

Newsletter June 2009

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Hours

- May 4–October 4
- Monday–Friday • 6am–9pm
- Saturday • 8am–6pm
- Sunday • Closed

Closures

- Independence Day*
Saturday, July 4
- Hall Of Fame Induction*
Saturday–Monday, July 25–27
- Repair Week*
Monday–Sunday,
August 31–September 6
- Labor Day*
Monday, September 7

Contact Us

- Phone • (607) 547-2800
- Fax • (607) 547-4100
- www.clarksportscenter.com



Angelo Pugliese Free Bowling Day
February 25, 2009

Monster Bench Press Competition Results

Our annual bench press competition, Monster Bench, was held on Saturday, March 7th.

27 lifters participated in the event. The competitions' mens shirted overall winner, Richard Putnam, lifted an astounding 700 pounds. The overall mens non-shirted winner was Brandon McEwan, who was able to lift 440 pounds. Kathy Shults was the womens overall winner, lifting 120 pounds. More photos from the event can be found on page 7 of this newsletter.



Overall Mens Raw

Place	Name	Weight	Shirt
1	Brandon McEwan	440 lbs.	No

Overall Mens Shirt

Place	Name	Weight	Shirt
1	Richard Putnam	700 lbs.	Yes

Overall Womens

Place	Name	Weight	Shirt
1	Kathy Shults	120 lbs.	No

Youth • Open Age & Weight Class

Place	Name	Weight	Shirt
1	Nicholas Paternaster	90 lbs.	No
2	Jordan Byrnes	40 lbs.	No
3	Kevin McEwan	35 lbs.	No

Mens • 14–34 Yrs. & 149–165 Lbs.

Place	Name	Weight	Shirt
1	Eric Haley	265 lbs.	No
2	Daniel Gerardi	225 lbs.	No
3	Robert Dussault	175 lbs.	Yes

Mens • 14–34 Yrs. & 199–220 Lbs.

Place	Name	Weight	Shirt
1	Rusty Lewis	505 lbs.	Yes
2	Jesse Torruella	315 lbs.	No

Mens • 14–34 Yrs. & 221–242 Lbs.

Place	Name	Weight	Shirt
1	Dan Senif	240 lbs.	No

Mens • 14–34 Yrs. & Over 275 Lbs.

Place	Name	Weight	Shirt
1	Andy Jones	280 lbs.	No

Mens • 35–49 Yrs. & 133–148 Lbs.

Place	Name	Weight	Shirt
1	Chris Byrnes	400 lbs.	Yes

Mens • 35–49 Yrs. & 166–181 Lbs.

Place	Name	Weight	Shirt
1	Tom Harris	315 lbs.	No

Mens • 35–49 Yrs. & 182–198 Lbs.

Place	Name	Weight	Shirt
1	Steve Dussault	520 lbs.	Yes

Mens • 35–49 Yrs. & 243–275 Lbs.

Place	Name	Weight	Shirt
1	Steve Antczak	405 lbs.	No

Mens • Over 50 Yrs. & 149–165 Lbs.

Place	Name	Weight	Shirt
1	Brig Seaver	185 lbs.	No

Mens • Over 50 Yrs. & 166–181 Lbs.

Place	Name	Weight	Shirt
1	Mike Coccoma	240 lbs.	No

Mens • Over 50 Yrs. & 199–220 Lbs.

Place	Name	Weight	Shirt
1	George Woodbury	240 lbs.	No

Mens • Over 50 Yrs. & 243–275 Lbs.

Place	Name	Weight	Shirt
1	Alfred Kirby	305 lbs.	No
2	Vaughn Malfeld	220 lbs.	No

Womens • 35–49 Yrs. & 131–160 Lbs.

Place	Name	Weight	Shirt
1	Elizabeth Lesko	125 lbs.	No
2	Mary Douglas	115 lbs.	No
3	Terri Korba	100 lbs.	No
4	Victoria Pressly	100 lbs.	No

Womens • Over 50 Yrs. & 133–148 Lbs.

Place	Name	Weight	Shirt
1	Julie Tirrell	85 lbs.	No

Upcoming Programs

June Programs

Little Falls Rock Climbing • Tuesday, June 2. Leave the Sports Center at 3:30pm and return at 7:00pm. Free for members.

Shanty Cliff Rock Climbing • Saturday, June 6. Meet at the Sports Center at 7:00am and leave shortly afterward. \$25 for members.

Moving Up Night • Saturday, June 6, 6:00–8:30pm. To congratulate and celebrate all of the hard working 4th and 5th graders moving to 5th and 6th grade, we are giving them a night at the Sports Center pool all to themselves. Come out and enjoy music, snacks and beverages! Free for members.

