

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 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!