

PARAMOUNT HIGH SCHOOL

Fall Sports

2021



Boys' Athletic Director: Alex Acosta

Coach: Matt Howard

Football—Varsity

Day	Date	Time	Opponent	Location
Fri	8/20	7:00 PM	Mira Costa	Mira Costa
Fri	8/27	7:00 PM	Corona Del Mar	Newport Harbor
Fri	9/3	7:00 PM	Los Alamitos	PHS
Fri	9/10	7:00 PM	Carson	PHS
Fri	9/24	7:00 PM	Venice	Venice
Fri	10/1	7:00 PM	Lynwood	PHS
Fri	10/8	7:00 PM	Downey	PHS
Fri	10/15	7:00 PM	Warren	PHS
Fri	10/22	7:00 PM	Dominguez	Dominguez
Fri	10/29	7:00 Pm	Gahr	Gahr

Coach: Anthony Morelli

Football—JV

Day	Date	Time	Opponent	Location
Thurs	8/19	3:15 PM	Mira Costa	CANCELED
Thurs	8/26	3:15 PM	Corona Del Mar	CANCELED
Thurs	9/2	3:15 PM	Los Alamitos	CANCELED
Thurs	9/9	3:15 PM	Carson	CANCELED
Thurs	9/23	3:15 PM	Venice	CANCELED
Thurs	9/30	3:00 PM	Lynwood	CANCELED
Thurs	10/7	3:15 PM	Downey	CANCELED
Thurs	10/14	3:15 PM	Warren	CANCELED
Thurs	10/21	3:15 PM	Dominguez	CANCELED
Thurs	10/28	3:15 PM	Gahr	CANCELED

Coach: Brian Nastase

Football—Freshman

Day	Date	Time	Opponent	Location
Thurs	8/19	3:15 PM	Mira Costa	Mira Costa
Thurs	8/26	3:15 PM	Corona Del Mar	Corona Del Mar
Thurs	9/2	3:15 PM	Los Alamitos	PHS
Thurs	9/9	3:15 PM	Carson	PHS
Thurs	9/23	3:15 PM	Mission Viejo	Mission Viejo
Thurs	9/30	3:15 PM	Lynwood	PHS
Thurs	10/7	3:15 PM	Downey	PHS
Thurs	10/14	3:15 PM	Warren	PHS
Thurs	10/21	3:15 PM	Dominguez	Dominguez
Thurs	10/28	3:15 PM	Gahr	Gahr

Coach: Willy Baello

Girls Tennis—Varsity

Day	Date	Time	Opponent	Location
Tue	8/24	3:15 PM	California	California
Thurs	8/26	3:15 PM	Norwalk	Norwalk
Tue	8/31	3:15 PM	South El Monte	PHS
Thurs	9/2	3:15 PM	Bellflower	Bellflower
Tue	9/7	3:15 PM	Montebello	Montebello
Thurs	9/9	3:15 PM	Pioneer	PHS
Tue	9/14	3:15 PM	Santa Fe	Santa Fe
Thurs	9/16	3:15 PM	El Rancho	PHS
Mon	9/20	3:15 PM	Warren	PHS
Tues	9/21	3:15 PM	Dominguez	PHS
Thurs	9/23	3:15 PM	Gahr	Gahr
Mon	9/27	3:15 PM	Lynwood	PHS
Tue	9/28	3:15 PM	Downey	PHS
Thurs	9/30	3:15 PM	Warren	Warren
Mon	10/4	3:15 PM	Dominguez	Domingue
Tue	10/5	3:15 PM	Gahr	PHS
Thurs	10/7	3:15 PM	Lynwood	Lynwood
Mon	10/11	3:15 PM	Downey	Downey
Tue	10/12	3:15 PM	Warren	PHS
Thurs	10/14	3:15 PM	Dominguez	PHS
Mon	10/18	3:15 PM	Gahr	Gahr
Tue	10/19	3:15 PM	Lynwood	PHS
Thurs	10/21	3:15 PM	Downey	PHS

Coach: John Guggiana

Girls Tennis—JV

Day	Date	Time	Opponent	Location
Tue	8/24	3:15 PM	California	PHS
Thurs	8/26	3:15 PM	Norwalk	PHS
Tue	8/31	3:15 PM	South El Monte	South El Mon-
Thurs	9/2	3:15 PM	Bellflower	PHS
Tue	9/7	3:15 PM	Montebello	PHS
Thurs	9/9	3:15 PM	Pioneer	Pioneer
Tue	9/14	3:15 PM	Santa Fe	PHS
Thurs	9/16	3:15 PM	El Rancho	El Rancho
Mon	9/20	3:15 PM	Warren	Warren
Tues	9/21	3:15 PM	Dominguez	Dominguez
Thurs	9/23	3:15 PM	Gahr	PHS
Mon	9/27	3:15 PM	Lynwood	Lynwood
Tue	9/28	3:15 PM	Downey	Downey
Thurs	9/30	3:15 PM	Warren	PHS
Mon	10/4	3:15 PM	Dominguez	PHS
Tue	10/5	3:15 PM	Gahr	Gahr
Thurs	10/7	3:15 PM	Lynwood	PHS
Mon	10/11	3:15 PM	Downey	PHS
Tue	10/12	3:15 PM	Warren	Warren
Thurs	10/14	3:15 PM	Dominguez	Dominguez
Mon	10/18	3:15 PM	Gahr	PHS
Tue	10/19	3:15 PM	Lynwood	Lynwood
Thurs	10/21	3:15 PM	Downey	Downey

