

2018-19 VHS Athlete Totals

School Year	School Name	CIF Section	School City	Public or Private	Total Enrollment	Male Students	Female Students	Total Participants (male)	Total Participants (female)	
2018-19	Vista Del Lago High School	Sac Joaquin	Folsom	Public	1841	875	966	483	381	

Sport	Season	Varsity	JV	Frosh/Soph	Totals
Baseball-Boys	Spring	15	17	17	49
Baseball-Girls	Spring	1			1
Basketball-Boys	Winter	15	16	15	46
Basketball-Girls	Winter	13	14	11	38
Competitive Sport Cheer	Spring	23			23
Cross Country-Boys	Fall	36			36
Cross Country-Girls	Fall	24			24
Football-Boys	Fall	46		29	75
Football-Girls	Fall				0
Golf-Boys	Spring	8	8		16
Golf-Girls	Fall	11			11
Lacrosse - Boys	Spring	21	26		47
Lacrosse - Girls	Spring	22	21		43
Soccer-Boys	Winter	19	19	15	53
Soccer-Girls	Winter	22	21	18	61
Softball-Girls	Spring	13	13		26
Swim & Dive-Boys	Spring	10	9		19
Swim & Dive-Girls	Spring	14	20		34
Tennis-Boys	Spring	21			21
Tennis-Girls	Fall	18			18
Track & Field-Boys	Spring	70			70
Track & Field-Girls	Spring	66			66
Volleyball-Boys	Spring	11	11		22
Volleyball-Girls	Fall	17	10	8	35
Wrestling-Boys	Winter	29			29
Wrestling-Girls	Winter	1			1

	Varsity	JV	Frosh/Soph	Totals
Total Male Athletes	301	106	76	483
Total Female Athletes	245	99	37	381
Grand Totals				864

