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ON TO CUESTA: While the focus for the Foothill women's water polo team is on winning a fourth consecutive Coast Conference title, this weekend the Owls get a sneak peek at what may await them if they return to the state championships. Six of the top 10 teams in the state will compete at the Cuesta Tournament in San Luis Obispo. This elite compilation of teams includes Foothill (10-1), currently ranked No. 8.

The field includes top teams from the south such as No.1 Riverside, No. 2 Long Beach and No. 4 Fullerton.

"If you get to see them, you're somewhat prepared for what to expect when you get to a state championship game," Foothill coach Jeff Bissell said. Foothill opened up conference play Wednesday with an 18-3 win over De Anza. "Every game our defense has gotten better, better and better," Bissell said. "And we preach that defense leads to offense."