Kids Triathlon Race • Saturday, June 6 at 10:00am. Forty one youth have been practicing swimming, biking, running, and transition skills since April in anticipation of our annual race. The triathlon begins and ends at the Sports Center, and each participants distance varies with age. The pool will be closed 9:30–11:00am on day of the race. All are welcome to watch and cheer on the youth athletes!

Summer Swim Team • Practices for the summer season will be held 4:00–5:00pm on Tuesdays, Wednesdays, and Thursdays, June 16 to August 6 (no practice July 14–16). The team is open to youth with previous competitive experience and who are registered with USA Swimming.

July Programs

Outdoor Community Ropes Course
Wednesday, July 22, 5:00pm.
\$15 for members.

August Programs

Outdoor Community Ropes Course • Wednesday, August 12, 5:00pm. \$15 for members.

Registration Is Still Available For Member Youth Summer Swim Lessons!

Levels 1–6 • Lessons for youth will be offered this summer Monday through Friday, June 29–August 7, for Levels 1 through 6. All swim lessons are at 11:15 to 11:55am. Call 547-2800 to sign up.

Preschool Levels • Preschool swim lessons are for youth ages 16 months to 4 years old (if your child is enrolled in kindergarten, they are no longer preschoolers), and require registration by calling us at 547-2800. Each level will have two instructors.

16–35 months (8:1 child to instructor ratio):

Tuesdays • 11:15–11:45am

3 years old (5:1 child to instructor ratio):

Wednesdays • 11:15–11:45am

4 years old (5:1 child to instructor ratio):

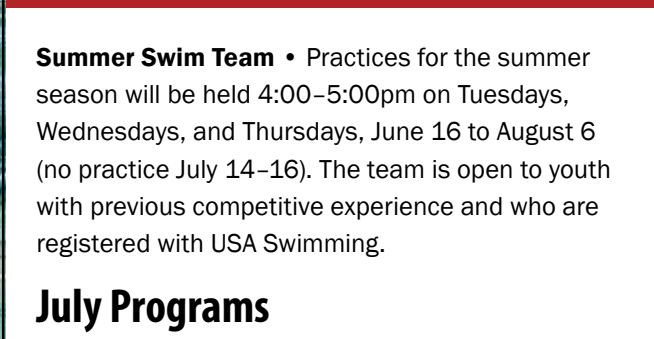
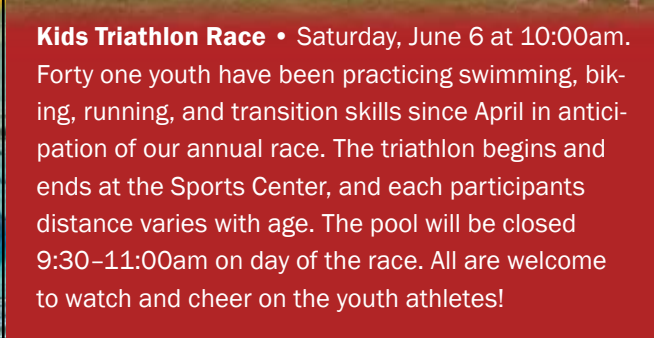
Thursdays • 11:15–11:45am

Summer Recreation Swim Lessons

The Sports Center is proud to be able to support several of the surrounding communities by providing swim lessons and water safety information to their youth recreation participants. The Aquatics Department instructs 200 children per day, with about half achieving skills to pass one level during their six week period. It is our goal to ensure that every child learns to swim and have the knowledge to be safe in and around water. The summer recreation swim lessons run June 29 to August 7. During this time, the morning adult swim time will be 6:00 to 8:45am. Adult swim will begin again at 12:15pm.

Group Pool Rentals

Are you looking for a place to have a birthday party or do you have a large group looking for something to do? Use our pool area! The pool will be available from 6:00 to 8:00pm Saturday evenings throughout the summer. Your group will have exclusive use of the pool only (no other areas of the Sports Center will be open). We will provide tables, chairs, music, floats, and two lifeguards. You will provide refreshments and waiver forms. Groups can be a maximum of 30 participants, with a ratio of one adult for every 8 school age children. Reservations must be made at least two weeks in advance. The cost is \$150 for two hours, with a non-refundable \$25 deposit required at the time of your booking. Any member making a reservation will receive a \$25 credit on your next membership bill. We only have nine Saturdays available, so call and make a reservation now! Dates available: July 11 and 18; August 1, 8, and 15; September 12, 19, and 26; October 3.



