SHANE DAY

TIGHT ENDS
COLLEGE: KANSAS STATE
NFL: 10TH SEASON
DOLPHINS: THIRD SEASON

Shane Day is in his third season with the Miami Dolphins after he was named tight ends coach on Jan. 12, 2016.

In 2017, Day helped Julius Thomas catch 41 passes for 388 yards (9.5 avg.) and three touchdowns. His three receiving touchdowns were third on the team.

In Day's first season with the team in 2016, the Dolphins had their most successful season since 2008, winning 10 games and earning a playoff berth. The team won nine of its final 11 contests. During that span, the team was third in the NFL in rushing (132.9 yards per game) and tied for third with 13 sacks allowed. Despite losing starter Jordan Cameron to injury in Week 3, Day prepared Dion Sims to have one of the best seasons of his career. Sims started 11 games and set career highs with 26 receptions and four receiving touchdowns and had a single-game career high with five receptions in the AFC Wild Card game at Pittsburgh (1/8/17). Tight end MarQueis Gray also had the best season of his career, setting career highs with seven starts, 14 receptions and 174 receiving yards.

Day came to Miami after two seasons as the assistant offensive line coach (2014-15) with the Washington Redskins.

The Redskins ranked No. 10 in the NFL with 24.3 points per game and No. 6 with 7.0 yards per pass attempt in 2015. Day helped the offensive line allow just 27 sacks, the fifth-best mark in the league. Washington won the NFC East for the second time since 1999 with a nine-win campaign. Tackle Trent Williams earned his fourth-consecutive Pro Bowl selection and was named to the Associated Press All-Pro second team for the first time in his career. In 2014, running back Alfred Morris rushed for 1,074 yards, his third-consecutive 1,000-yard season. The passing attack gained 6.7 yards per attempt, the eighth-best mark in the NFL. Williams earned another Pro Bowl selection, the third of his career.

Prior to Washington, Day was the quarterbacks coach at Connecticut for two seasons (2012-13). In 2013, he took over play-calling duties after an 0-9 start and helped the Huskies close the season on a three-game winning streak as the team passed for seven touchdowns and only one interception.

Day coached quarterbacks for the Chicago Bears from 2010-11. In his first season, Day helped quarterback Jay Cutler post the second-highest passer rating (86.3) at that point of his career as an NFL starter. The Bears went 11-5 and won the NFC North, advancing to the NFC Championship game that season.

Day also spent three seasons on the offensive staff with the San Francisco 49ers (2007-09) as an offensive quality control coach. He worked with the team's quarterbacks in 2007, running backs in 2008 and offensive line in 2009. During Day's stint in San Francisco, running back Frank Gore gained 3,258 rushing yards, the fifth-most in the NFL in that three-year span.

From 2005-06, Day served as an offensive quality control coach at Michigan, where he worked with the quarterbacks. The Wolverines earned a berth to the 2007 Rose Bowl following the 2006 season.

Day began coaching at Auburn Riverside High School in Auburn, Wash., where he spent one season coaching the wide receivers (2001) and three years coaching the quarterbacks (2002-04). He also served as offensive coordinator for two seasons (2003-04).

A wide receiver at Rhode College in Memphis, Tennessee, Day was a two-sport athlete, also playing baseball. He graduated from Kansas State in 1999 with a degree in English. He and his wife, Christie, have a daughter, Vivienne.

SHANE DAY'S COACHING CAREER

2001-04	Auburn Riverside HS (Auburn, Wash.)	Wide Receivers (2001)
		Quarterbacks Coach (2002)
		Quarterbacks and Offensive Coordinator (2003-04)
2005-06	Michigan	Offensive Quality Control
2007-09	San Francisco 49ers	Offensive Quality Control
2010-11	Chicago Bears	Quarterbacks
2012-13	Connecticut	Quarterbacks
2014-15	Washington Redskins	Assistant Offensive Line
2016-present	Miami Dolphins	Tight Ends