

<b>School Year</b>	<b>School Name</b>	<b>Clf 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>
2024-25	Vista del Lago High School	Sac-Joaquin	Folsom	Public	1764	919	845	575	357

Sport	Season	Varsity	JV	Frosh/Soph	Totals
Baseball-Boys	Spring	23	21	21	65
Basketball-Boys	Winter	14	12	12	38
Basketball-Girls	Winter	13	9	9	31
Competitive Stunt Cheer	Spring	21			21
Cross Country-Boys	Fall	31			31
Cross Country-Girls	Fall	19			19
Flag Football-Girls	Fall	17	19		36
Football-Boys	Fall	46	35	44	125
Football-Girls	Fall				0
Golf-Boys	Spring	11			11
Golf-Girls	Fall	11			11
Lacrosse - Boys	Spring	20	17		37
Lacrosse - Girls	Spring	19	18		37
Soccer-Boys	Winter	18	16	20	54
Soccer-Girls	Winter	20	20	16	56
Softball-Girls	Spring	17	10		27
Swim & Dive-Boys	Spring	15	11		26
Swim & Dive-Girls	Spring	15	16		31
Tennis-Boys	Spring	28			28
Tennis-Girls	Fall	25			25
Track & Field-Boys	Spring	84			84
Track & Field-Girls	Spring	46			46
Volleyball-Boys.	Spring	15	12	11	38
Volleyball-Girls.	Fall	11	11	7	29
Wrestling-Boys	Winter	14	24		38
Wrestling-Girls	Winter	2	5		7

	Varsity	JV	Frosh/Soph	Totals
Total Male Athletes	319	148	108	575
Total Female Athletes	236	89	32	357
<b>Grand Totals</b>				<b>932</b>

