

# MONTEREY TRAIL HIGH SCHOOL ATHLETICS

## "Home of the MUSTANGS"

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## 2025-2026 FROSH / JV / VARSITY VOLLEYBALL

**\*DELTA LEAGUE**

| DEER FLOCK                       |                  |                                   |   | GAME            | RELEASE/           |             |
|----------------------------------|------------------|-----------------------------------|---|-----------------|--------------------|-------------|
| DAY                              |                  | OPPONENT                          |   | SITE            | TIME               | BUS TIME    |
| Wed Aug 20                       | Foundation VAR   | Burbank                           | @ | Burbank         | 7:00 AM            | 5:30        |
| Thu Aug 21                       | FROSH / JV / VAR | Inderkum                          | @ | Inderkum        | 4:30 / 5:30 / 6:30 | 2:45 / 3:00 |
| Sat August 23                    | VAR              | Flock Tournament                  | @ | CRC             | TBD                | OYO         |
|                                  |                  |                                   |   |                 |                    |             |
| Mon August 25                    | JV / VAR         | Bradshaw Christian                | @ | MONTEREY TRAIL  | 5:00 / 6:00        |             |
| Wed August 27                    | JV / VAR         | Rosemont                          | @ | Rosemont        | 4:30 / 5:30 / 6:30 | 3:30        |
|                                  |                  |                                   |   |                 |                    |             |
| Wed Sept 3                       | FROSH / JV / VAR | Grant                             | @ | MONTEREY TRAIL  | 4:30 / 6:00        |             |
| Sat Sept 6                       | VAR              | CIVT                              | @ | CSC             | TBD                | OYO         |
| Tue Sep 9                        | FROSH / JV / VAR | *COSUMNES OAKS                    | @ | *COSUMNES OAKS  | 4:30 / 5:30 / 6:30 | 3:15 / 3:30 |
| Thu Sep 11                       | FROSH / JV / VAR | *FRANKLIN                         | @ | MONTEREY TRAIL  | 4:30 / 6:00        | 3:30        |
|                                  |                  |                                   |   |                 |                    |             |
| Tue Sept 16                      | FROSH / JV / VAR | Kennedy                           | @ | MONTEREY TRAIL  | 4:30 / 6:00        | 3:30        |
| Thu Sep 18                       | FROSH / JV / VAR | *LAGUNA CREEK                     | @ | MONTEREY TRAIL  | 4:30 / 6:00        | 3:30        |
|                                  |                  |                                   |   |                 |                    |             |
| Tue Sep 23                       | FROSH / JV / VAR | *PLEASANT GROVE                   | @ | *PLEASANT GROVE | 4:30 / 6:00        | 3:15 / 3:30 |
| Thu Sep 25                       | FROSH / JV / VAR | *ELK GROVE                        | @ | *ELK GROVE      | 4:30 / 5:30 / 6:30 | 3:15 / 3:30 |
|                                  |                  |                                   |   |                 |                    |             |
| Tue Sep 30                       | FROSH / JV / VAR | *SHELDON                          | @ | *SHELDON        | 4:30 / 5:30 / 6:30 | 3:15 / 3:30 |
| Thu Oct 2                        | FROSH / JV / VAR | *COSUMNES OAKS                    | @ | MONTEREY TRAIL  | 4:30 / 6:00        | 3:30        |
|                                  |                  |                                   |   |                 |                    |             |
| Tue Oct 7                        | FROSH / JV / VAR | *FRANKLIN                         | @ | *FRANKLIN       | 4:30 / 6:00        | 3:15 / 3:30 |
| Thu Oct 9                        | FROSH / JV / VAR | WEST CAMPUS                       | @ | WEST CAMPUS     | 4:30 / 5:30 / 6:30 | 3:15 / 3:30 |
|                                  |                  |                                   |   |                 |                    |             |
| Tue Oct 14                       | FROSH / JV / VAR | *LAGUNA CREEK                     | @ | *LAGUNA CREEK   | 4:30 / 5:30 / 6:30 | 3:15 / 3:30 |
| Thu Oct 16                       | FROSH / JV / VAR | *PLEASANT GROVE                   | @ | MONTEREY TRAIL  | 4:30 / 6:00        | 3:30        |
|                                  |                  |                                   |   |                 |                    |             |
| Tue Oct 21                       | FROSH / JV / VAR | *ELK GROVE                        | @ | MONTEREY TRAIL  | 4:30 / 6:00        | 3:30        |
| Thu Oct 23                       | FROSH / JV / VAR | *SHELDON                          | @ | MONTEREY TRAIL  | 4:30 / 6:00        | 3:30        |
|                                  |                  |                                   |   |                 |                    |             |
| October 27, 28, 30; Nov 4, 8     |                  | Section Playoffs                  | @ | Home Sites      | TBA                |             |
| November 11, 12, 13, 15, 18      |                  | Nor Cal Playoffs                  | @ | Home Sites      | TBA                |             |
| November 21-22                   |                  | State Playoffs                    | @ | TBD             | TBA                |             |
|                                  |                  |                                   |   |                 |                    |             |
| Head Varsity Coach: Joel Neufeld |                  | Principal: Lara Ricks             |   |                 |                    |             |
|                                  |                  |                                   |   |                 |                    |             |
| Head JV Coach: Richelle Pompei   |                  | Athletic Director: David Coronado |   |                 |                    |             |
|                                  |                  |                                   |   |                 |                    |             |
| Head Frosh Coach: Angie Xiong    |                  | Colors: Green, Gold & Black       |   |                 |                    |             |
|                                  |                  | Mascot: Mustang                   |   |                 |                    |             |
| Updated 2/27/2025                |                  |                                   |   |                 |                    |             |