Summer Camps

There is still time to sign up for our Summer Camps! Don't wait—most of our camps are close to being filled! Stop by the Main Desk or call us at 547-2800 to sign up for a camp. Camp descriptions and camp registration forms can be downloaded online at www.clarksportscenter.com/summercamps/ or picked up in the Main Lobby area. The following is a list of Adventure and Sports Camps still available as of June 1 (call for the most up to date list):

Adventure Camps

Awesome Adventures • Extra Awesome Adventures • Kayak Paddling • Peterkill Rock Climbing • Rumney, NH Rock Climbing • Storytelling • Science • 3-Day Beginner Rock Climbing

Sports Camps

Baseball • Bowling • Boys & Girls Basketball • Cheerleading • Competitive Swim • Diving • Gymnastics • Intermediate Soccer • Soccer Training • Super Juniors Soccer • Tennis • Volleyball

Adventure News



Summer Adventure Programs

Our schedule is filling up fast! We offer a variety of outdoor programs on the Sports Center grounds and organized trips around the Northeast. Our high and low ropes challenge courses are perfect team building opportunities for your organization or youth group, and can be tailored to fit any age or skill level. Call us at 547-2800 to book your adventure today!



Aquatics News

Sharks Swim Team Awards

On April 3, awards were presented to members of our Sharks Swim Team. Each swimmer received a participation patch with a print out of their performances for the season. Lindsay Harloff received the award for rookie female of the team. Eden Griger and Luke Zenir were presented with the outstanding female and male swimmer trophies, and have their names engraved on the plaque that resides in the Sports Center trophy case.

Long Distance Swims Complete

Janet Ratliff, Anne Webster, Pati Grady, and Ed McDaniel completed the 100 mile adult long distance swim along the southern coast of France this winter in the pool. Isabella Penola and Elizabeth Russo completed the 21 mile swim—the length of several local lakes—for the youth long distance swim.

Junior Guards

Lindsey Bailey and Aaron Saxer have been working with a group of youth and introducing them to the “world of lifeguarding”—the skills and responsibilities needed to make a good lifeguard. The Junior Guards have been meeting once a week since April.

Farewell, Aaron!

Our Assistant Aquatics Director, Aaron Saxer, left the Sports Center at the end of May to pursue a career as an EMT. Aaron started working in the Aquatics Department part-time as a lifeguard in October of 2004, and became Assistant Aquatics Director in November of 2007. We will miss you, Aaron!



Special Recreation Swim

On Monday, July 13, the Junior Livestock Show participants will be using the pool 6:00–9:00pm for their annual pool party. Open swim will be very busy on that date, and there will be no lanes available for lap swimming.

Athletics News

Youth Dodgeball League Champions



3rd & 4th Grade Champions • Top, left to right: Tyler Bertram, Luke Nolan, Mikey Hage; Bottom, left to right: Will Harloff, Lakeisha Barletta, Casey Carr, Keatan Tsouvas



5th & 6th Grade Champions • Top, left to right: Scott Segit, Steve Caturano, Jack Donnelly, Schuyler Taylor, Olivia Phillips; Bottom, left to right: Josh Rumberger, Ryan McGuire, Peter "Provolone" Buchanon, Kristen Ratliff

Travel Basketball Award Winners



Boys Travel Basketball Award Winners

Left to right: Johnny Hage, Grant Davine, Jack Donnelly, Steve Caturano, Michael Perrino, Reiley Hall



Girls Travel Basketball Award Winners

Left to right: Alisa Davine, Caroline Gozigan, Liz Millea, Katie Kleban, Addy Lawson, Isabella Penola, Ciara McGoldrick

Youth Girls Intramural Basketball League Champions



Girls Intramural Basketball • 3rd and 4th Grade

Left to right: Paige Cring, Lydia Williams, Alisa Davine, Margaret Harmon, Nicole Idelson; Absent: Fiona McGoldrick



Girls Intramural Basketball • 5th and 6th Grade

Top, left to right: Caroline Gozigan, Katie Kleban, Krista Curprier; Bottom, left to right: Liz Millea, Sara Bowen, Carson Haney

Adult Monday and Wednesday Softball League Standings

Monday Night

1st: American Legion (4-0)
2nd: Bello Electric (2-2)
3rd: Gym Team (2-2)
4th: Shockers (0-4)

Wednesday Night

1st: Springfield Tractor (5-0)
2nd: Chico's Bail Bonds (4-1)
3rd: Snyders Builders (3-2)
4th: Ommegang/Inn At Cooperstown (3-2)

Athletics News Continued

Adult League Champions



Fast Break Playoff Basketball Champs • Today's
 Front, L to R: Matt Miller, Kris Connolly, Doug Lifgren, John Purcell; Back, L to R: Tim Osterhoudt, Tim McGraw, Doshea Gordon, Walker Herman



