



DANA HILLS DOLPHINS FOOTBALL ACADEMY

The DH Dolphins Football Academy is a non-contact, skills-based camp led by current Dana Hills Football Coaches designed to give middle school athletes the football fundamentals needed to excel at the high school level. The hands-on instruction is specifically designed to prepare athletes for the transition to high school football, both athletically and socially.

"I prepare now, for someday my chance will come." - Abraham Lincoln

Lineman Training / 4 Vert Skill Camp

For Athletes Grades 7-8

**Mondays and Thursdays
6:00pm to 7:30pm**

**Session 1: Jan 14 to Feb 21
Session 2: Feb. 25 to Mar. 28
Session 3: Apr. 8 to May 2**

Location: DHHS Upper Field

Voluntary Cost: \$200 per session or \$20 per workout

**** Note: Additional cost for 7 on 7 tournament fees ****

STRENGTH & SPEED CAMP

For Athletes Grades 7-8

**Tuesdays and Wednesdays
6:00pm to 7:00pm**

**Session 1: Jan 15 to Feb 20
Session 2: Feb. 26 to Mar. 27
Session 3: Apr. 9 to May 1**

Location: DHHS Weight Room (304)

Voluntary Cost: \$200 per session or \$20 per workout

Register online at <https://www.dhfootball.com/speedclinic>

For more information, please contact: Brad Carter, Defensive Coordinator at bradcarter80@gmail.com

GO DANA!

NOTE: If you plan on attending DHHS and participating in football for the Fall of 2019, it is strongly recommended that you participate in the activities listed on this flyer. Participation does not guarantee playing time or position on the team.