>Wolfpack/Navy Blue &amp; Orange</b>		



## 2018 Cosumnes Oaks Wolfpack

### Girls Volleyball

Head Coach: Lisa Fowkes

JV Head Coach: Chris Neumann

Freshman Head Coach: Hugo Cornejo

9850 Lotz Parkway Elk Grove, CA 95757

School Phone (916) 683-7670 Fax (916) 683-4522

Date	Day	Home/Away	Opponent	Location	Start Time	Load Time
17-Aug	Fri	Home	Toaky	Cosumnes Oaks H.S.	4:30/5:30/6:30 PM	
20-Aug	Mon	Away	Christian Brothers Varsity Only	Christian Brothers H.S.	7:00 PM	own
22-Aug	Wed	Away	Oakridge	Oakridge H.S.	5/5/6 PM	2:45/3:00
23-Aug	Thurs	Home	Whitney	Cosumnes Oaks H.S.	4/5/6 PM	
28-Aug	Tues	Home	Rio Americano	Cosumnes Oaks H.S.	4:30/5:30/6:30 PM	
29-Aug	Wed	Away	Vista del Lago	Vista del Lago H.S.	5/5/6 PM	2:45/3:00
9/1to 9/2	Fri to Sa	Away	Reno Tourney Varsity Only	Reno H.S.	1:00 PM	SUV's
4-Sep	Tues	Home	Franklin	Cosumnes Oaks H.S.	4/5/6 PM	
6-Sep	Thurs	Away	Elk Grove	Elk Grove H.S.	4/5/6 PM	2:45/3:00
8-Sep	Sat	Away	Christine Craft-JV	Oakridge H.S.	TBA	own
11-Sep	Tues	Away	Davis	Davis H.S.	4/5/6 PM	2:00/2:15
13-Sep	Thurs	Home	Pleasant Grove	Cosumnes Oaks H.S.	4/5/6 PM	
16-Sep	Sat	Away	CIVT Freshman Tourney	Carmichael	TBA	own
18-Sep	Tues	Away	St. Francis	St. Francis H.S.	4/5/6 PM	2:15/2:30
20-Sep	Thurs	BYE				
25-Sep	Tues	Home	Sheldon	Cosumnes Oaks H.S.	4/5/6 PM	
27-Sep	Thurs	Away	Franklin	Franklin H.S.	4/5/6 PM	2:30/2:45
29-Sep	Sat	Away	Christine Craft-Varsity	Oakridge H.S.	TBA	own
2-Oct	Tues	Home	Elk Grove	Cosumnes Oaks H.S.	4/5/6 PM	
4-Oct	Thurs	Home	Davis	Cosumnes Oaks H.S.	4/5/6 PM	
7-Oct	Sat	Away	CIVT JV Tourney	Carmichael	TBA	own
9-Oct	Tues	Away	Pleasant Grove	Pleasant Grove H.S.	5/5/6 PM	3:00/3:15
<b>11-Oct</b>	<b>Thurs</b>	<b>Home</b>	<b>***St. Francis</b>	<b>Cosumnes Oaks H.S.</b>	<b>4/5/6 PM</b>	
13-Oct	Sat	Away	Stockton Classic	Stockton	TBA	own
16-Oct	Tues	BYE				
18-Oct	Thurs	Away	Sheldon	Sheldon H.S.	4/5/6 PM	2:30/2:45
23-Oct	Tues	TBD	SJS Playoffs	TBD		
			<b>** Senior Night</b>			
<b>Principal: Maria Osborne</b>				<b>Athletic Director: George Smith</b>		
<b>Mascot/Colors:</b>				<b>Wolfpack/Navy Blue &amp; Orange</b>		