



2025 SFL Girls Volleyball Schedule

Start Times: 2 Gyms: Frosh and JV 5:30, Varsity 6:30

1 Gym: Frosh 4:40, JV 5:30, Varsity 6:30

Monday, September 8th	Wednesday, October 1st
Rocklin at St. Francis Del Oro at Whitney Davis at Folsom Oak Ridge at Granite Bay	St. Francis at Rocklin Whitney at Del Oro Folsom at Davis Granite Bay at Oak Ridge
Wednesday, September 10th	Monday, October 6th
St. Francis at Folsom Del Oro at Rocklin Whitney at Oak Ridge Granite Bay at Davis	Folsom at St. Francis Rocklin at Del Oro Oak Ridge at Whitney Davis at Granite Bay
Monday, September 15th	Wednesday, October 8th
Folsom at Rocklin Del Oro at Oak Ridge St. Francis at Granite Bay Davis at Whitney	Rocklin at Folsom Oak Ridge at Del Oro Granite Bay at St. Francis Whitney at Davis
Wednesday, September 17th	Monday, October 13th
Rocklin at Oak Ridge Granite Bay at Folsom Davis at Del Oro Whitney at St. Francis	Oak Ridge at Rocklin Folsom at Granite Bay Del Oro at Davis St. Francis at Whitney
Monday, September 22nd	Wednesday, October 15th
Rocklin at Granite Bay Oak Ridge at Davis Whitney at Folsom Del Oro at St. Francis	Granite Bay at Rocklin Davis at Oak Ridge Folsom at Whitney St. Francis at Del Oro
Wednesday, September 24th	Monday, October 20th
Davis at Rocklin Granite Bay at Whitney St. Francis at Oak Ridge Folsom at Del Oro	Rocklin at Davis Whitney at Granite Bay Oak Ridge at St. Francis Del Oro at Folsom
Monday, September 29th	Wednesday, October 22nd
Rocklin at Whitney Davis at St. Francis Del Oro at Granite Bay Oak Ridge at Folsom	Whitney at Rocklin St. Francis at Davis Granite Bay at Del Oro Folsom at Oak Ridge

League Rep: Cassidy Romig, Del Oro HS

Practice Begins: August 4th

1st Scrimmage: August 15th

1st Contest: August 22nd

Sit-Out Period: September 23rd

Last Contest: October 23rd

5/4/2025