**Boys Lacrosse**

The Dana Hills boys lacrosse team only has three seniors, but it’s a group whose talent level excites coach Chris Iltis.

“It’s a young team, but it’s the best crew I’ve seen come through here in my five years at Dana Hills,” Iltis said. “The most experience group we’ve had for how young they are. We’re coming from cultivating our youth club team. A lot of these kids I’ve coached since sixth or seventh grade.”

The Dolphins will be led by a strong attacking unit up front including last year’s leading scorer, Tommy Ferry. Ferry is also a hockey player for the district Capistrano United team in the Anaheim Ducks high school league.

“We have a stronger attack unit than in years past,” Iltis said. “They have a strong lacrosse IQ. We have that tactical advantage of guys that know where to be and how to execute.”

Sam Martin is the offensive captain for Dana Hills. The Dolphins also have strong freshman contributors in Dylan Iltis and Ryan Allain.

Senior Grant Shobar is the senior team captain and holds down a strong defensive unit.

Dana Hills opens its league season at San Clemente on March 20.

The Dolphins are also hosting four “Friday Night Face-Off” games this season. Dana Hills beat San Juan Hills in the first of the four games on March 2. The Dolphins host Norco on March 9, University on March 16 and Crean Lutheran on April 20.

**Girls Lacrosse**

The Dana Hills girls lacrosse program is still trying to find its footing.

Dana Hills alum and former player Alejandra Moraga returns for her second season with the Dolphins. She will look to cultivate more success with a group coming off of a 2-13 season last year.

Seniors Gabby Ahad and Sydney Deinfoerfer lead Dana Hills from the midfield.

Dana Hills has already matched its win total from a year ago with victories over Murrieta Valley, 15-10 on March 1, and Valencia, 16-5 on March 5.

The Dolphins open league play at Capistrano Valley on March 27 and face one of the two teams they scored wins against last season at El Toro on March 29.

**Softball**

The Dana Hills softball team came tantalizingly close last season.

The Dolphins blazed through an undefeated league campaign to capture the league title and marched to the semifinals of the CIF-SS Division 2 playoffs. Dana Hills fell to Riverside Poly.

Luckily for the Dolphins, their main offensive contributors a year ago were all juniors and return for another run.

Seniors Jessie Nagel, Tori Sickmeier, Cozette Zoch and Cameron Cecil lead Dana Hills early in the season on offense. Nagel has four RBIs through four games, and Sickmeier and Zoch each have a home run.

Junior Terra Goetz and freshman Maddie Wood have stepped into the circle to lead the Dana Hills pitchers. Each has a win so far for the Dolphins.

Dana Hills begins its league title defense at home against Trabuco Hills on March 29.

**Boys Volleyball**

The Dana Hills boys volleyball thing is something that only comes with time: experience.

The Dolphins have plenty of youth with three sophomores in their starting line-up.

“It’s a very inexperienced team,” Dana Hills coach Oz Simmons said. “You can see that from our roster. It’s people that haven’t played together. It’s about getting them comfortable and getting players that aren’t used to this level used to this level.”

Simmons said there isn’t much he can do there to mimic a CIF game or give the kids more years under their belt, but the team is building chemistry and looks forward to the league season.

“I think it’s going to be a crazy, even league,” Simmons said. “Every team is very, very equal. I would absolutely surprised if someone went 8-0 in league. It’s going to be tough to do.”

Senior Trevor Weinert is the most experienced for the Dolphins as a three-year starter at middle blocker.

Dana Hills opens league play at home against Capistrano Valley on March 22.