



Mainland High School Sports Teams Contact Information

****Fall**Winter**Spring**

SPORT	SEASON	FIRST PRACTICE	COACH	E-MAIL
Director of Athletics	ALL		Terry Anthony	tanthony@volusia.k12.fl.us
Baseball	Spring	1/4/2027 ARM CARE 1/11/2027	Alvin Mallory	ABMallor@volusia.k12.fl.us
Basketball, Boys	Winter	10/26/2026	Joe Giddens	jcgidden@volusia.k12.fl.us
Basketball, Girls	Winter	10/26/2026	Zykia McNair	zmcnair@volusia.k12.fl.us
Bowling, Boys/Girls	Fall	7/27/2026	Joe Giddens	jcgidden@volusia.k12.fl.us
Competitive Cheerleading	Winter	10/12/2026	Jenece Giddens	Jcgidde1@volusia.k12.fl.us
Cross Country, Girls/Boys	Fall	7/27/2026	Arthur Mountcastle	ammountc@volusia.k12.fl.us
Flag Football, Girls	Spring	1/25/2027	Ethan Simpson	edsimpso@volusia.k12.fl.us
Football	Fall	7/27/2026	Jerrime Bell	jlbell1@volusia.k12.fl.us
Golf, Boys/Girls	Fall	7/27/2026		
Soccer, Boys	Winter	10/12/2026	Daniel Peralta	peraltadaniel@volusia.k12.fl.us
Soccer, Girls	Winter	10/12/2026	Daniel Guastavino	daguasta@volusia.k12.fl.us
Softball	Spring	1/4/2027 ARM CARE 1/11/2027	Christopher Fricke	crfricke@volusia.k12.fl.us
Swimming, Boys/Girls	Fall	7/27/2026	Carrie Van Tol	cavantol@volusia.k12.fl.us
Tennis, Boys/Girls	Spring	1/11/2027	Kelly McNair	kdmcnair@volusia.k12.fl.us
Track and Field	Spring	1/19/2026	Terry Anthony	tanthony@volusia.k12.fl.us
Volleyball	Fall	7/27/2026	Stephen Young	sayoung1@volusia.k12.fl.us
Weightlifting, Girls	Winter	9/28/2026	Damon Sansom	dssansom@volusia.k12.fl.us
Weightlifting, Boys	Spring	1/12/2026	Damon Sansom	dssansom@volusia.k12.fl.us
Wrestling, Girls	Winter	11/2/2026	Jeffrey Howard	jllhoward@volusia.k12.fl.us
Wrestling, Boys	Winter	11/9/2026	Jeffrey Howard	jllhoward@volusia.k12.fl.us
Athletic Trainer	ALL	ALL	Sara Escobar	sescobar@volusia.k12.fl.us

*****All FHSAA paperwork due by first practice date or off-season conditioning, no one is cleared to practice or participate until this process is complete.*****

*****Pay to Participate money due by first regular season contest date*****
(annual PTP: first sport- \$75, second sport -\$25 additional sports- n/c)

Athletic Eligibility

The student must be registered at Mainland High School prior to practice or participation in the desired sport. This includes students attending a charter, private or home school. FHSAA paperwork includes the following:

- EL12 Form: nonmember private school athlete
 - EL7 Form: registration form for home ed. student
 - verification of student registration with public school district home ed. office
 - high school record
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- Transfer students must complete FHSAA form GA4. This form must be turned in before the first practices or interscholastic competitions. Transfer students must provide a current transcript of their academic record.
 - The athlete must have a cumulative GPA of at least 2.0
 - Student athletes must attend school and receive grades for all courses taken during the previous two semesters.
 - A student is limited to four consecutive school years of high school athletic eligibility beginning with the year they started 9th grade for the first time.
 - **A student may not participate in athletics at the high school level, if he/she turns the age of 19 years, before July 1st, of the upcoming school year.**

All student-athletes MUST have proof of insurance before they can participate. Students who do not have family insurance can purchase insurance through the school. Go to schoolinsuranceofflorida.com.

If you have any questions concerning paperwork or school insurance, contact our Athletic Director, Terry Anthony at extension 54335 or tanthony@volusia.k12.fl.us.