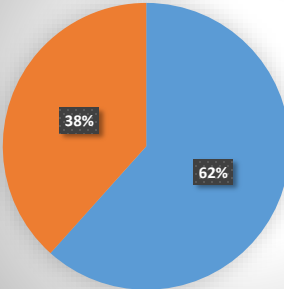
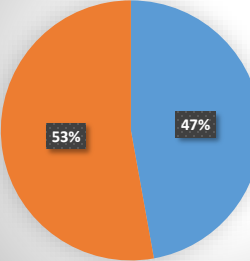
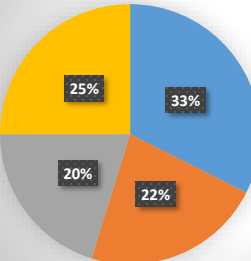


School Year	School Name	Clif Section	School City	Public or Private	Total Enrollment	Male Students	Female Students	Total Participants (male)	Total Participants (female)
2025-26	Vista del Lago High School	Sac-Joaquin	Folsom	Public	1862	980	882	604	416
Sport	Season	Varsity	JV	Frosh/Soph	Totals	Male Student-Athletes  ■ Total Participants (male) ■ Non-Participants (male)			
Baseball-Boys	Spring	23	23	22	68				
Basketball-Boys	Winter	15	13	13	41				
Basketball-Girls	Winter	14	9	9	32				
Competitive Stunt Cheer	Spring	30			30				
Cross Country-Boys	Fall	33			33				
Cross Country-Girls	Fall	18			18				
Flag Football-Girls	Fall	24	19		43				
Football-Boys	Fall	52	33	24	109				
Football-Girls	Fall								
Golf-Boys	Spring	9	13		22				
Golf-Girls	Fall	11			11				
Lacrosse - Boys	Spring	23	29		52				
Lacrosse - Girls	Spring	29			29				
Soccer-Boys	Winter	18	21	22	61				
Soccer-Girls	Winter	22	22	19	63				
Softball-Girls	Spring	19			19				
Swim & Dive-Boys	Spring	14	8		22				
Swim & Dive-Girls	Spring	19	15		34				
Tennis-Boys	Spring	30			30				
Tennis-Girls	Fall	30			30				
Track & Field-Boys	Spring	33	66		99				
Track & Field-Girls	Spring	21	48		69				
Volleyball-Boys.	Spring	15	14		29				
Volleyball-Girls.	Fall	14	11	11	36				
Wrestling-Boys	Winter	19	19		38				
Wrestling-Girls	Winter	2			2				
		Varsity	JV	Frosh/Soph	Totals	Female Student-Athletes  ■ Total Participants (female) ■ Non-participants (female)			
Total Male Athletes		284	239	81	604				
Total Female Athletes		253	124	39	416				
Grand Totals					1020				
						Total Student-Athletes  ■ Total Participants (male) ■ Total Participants (female) ■ Non-Participants (male) ■ Non-participants (female)			