

DANA HILLS FOOTBALL

SPRING PRACTICE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20-May 5th Period (1-6) Practice - 3pm-6pm	21-May 5th Period (1-3-5) Practice - 3pm-6pm	22-May No 5th Period (2-4-6) Practice - 3pm-6pm	23-May 5th Period (1-3-5) DL/OL Practice - 3pm-4:30pm Varsity 4-Way Passing Game 5pm at Huntington Beach Artesia Paramount	24-May No 5th Period (2-4-6) Practice - 3pm-6pm	25-May OFF	26-May Dolphin Dynasty Middle School Football Camp 3pm - 4:30pm
27-May No School OFF	28-May 5th Period (1-3-5) DL/OL Practice - 3pm-4:30pm Varsity 4-Way Passing Game 5pm at Ocean View HS Rancho Alamitos Santa Ana Valley	29-May No 5th Period (2-4-6) Practice - 3pm-6pm	30-May 5th Period (1-3-5) DL/OL Practice - 3pm-4:30pm Varsity/JV Passing Game 4pm at Dana Hills HS vs Santa Margarita Physicals 6pm-9pm - DHHS	31-May No 5th Period (2-4-6) Practice - 3pm-6pm	1-Jun Southwest Shootout Passing Tournament at San Juan Hills HS	2-Jun Dolphin Dynasty Middle School Football Camp 3pm - 4:30pm
3-Jun 5th Period (1-6) Practice - 3pm-6pm	4-Jun 5th Period (0-6) DL/OL Practice - 3pm-4:30pm Varsity/JV Passing Game 5pm at Laguna Beach HS	5-Jun No 5th Period (2-4-6) Zero Period Final Practice - 3pm-6pm	6-Jun 5th Period (1-3-5) Zero Period Final Practice - 3pm-6pm	7-Jun Finals - 1 & 4 Practice - 3pm-6pm	8-Jun Air Strike Passing Tournament at Dana Hills HS	9-Jun Dolphin Dynasty Middle School Football Camp 3pm - 4:30pm
10-Jun Finals - 3 & 5 5th Period No Practice	11-Jun Finals - 2 & 6 Graduation No Practice	12-Jun Practice - 3pm-6pm	13-Jun Practice - 3pm-6pm	14-Jun SDSU Passing Tournament at SDSU	15-Jun SDSU Passing Tournament at SDSU	16-Jun Dead Period Starts (6/16 to 7/7) Summer Camp Starts 7/8 (7/8 to 7/31) Dolphin Dynasty Dedication How Bad Do You Want It? Starts 8/5

DANA HILLS FOOTBALL SUMMER PRACTICE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm	9-Jul Freshmen - 1pm-3:30pm Varsity/JV - 4pm-6:30pm	10-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm Saddleback Linemen Competition	11-Jul Freshmen - 1pm-3:30pm Varsity/JV - 4pm-6:30pm	12-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm	13-Jul Dolphin Dynasty Youth Football Camp	14-Jul OFF
15-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm	16-Jul Freshmen - 1pm-3:30pm Varsity/JV - 4pm-6:30pm	17-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm Freshmen 4-Way Passing at San Clemente HS - 5pm Capistrano Valley Trabuco Hills	18-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm Varsity/JV Passing Game at - Dana Hills - 5pm vs Newport Harbor	19-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm	20-Jul Marine & DH Football Car Wash	21-Jul OFF
22-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm	23-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm Varsity/JV Passing Game at Tesoro - 5pm	24-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm Freshmen 4-Way Passing at San Clemente HS - 5pm El Toro San Juan Hills	25-Jul Freshmen - 1pm-3:30pm Varsity/JV - 4pm-6:30pm	26-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm	27-Jul Lift-A-Thon	28-Jul
29-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm	30-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm Varsity/JV Passing Game at Laguna Beach - 5pm	31-Jul Varsity/JV - 9am-11:30am Freshmen - 1pm-3:30pm Freshmen 4-Way Passing at Dana Hills HS - 5pm San Clemente Tesoro Laguna Beach	1-Aug OFF	2-Aug OFF	3-Aug OFF	4-Aug OFF Dolphin Dynasty Dedication How Bad Do You Want It? Starts 8/5

DANA HILLS FOOTBALL

DOLPHIN DYNASTY DEDICATION WEEK

FALL PRACTICE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-Aug Dolphin Dynasty Dedication How Bad Do You Want It? Varsity/JV - 4pm-6:30pm Freshmen - 1pm-3:30pm	6-Aug Dolphin Dynasty Dedication How Bad Do You Want It? Varsity/JV - 4pm-6:30pm Freshmen - 1pm-3:30pm	7-Aug Dolphin Dynasty Dedication How Bad Do You Want It? Varsity/JV - 4pm-6:30pm Freshmen - 1pm-3:30pm	8-Aug Dolphin Dynasty Dedication How Bad Do You Want It? Varsity/JV - 4pm-6:30pm Freshmen - 1pm-3:30pm	9-Aug Dolphin Dynasty Dedication How Bad Do You Want It? Varsity/JV - 4pm-6:30pm Freshmen - 1pm-3:30pm	10-Aug OFF	11-Aug OFF
12-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	13-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	14-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	15-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	16-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	17-Aug Varsity/JV: 10:00am-12:00pm "SCRIMMAGES" Freshmen: 4pm-5:30pm JV: 5:30pm-7:00pm Varsity: 7:00pm-8:30pm	18-Aug OFF
19-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	20-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	21-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	22-Aug Varsity/JV: 8:30am-11:00am Varsity/JV: 3:30pm-6:30pm Freshmen: 11:00am-1:30pm Freshmen: 3:00pm-6:00pm	23-Aug Varsity/JV: 8:30am-11:00am Freshmen: 11:30am-12:30pm Scrimmage vs Tesoro at DHHS Freshmen: 5pm Varsity/JV: 7pm	24-Aug Start of Game Week Game 1 - Trabuco Hills 8/30 - Freshmen HOME @ 3:15 pm 8/30 - JV AWAY @ 3:15pm 8/31 - Varsity HOME @ 7:00pm	25-Aug OFF