

The Athletic Department mission commits us to the total education of young women by providing a comprehensive, fair and equitable athletic program for the school community in a caring, supportive environment. We strive to enrich the mental, physical and moral development of all students by integrating athletics into the school's educational program. We strive for excellence with these primary goals as our focus. We believe that championships, individual recognition and the ability to compete are desirable outgrowths of an educationally sound sports program but are secondary to our primary objectives.

QUICK FACTS

- Our Athletic programs emphasize the total education of the young woman by fostering team-building, self-discipline, and confidence on and off the courts, fields and pools.
- More than half of our students participate in one or more of the 12 sports and 27 teams available with most competing annually in CIF section, regional and state postseasons. In 2021-22 there are 535 registered student-athletes representing 56% of the total student body.
- SFHS student-athletes had a cumulative GPA of 3.65 in 2020-21 following two consecutive years winning the Sac-Joaquin Section Commissioner's Cup as the most successful girls sports program out of the section's 191 high schools.
- The Troubadours have combined to win three State Championships, 17 CIF Northern California Regional crowns and 97 Sac-Joaquin Section team titles, the highest girls championship total.
- There are 83 adult personnel within the program as coaches, sports ministers and administrative staff.



FALL SPORTS



- The **cross country** program offers three levels of competition for Troubies of all skills. Participation requires a commitment to regular practice and meet attendance but is non-cut. SF has won three consecutive Sac-Joaquin Section team titles and made seven consecutive State Championship appearances.
- The **golf** program fields a Varsity team that practices and plays at Haggin Oaks Golf Complex. The team competes annually for League, Section and CIF NorCal titles and is one of the most decorated in school history.
- St. Francis has a top-ranked **tennis** program that fields a Varsity team, playing and practicing at Rio del Oro Racquet Club. The Troubies have played in three consecutive CIF NorCal Regionals.
- Led by Section Hall of Fame Head Coach Alynn Wright, the **volleyball** program plays three levels each season highlighted by the Varsity program, along with JV and Freshman teams. Volleyball is annually among the top teams in the area and one of the most popular sports among students. St. Francis captured a state volleyball title in 2005 and played for one in 2012.
- **Water Polo** has both a Junior Varsity and Varsity level team and practices at both Jesuit and Rio Americano High Schools. St. Francis has made three consecutive Section finals in water polo.

WINTER SPORTS



- **Basketball** offers three competitive teams including a Varsity unit and two Junior Varsity teams. They practice in the Gymnasium and Armory and offer a limited schedule in the summer (June). Basketball is one of three teams at the school to win a state title and most recently played for the championship in 2014-15.
- **Soccer** is one of the most competitive rosters to make at St. Francis with Varsity and two JV teams fielded each season. The Varsity and JV Gold teams practice and play at Cristo Rey High School, while the JV Red team uses the school soccer field on campus. SF won the CIF NorCal Division II Championship in 2019, completing one of the top seasons in school history.

SPRING SPORTS



- Long-time **Diving** Coach Dede Crayne has coached the SF diving team for over 20 years. The team practices and competes at Capital Diving in Rio Linda.
- St. Francis is one of the few schools to offer **Lacrosse**, playing at both Varsity and JV levels. They practice at Cristo Rey High School and on campus. Games and practices are held at Mather Sports Complex.
- The **softball** program has a long history of success as a regional power under Kevin Warren and Al LoGiudice. The Troubies practice and play at the softball diamonds on campus.
- **Swimming** offers one of the most popular non-cut options in the spring with a team that has grown to among the largest in the state. St. Francis practices and competes at Jesuit with evening practices during the school week.
- **Track and Field** had one of the most successful seasons in school history in 2019, winning the Delta League and two Section titles and producing three representatives at the State Meet. St. Francis practices and competes at Jesuit High School.

SUMMER CAMPS

- St. Francis holds camps in the sports of basketball, lacrosse, softball, soccer (Youth & Elite) and volleyball. Most camps are welcome to 4th-9th grade (incoming) students. Soccer camps are available for 2nd-6th grade and 7th-12-grade.
- Week-long camps focus on sport fundamentals for beginners as well as developing skills for the more experienced athlete.
- Camps are run by the St. Francis Varsity coaches and staffed by current Troubie athletes.
- For more information on summer sports camps at St. Francis, please visit stfrancis.org/summer.

Follow all the St. Francis Athletics teams via our social media accounts:

FACEBOOK - @SFHS.Athletics

TWITTER - @SFHSSacSports

INSTAGRAM - @sfhstroubies

For more information on Athletics, please visit GoTroubies.com.