Girls' Volleyball

Coach: Varsity — Saidy Ortega JV - Danny Ramos Freshman— Mechelle Smith

Day	Date	Opponent	Location	Varsity	JV	Frosh
Mon	8/16	El Rancho	EL Rancho	3:15 PM	4:30 PM	4:30 PM
Tue	8/17	Providence	PHS	3:15 PM	4:30 PM	4:30 PM
Thurs	8/19	Firebaugh	Firebaugh	3:15 PM	4:30 PM	4:30 PM
Mon	8/23	LB Cabrillo	PHS	3:15 PM	4:30 PM	4:30 PM
Tue	8/24	Whitney	PHS	3:15 PM	4:30 PM	4:30 PM
Wed	8/25	Cerritos	PHS	3:15 PM	4:30 PM	4:30 PM
Thurs	8/26	Culver City	Culver City	3:15 PM	4:30 PM	4:30 PM
Tue	8/31	La Mirada	PHS	3:15 PM	4:30 PM	4:30 PM
Thurs	9/2	California	California	5:45 PM	4:30 PM	3:15 PM
Tue	9/7	Pioneer	Pioneer	4:45 PM	3:15 PM	3:15 PM
Thurs	9/9	Whittier	Whittier	4:45 PM	3:15 PM	3:15 PM
Fri-Sat	9/10-9/11	TBA	Whittier Tournament	TBA	NO	NO

Day	Date	Opponent	Location	Varsity	JV	Frosh
Tue	9/14	Lynwood	PHS	3:15 PM	4:30 PM	4:30 PM
Thurs	9/16	Downey	PHS	3:15 PM	4:30 PM	4:30 PM
Sat	9/18	TBA	Whittier Tournament	NO	TBA	NO
Tue	9/21	Warren	PHS	3:15 PM	4:30 PM	4:30 PM
Thurs	9/23	Dominguez	Dominguez	3:15 PM	4:30 PM	4:30 PM
Sat	9/25	TBA	Whittier Tournament	NO	NO	TBA
Tue	9/28	Gahr	Gahr	3:15 PM	4:30 PM	4:30 PM
Thurs	9/30	Lynwood	Lynwood	3:15 PM	4:30 PM	4:30 PM
Tue	10/5	Downey	Downey	3:15 PM	4:30 PM	4:30 PM
Thurs	10/7	Warren	Warren	3:15 PM	4:30 PM	4:30 PM
Tue	10/12	Dominguez	PHS	3:15 PM	4:30 PM	4:30 PM
Thurs	10/14	Gahr	PHS	3:15 PM	4:30 PM	4:30 PM

Boys' Water Polo

Coach: Rachel Dominguez

HOME MATCHES @ PARAMOUNT POOL

Day	Date	Opponent	Location	Varsity	JV
Mon	8/30	Torrance	PHS	3:15	4:15 PM
Tue	8/31	Bell Gardens	Bell Gardens	3:15	4:15 PM
Fri/Sat	9/3 & 9/4	Varsity Corona Tournament	TBD	TBD	NO
Tue	9/7	El Rancho	PHS	3:15 PM	4:30 PM
Thurs	9/9	LB Jordan	PHS	3:00 PM	4:15 PM
Fri/Sat	9/10 & 9/11	JV Downey Tournament	Downey	NO	TBD
Mon	9/13	Baldwin Park	Baldwin Park	3:00 PM	4:00 PM
Thurs	9/16	North Torrance	Torrance Aquatic Center	3:15 PM	4:15 PM
Tue	9/21	Whitney	Whitney	3:00 PM	4:00 PM

Day	Date	Opponent	Location	Varsity	JV
Tue	9/28	Culver City	Culver City	3:00 PM	4:00 PM
Wed	9/29	Don Lugo	Don Lugo	3:15 PM	4:15 PM
Thurs	9/30	Mark Keppel	PHS	3:15 PM	NO
Tue	10/5	Downey	PHS	3:15 PM	4:30 PM
Thurs	10/7	Whittier	Whittier	3:15 PM	4:30 PM
Fri/Sat	10/15 & 10/16	Saddleback Varsity Tournament	TBD	TBD	NO
Tue	10/12	Warren	Warren	3:15 PM	4:30 PM
Tue	10/19	La Mirada	PHS	3:00 PM	4:00 PM
Tue	10/26	Gahr	PHS	3:00 PM	4:15 PM

Cross Country

Coach: Manuel Orozco-Franco

Day	Date	Opponent	Location	Time
Sat	9/4	Great Cow Run—Meet	Cerritos Regional Park	TBA
Sat	9/11	Rosemead Invitational	Rosemead HS	TBA
Sat	9/17-9/18	Woodbridge Invitational	Silver Lake S.C. Norco	TBA
Thurs	9/23	League Cluster meet #1	La Mirada Regional Park	TBA
Sat	9/25	Dana Hills Invitational	Dana Hills HS	TBA
Sat	10/02	Central park Invitational	Central Park, HB	TBA
Thurs	10/14	League Cluster Meet #2	Cerritos Regional Park	TBA
Sat	10/22	MT. SAC Invite	CIF Course	TBA
Wed	11/3	League Cluster Meet #3 JV & F/S Runners League Finals Varsity	La Mirada Regional Park	TBA
Fri/Sat	11/13	CIF Prelims—Varsity Runners	MT SAC	TBA
Sat	11/20	CIF Finals— Varsity Runners	MT. SAC	TBA
Sat	11/27	State Championships	Fresno	TBA