

25/26 Athletic Participation Summary

The data below reflects the total number of players on a team roster on the official first day of competition.

School Name	Count of female athletes	Total count of female students in grades 4-12	% of athletic participation of 4th-12th grade female enrollment	Count of male athletes	Total count of male students in grades 4-12	% of athletic participation of 4th-12th grade male enrollment
American Lakes	71	157	45%	68	156	44%
Bannon Creek	49	144	34%	50	149	34%
H. Allen Hight Elementary	37	143	26%	46	168	27%
Heron	95	268	35%	115	301	38%
Inderkum High	383	1023	37%	434	1100	39%
Jefferson	65	182	36%	83	212	39%
Leroy Greene Academy	118	358	33%	130	390	33%
Natomas High	109	440	25%	195	562	35%
Natomas Middle	40	191	21%	46	224	20%
Natomas Park Elementary	59	135	44%	63	154	41%
Paso Verde	85	215	40%	114	252	45%
Two Rivers Elementary	32	82	39%	43	91	47%
Witter Ranch Elementary	29	105	28%	31	143	22%
Grand Total	1155	3548	34%	1404	4022	35%

Cross Country 7/8 Boys	9	1		5		4	5		17			41
Cross Country 7/8 CoEd					1							1
Flag Football 4/5 Boys		10										10
Flag Football 4th Boys	5		1		10				7	4		27
Flag Football 4th CoEd				13				11			5	29
Flag Football 5th Boys	6		14		7				15			42
Flag Football 5th CoEd				13				10		12	9	44
Flag Football 6th Boys	2				14				15			31
Flag Football 6th CoEd			10	10		12		6	16		5	59
Flag Football 7/8 Boys	10	10			14	15	12		17			78
Flag Football 7/8 CoEd				13								13
Soccer 4/5 Boys		2									13	15
Soccer 4th Boys	11			12	11			14	16	17		81
Soccer 5th Boys	8		1	15	14			11	17	15		81
Soccer 6th Boys	7	3	12	17	12	17		17	15		3	103
Soccer 7/8 Boys	14	15		17	13	16	14		22			111
Volleyball 4th Boys		1									1	2
Volleyball 4th CoEd		1						2		5		8
Volleyball 5th Boys											3	3
Volleyball 5th CoEd				3						1		4
Volleyball 6th CoEd				1								1
Volleyball 7/8 Boys												0
Volleyball 7/8 CoEd				4	3							7
Grand Total	103	68	76	182	178	94	46	117	249	89	66	1253

Elementary/Middle Girls Sports

Sport	ALS	BCS	HAH	HES	JFS	LGA	NMS	NPE	PVS	TRE	WRE	Total
Basketball 4/5 Boys		1										1
Basketball 4/5 Girls		2	11								9	22
Basketball 4th Girls	6			14	5			9	11	9		54
Basketball 5th Girls	4			10	4			10	8	5		41
Basketball 6th Girls	10	2	6	10	9	12		11	9		4	73
Basketball 7/8 Girls	8	7		10	12	13	11		12			62
Cross Country 4th CoEd								1				1
Cross Country 4th Girls	3	5		5	8				15	4	3	43
Cross Country 5th CoEd								7				7
Cross Country 5th Girls	2				7					2	2	13
Cross Country 6th CoEd								5			2	7
Cross Country 6th Girls		1		4	10	4						19
Cross Country 7/8 CoEd					6							6
Cross Country 7/8 Girls	8	1		8		3	3					23
Flag Football 4th CoEd				1				1			1	3
Flag Football 5th CoEd				1				1		2	1	5
Flag Football 6th CoEd				3				3	2		4	12
Flag Football 7/8 Girls	4	1				1	3		1			10
Soccer 4/5 Girls		6									7	13
Soccer 4th Girls	9		2	12	9			8	7	13		60
Soccer 5th Girls	13		11	9	11			19	12	13		88
Soccer 6th Girls	2		4	13	9	12		13	9		4	66
Soccer 7/8 Girls	11	10		9	16	14	12		12			84

