

SIDNEY NICHOLS



"Sidney Nichols has made major improvements in her strength, work ethic, and abilities both mentally and physically. She is an instrumental part of our team. She has really embraced the importance of team unity and has risen above what I want to see as a team captain. She has worked really hard this season to always be pushing to do better and encourages her teammates this way also. She is also one of our leading players in kills and serves. All around, she is a big asset to our team!"

-Shannon O'Dell
HS Head Volleyball Coach

SEPTEMBER 2019
STUDENT ATHLETE OF THE MONTH

EVAN PORTER



"Evan Porter has come a long way since I started coaching him in cross country in 6th grade, both physically and mentally as a cross country runner. This season his teammates voted him as one of their team captains and he is successfully helping to lead the boys cross country team by example. He frequently gives advice to younger runners on the team and has a caring attitude. He has trained very hard over the last year and is consistently one of Omak's top two runners this season."

-Sean Kato
HS Head Cross Country Coach

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