

ATLANTIC COAST STINGRAYS

FALL 2024 ATHLETICS INFORMATION

- To participate in any ACHS sport, students must submit all necessary paperwork and be registered on www.registermyathlete.com/login/

- ACHS fields 28 varsity teams in the following sports: *JV teams also fielded

Fall (Aug – Nov)

Girls Bowling*
Boys Cross Country
Girls Cross Country
Boys Golf
Girls Golf
Football*
Boys Swimming & Diving
Girls Swimming & Diving
Girls Volleyball*

Winter (Oct – Feb)

Boys Basketball*
Girls Basketball*
Competitive Cheer*
Boys Soccer*
Girls Soccer*
Slow-Pitch Softball
Girls Weightlifting
Boys Wrestling
Girls Wrestling

Spring (Jan – May)

Baseball*
Beach Volleyball
Girls Flag Football*
Boys Lacrosse
Girls Lacrosse
Softball*
Boys Tennis
Girls Tennis
Boys Track & Field
Girls Track & Field

- Tryouts and participation information for Fall sports:** July 29th is the official beginning date for all high school sports, and the first date that schools can hold tryouts or begin practices. Some start dates may occur after the beginning of the school year. Coach contacts are available if necessary.

Football – Coach Durham durhams1@duvalschools.org

Voluntary football conditioning has already begun and occurs daily at 4:30 pm.
Practice/Tryouts begin July 29th. Roster cuts may occur during the first 2 weeks.

Volleyball – Coach Alipio coachjohn@jjva.com

Tryouts are July 29th through July 31st. Roster cuts will occur daily.
JV tryouts – 4:00 pm to 5:30 pm Varsity tryouts – 6:00 pm to 7:30 pm

Boys Golf – Coach Elliott elliottm@duvalschools.org

Tryouts are August 7th at 5:00 pm at Jacksonville Beach Golf Club
Students must contact Coach Elliott prior to 8/7 if they are planning to tryout.

Boys & Girls Swim – Coach Raichart raichartk@duvalschools.org

Coach Day dayc2@duvalschools.org

Tryouts and conditioning are August 7th, 8th, 14th and 15th. Times and location TBD.
Regular practice schedule begins August 19th. Times and location TBD

- The sports listed below will provide more information regarding start dates at a later date on the school website, morning news and social media. Coach contacts are available if necessary.

Girls Bowling – Coach Lakatos lakatoss@duvalschools.org

Girls Golf – Coach Edwards edwardsr1@duvalschools.org

Boys & Girls Cross Country – Coach Austin aaron@southpointcc.com

Athletic Director, Kelly Blount blounti@duvalschools.org
Asst. Athletic Director, Natalie Lee pereznl@duvalschools.org