Volleyball 4th CoEd		1		12				5		12		30
Volleyball 4th Girls	5	1	4		8				11		6	35
Volleyball 5th CoEd				10				11	10	6		37
Volleyball 5th Girls	13	8	10		7						13	51
Volleyball 6th CoEd			5	12		14		9	18		9	67
Volleyball 6th Girls	8	1			15							24
Volleyball 7/8 Girls									11			11
Volleyball 7/8 CoEd				8	9							17
Volleyball 7/8 Girls	17	22				13	11					63
Grand Total	123	69	53	151	145	86	40	113	148	66	65	1048

The tables below show the total number of students, by gender, participating in high school athletic programs. These numbers reflect students who participated in each sport. Some students participated in multiple sports, so these numbers will be higher than the total number of students reported in the summary table above.

High School Boys Sports

Sport	IHS	LGA	NHS	Total
Baseball 9th	11			11
Baseball JV	15			15
Baseball Varsity	17	21		38
Basketball 9th Boys	16		13	29
Basketball JV Boys	16		13	29
Basketball Varsity Boys	16	13	15	44
Cheer Varsity	1			1
Cross Country Boys	26		12	38
Cross Country Girls	13			13
Football 9th	47			47
Football JV	48		16	64
Football Varsity	50		27	77
Golf Boys	16	8	3	27
Soccer 9th Boys	27		28	55
Soccer JV Boys	19		22	41
Soccer Varsity Boys	22	21	21	64
Swim & Dive Boys	29		14	43
Tennis Boys	20			20
Tennis CoEd			6	6

Track & Field Boys	56		18	74
Volleyball 9th Boys	11			11
Volleyball 9th Girls	2			2
Volleyball JV Boys	13			13
Volleyball Varsity Boys	15	10	12	37
Volleyball Varsity Girls	4			4
Water Polo Boys	37			37
Wrestling Boys	34		17	51
Wrestling Girls	1			1
Grand Total	582	73	237	892

High School Girls Sports

Sport	IHS	LGA	NHS	Total
Basketball 9th Girls	9			9
Basketball JV Girls	11			11
Basketball Varsity Girls	18	13	14	45
Cheer 9th	18			18
Cheer JV	39			39
Cheer Varsity	42		9	51
Cross Country Boys	42			42
Cross Country Girls	42		12	54
Flag Football - High School	29		23	52
Flag Football HS Varsity Girls		17		17
Football Varsity			1	1

Golf Boys		2		2
Golf Girls	18			18
Soccer 9th Girls	23			23
Soccer JV Girls	22		11	33
Soccer Varsity Girls	21	20	16	57
Softball JV	16			16
Softball Varsity	14	18	14	46
Stunt Cheer Varsity	27			27
Swim & Dive Boys			1	1
Swim & Dive Girls	26		5	31
Tennis CoEd			9	9
Tennis Girls	30			30
Track & Field Boys			1	1
Track & Field Girls	34		7	41
Volleyball 9th Boys	3			3
Volleyball 9th Girls	11			11
Volleyball JV Boys	2			2
Volleyball JV Girls	9		10	19
Volleyball Varsity Boys	4			4
Volleyball Varsity Girls	12	17	13	42
Water Polo Girls	18			18
Wrestling Girls	12		11	23
Grand Total	552	87	157	796

In summary: In 25/26, the overall participation of female athletes increased by 1% to 34%, male athletes remained the same at 35%.

5 schools met the District goal of 38-40% overall participation: American Lakes (44.5%); Two Rivers (43%); Natomas Park (42.5%); Paso Verde (42.5%); and Inderkum (38%).

American Lakes had the largest overall % increase of both Girls and Boys for K-8's with a total of 45% of all girls (a 3% increase) and a total of 44% of all boys (a 5% increase).

Heron had the second largest % of Boys increase with a total of 38% (a 1% increase).

High Schools *(with an emphasis on increasing girls participation this year):*

Inderkum increased to 37% of girls, up 5%; **Natomas HS** held at 25% of girls and **Leroy Greene** held at 33% of girls (for 6-12th) but for 9-12th, Leroy Greene increased by 20 players, up 5%. Leroy Greene also increased to 33% of boys, up 2%.