Slow Break Playoff Basketball Champs • Leatherstocking
 Front, L to R: Reid Nagelschmidt, Joe Dimauro, Doug Lifgren; Back, L to R: John Lambert, Dave Bertram, Phil Lewis, John Dewey, Matt Cring



Mens 50+ Basketball Playoff Champs • Team #1
 Front, L to R: Bill Gibson, Kim Stockwell, Dave Kent
 Back, L to R: Tom Hohensee, Mike Pikarsky, Mike Power



Volleyball Playoff Champs • Cooley's
 Front, L to R: Liane Hirabayshi, Sam Carr; Back, L to R: Jason Schiellack, Matt Aldrich, John Bobnick, Tom Shieber



Dodgeball Playoff Champs • The Stingers
 Front, L to R: Dee Crowell, Lindsay Hayes; Back, L to R: Dan Degner, Doug Gable, Matt Aldrich, Brett Pikarsky, Scott Whiteman, Dan Crowell;
 Absent: Buddy Lippitt



Winter Futsal Playoff Champs • The Troopers
 Front, L to R: Summer Farina, Liz Cook, Nicole Miller, Dana Harwood
 Back, L to R: Jon Cook, Al Garcia, George Goolin, Joe Valentine, Will Trask, Walt Schliermann



Bowling News

Adult & Youth League Champions



Monday Night Mens League
Left to right: Trevor Hayes, Mike Kenney,
Tom Steele, Jerry Harry



Tuesday Night Womens League
Left to right: Deanie Lord-Morey, Gail McShane,
Arleen Clark, Sharon Curcio



Wednesday Night Mens League
Left to right: Mike Ainslie, Ken Ainslie,
Ray Bennett, Jr., Dave Chase, Sr.



Thursday Afternoon Womens League
Left to right: Marion Madison,
Mary Durso, Eileen Barown



Elementary & Middle School League • Reiley Hall
High Series (536), High Average (144), and High Game (208)



Elementary & Middle School League • 1st Place
Left to right: Teddy Trosset, Daniel Francis, Anthony Birch



Summer Bowling League

League play will begin June 2 and end August 4. League meets on Tuesday nights, 6:15 to 8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members and \$7 for non-members. For more information and to sign up, contact Barry Gray by calling 547-2800.

Health & Fitness News

Group Fitness Class Schedule

The current class schedule runs through July 3. Schedules can be downloaded at www.clarksports-center.com or hard copies can be picked up at the Fitness Center Desk. Look for the Summer Group Fitness Schedule to appear by the end of June!

Healthy Lifestyle Fitness Camp

This summer, The Clark Sports Center will be offering a Healthy Lifestyle Fitness Camp. The camp will be devoted to educating youth and their families about the importance of healthy living. This camp will provide children a fun and engaging environment to learn about nutrition and physical fitness. The size of the camp is limited and will include both boys and girls ages 10-14. From June 29-August 13, the camp will meet Monday through Friday from 9:00am-3:00pm. The camp will be offered free to members, but an application and interview process will be conducted prior to the start of the program. Not all applicants will be selected. For more information, please contact Rich Jantzi in the Health, Fitness & Racquets Department, Scott Whiteman in the Athletics Department or Brenda Wedderspoon-Gray in the Aquatics Department.



Vis Vires Strongman Competition

2nd Annual • 12:00pm, Saturday, August 22

Two new events and a new police/fire/military class will be added to this years competition. Returning events include the Pole Press, Tire Flip, Keg Carry, and the Tire Throw. For details on practice nights, call Doug McCoy at 547-2800. Look for registration forms to appear at the Sports Center soon!



Racquets News

Racquetball & Squash Champions



Mens Squash
Mark Rathbun



Womens Squash "A"
Maureen Kuhn



Mens Racquetball Club
Tom Hohensee



Womens Racquetball Club
Karen Spink



Womens Wednesday Tennis Standings

"A" Tennis

- 1st: Sheri Holohan
- 2nd: Gwen Snyder
- 3rd: Amy Porter

"B One" Tennis

- 1st: Nalini Hage
- 2nd: Rose McCabe
- 3rd: Maureen Heroux

"B Two" Tennis

- 1st: Deb Dalton
- 2nd: Melissa Freeman
- 3rd: Kim Jastremski

The next Womens Wednesday Doubles Tennis League will start July 8 and run to August 26. Look for sign ups to begin at the end of June. For more information, contact Amy Porter by calling 547-2800.

What's Inside:

Winter League Champions
Upcoming Summer Programs
Winter Photos



Contact Us

Phone: (607) 547-2800 • Fax: (607) 547-4100 • www.clarksportscenter.com

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