

School Year	School Name	Clf Section	School City	Public or Private	Total Enrollment	Male Students	Female Students	Total Participants (male)	Total Participants (female)	
2021-22	Vista Del Lago High School	Sac Joaquin	Folsom	Public	1718	868	850	526	354	

Sport	Season	Varsity	JV	Frosh/Soph	Totals
Baseball-Boys	Spring	17	13	15	45
Basketball-Boys	Winter	17	14	11	42
Basketball-Girls	Winter	10	10	11	31
Competitive Sport Cheer	Spring	22			22
Cross Country-Boys	Fall	9	5	7	21
Cross Country-Girls	Fall	10	4	6	20
Football-Boys	Fall	42	35	30	107
Football-Girls	Fall				0
Golf-Boys	Spring	13	10		23
Golf-Girls	Fall	9			9
Lacrosse - Boys	Spring	28	17		45
Lacrosse - Girls	Spring	20	35		55
Soccer-Boys	Winter	20	17	21	58
Soccer-Girls	Winter	21	17	12	50
Softball-Girls	Spring	14	22		36
Swim & Dive-Boys	Spring	10	11		21
Swim & Dive-Girls	Spring	15	14		29
Tennis-Boys	Spring	25			25
Tennis-Girls	Fall	25			25
Track & Field-Boys	Spring	22	54		76
Track & Field-Girls	Spring	14	33		47
Volleyball-Boys	Spring	14	12	11	37
Volleyball-Girls	Fall	11	9	10	30
Wrestling-Boys	Winter	21	9	7	37
Wrestling-Girls	Winter				0

	Varsity	JV	Frosh/Soph	Totals
Total Male Athletes	238	197	91	526
Total Female Athletes	171	144	39	354
Grand Totals				880

