



DEL NORTE ATHLETICS

Where We Were....: DNHS Athletics started in 2009 with approximately 600 athletes and most of all teams were in CIF San Diego Section Division III or IV. Our coaches did speed and weight training when they could with our athletes.

Where We Are.... Our school now has over 1600 athletes with 24 CIF Sanctioned Sports Teams. Of the 24 teams, DNHS has 21 teams in CIFSD Division I. Of the 21 teams that are Division 1, DNHS had more than 10 teams make the CIFSD Open Division (top 8 school teams in San Diego). The current elevated state of our athletic teams is a direct result of hard work and commitment from our student-athletes combined with the support of families and the local community. DNHS Athletics wants to provide all our athletes every opportunity and tools to elevate their athletic experience and truly believes that our vision and goals in providing the various strength and speed programs have done just that.

Nighthawk Strength & Conditioning Training: Our DNHS Athletic Strength & Conditioning program has been a vital and important part of the success we've experienced within our schools Athletic Department and Sports Teams. The S&C program is run by Nate Ross who is a Certified Strength & Conditioning Specialist. Our S&C program has proven to be extremely beneficial to our athlete's performance and success. Strength training has been proven to be a very effective tool for injury prevention for a variety of reasons. Strength training improves the strength of the muscles, tendons, and even the ligaments and bones. Stronger muscles and tendons help hold the body in proper alignment and protect the bones and joints when moving or under impact. We strongly encourage ALL Nighthawk Athletes to get involved and get stronger so they can continue to be involved and participate in their high school athletic journey.



Nighthawk Speed Training: DNHS Athletics in partnership with Spellman Speed Performance has introduced a new 12-month speed training program exclusively to Del Norte High School Athletes. This program is designed to model the professional and college speed programs that the Spellman Speed Performance Team conduct every day. Many of our athletic teams at DNHS have used the Spellman Speed Performance program and it has proven to greatly enhance and help the teams and athletes in reaching their individual and team goals and elevate them to another level. It is the expectation of the DNHS Athletics Department that ALL athletes and teams participate in this program with the In-Season (Spring) sports teams participating in at least one of the two workouts a week and the Off-Season (Fall & Winter) sports teams participating in two workouts per week. We encourage you to learn more about the Spellman Speed Performance program by visiting the following link <https://www.lesspellman.com/>. You can submit the \$40 fee at the link here, for 12 months of the program. It is less than \$1 a week! <https://gofan.co/app/events/913864?schoolId=CA71942>



Where We Will Be... It is our expectations that all our sports teams compete in the CIFSD Division I level with the goal of becoming a CIFSD Open Division team and compete at the California State playoffs. In addition to our Strength & Conditioning and Speed Training, we are hard at work to bring DNHS Athletics our Nighthawk Recovery Center and Fueling Stations.



Nighthawk Athletic Recovery Center (NARC): Del Norte High School Athletic Department is currently in the process of opening our athletic recovery center. DNHS has partnered with Therabody; the industry leader in muscle soreness recovery and relief of aches and pains incurred by the rigors of athletics. We currently utilize many different Therabody items to assist our athletes in the speedy recovery that allows them to continue to perform at their peak level. We will soon have a facility fully equipped with physical therapy tables, chairs and Therabody equipment that will provide our athletes an environment they can have daily access to that will support their recovery of muscle soreness, aches, and pains. The use of Therabody equipment will greatly help from aiding in preventing body aches and pains, reducing muscle tension in seconds, increasing mobility and range of motion, increasing blood flow to the area to reduce soreness, tightness, and pain, and can assist with accelerating the repair and growth of tissues. Our expectations are that all DNHS Athletes take advantage of our recovery center so that they can remain healthy and injury free which will allow them to continue to perform at the highest level and truly enjoy their high school athletic career. To learn more about the Therabody equipment, please visit <https://www.therabody.com/>

Flock Fuel Station: Del Norte Athletic Department in partnership with certified trainers and nutritionists is in the process of introducing the Flock Fueling Stations. Sports Fueling Stations Help Protect the Health and Nutrition of Student Athletes. Athletes are often up before dawn, or working hard in the evening, swimming laps, running, or lifting weights. Then there are classes, practices, and homework. This a demanding daily grind. In season, there are games, matches, or meets that bring hours of commitment. Finding time to eat healthily and getting enough nutrition to perform at an elite level is a challenge. “Fueling stations” or “fuel zones” have changed all that. Our fueling stations will offer grab-n-go items and meals that are high in protein and nutrients that are much needed to assist the athletes in performing at their highest level both in their sport and in the classroom. The Flock Fueling Stations will be located near the Nighthawk Performance Center and will provide convenient access to healthy food for athletes, maximizing their energy, performance, and recovery. They also help athletes balance time demands.

Inspiring passion and preparing DNHS athletes to be future focused and college ready: All these items are what is available for college athletes. We want our athletes to have the "college" experience, which will help them grow as athletes and to maximize their potential. With less injuries, nutrition, and sports psychology/mental health training, this will elevate our program to the next level.

It is an exciting time to be a Nighthawk!!!

