

Welcome To Folsom High Softball

HEAD COACH SHEENA JACKSON PHONE: 916-337-9110 EMAIL: sheenajackson9@UWALUMNI.com

SCHEDULE

Speed, agility, weight training will start after Winter Break

Tryouts for both Varsity and JV are held in January/February

Official practices will be held in February

Official season starts March 1st

Season goes until May, then playoffs if eligible.

Please contact the Head Coach if interested in playing this season or for more info.

Coach Sheena has been a player at the highest level and has coached softball for many years. She is currently coaching a travel ball team and we are lucky to have her skills and knowledge this coming season.

Folsom High Delta League Champions 2021-2022 season

Made playoffs 2022-2023 season