

# NCAC Summer Sports Camp

**Tennis**



**Session 1:**  
**June 26 - June 30**

**Session 2:**  
**July 3 - July 7**

**Session 3:**  
**July 10 - July 14**

**Session 4:**  
**July 17 - July 21**

**Session 5:**  
**July 24 - July 28**

**CrossFit**



**Volleyball**



Sessions 2 & 4

**Floor Hockey**



Session 1

**Dance**



Sessions 3 & 5

## Ages 4 - 8

Sports Combo: Monday - Friday 8 a.m. - 11 a.m. \$139 member / \$149

Single Sport: Tennis 8 a.m. / Session sport 9:15 a.m. / CrossFit 9:45 a.m. \$85

## Ages 9 - 13

Sports Combo: Monday - Friday 9 a.m. - 12 p.m. \$139 member / \$149

Single Sport: Tennis 9 a.m. / Session sport 10:15 a.m. / CrossFit 10:45 a.m. \$85

## High School

Sports Combo: Monday - Friday 8:30 a.m. - 12 p.m. \$149 member / \$159

Tennis only: Monday - Friday 10 a.m. - 12 p.m. \$139 member / \$149

CrossFit only 8:30 a.m. - 9:30 Tuesday - Thursday. Cost \$45

Call (509) 826-5552 or email [mark@themilners.com](mailto:mark@themilners.com) to register

# Coaches:

**Mark Milner** - Owner and manager of NCAC. Mark is a certified instructor for both tennis and CrossFit. Mark has coached kids for over 25 years, he has helped many athletes play collegiately and some have moved on to make a career out of tennis.

**Tyler Christensen** - A Level 1 CrossFit instructor. He's currently coaching Kids' CrossFit and adult CrossFit NCAC classes. Tyler is also Omak High School's Powerlifting coach.

**Kara Thornton**—A Level 1 CrossFit instructor. A long time NCAC member and coach. Kara is a teacher for Omak Schools and loves to teach kids how to be healthy. She's currently coaching NCAC Kids' CrossFit.

**Riley Howell** - A Laurie Fraley Wilson School of Dance instructor who teaches Jazz, Hip-Hop routines, and combos which will work wonderful for both boys and girls.

**Mike Kleckner** - Hockey instructor. Mike is a Level 3 Coach for USA Hockey and currently coaches winter hockey in Winthrop and Osoyoos, BC.

**Mike Gariano** - Volleyball instructor. He has coached volleyball for over 30 years. Mike has experience coaching mechanics to kindergarten and collegiate athletes through USAV Club Volleyball and at Okanogan High School.

**Grace and Isaac Milner** - Both current Silverton High School standout players in Oregon and NCAC tennis instructors for the last several years.



568 Pine Street, Omak WA 98841

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Call Today!