

<b>School Year</b>	<b>School Name</b>	<b>CIF Section</b>	<b>School City</b>	<b>Public or Private</b>	<b>Total Enrollment</b>	<b>Male Students</b>	<b>Female Students</b>	<b>Total Participants (male)</b>	<b>Total Participants (female)</b>
2023-24	Vista Del Lago High School	Sac Joaquin	Folsom	Public	1705	873	832	546	325

Sport	Season	Varsity	JV	Frosh/Soph	Totals
Baseball-Boys	Spring	21	17	18	56
Basketball-Boys	Winter	15	14	11	40
Basketball-Girls	Winter	11	13		24
Competitive Stunt Cheer	Spring				
Cross Country-Boys	Fall	28			28
Cross Country-Girls	Fall	16			16
Flag Football-Girls	Fall	16			16
Football-Boys	Fall	48	49	37	134
Football-Girls	Fall				0
Golf-Boys	Spring	9	12		21
Golf-Girls	Fall	14			14
Lacrosse - Boys	Spring	26	19		45
Lacrosse - Girls	Spring	24	21		45
Soccer-Boys	Winter	23	18	17	58
Soccer-Girls	Winter	20	17	12	49
Softball-Girls	Spring	15	15		30
Swim & Dive-Boys	Spring	10	10		20
Swim & Dive-Girls	Spring	9	27		36
Tennis-Boys	Spring	22			22
Tennis-Girls	Fall	22			22
Track & Field-Boys	Spring	52			52
Track & Field-Girls	Spring	32			32
Volleyball-Boys.	Spring	13	12	14	39
Volleyball-Girls.	Fall	12	14	11	37
Wrestling-Boys	Winter	15	16		31
Wrestling-Girls	Winter	4			4

	Varsity	JV	Frosh/Soph	Totals
Total Male Athletes	282	167	97	546
Total Female Athletes	195	107	23	325
<b>Grand Totals</b>				<b>871</b>

