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Hours

December 1–May 3
Monday–Friday • 6am–9:30pm
(Pool closes at 9pm)
Saturday • 8am–9pm
Sunday • 9am–6pm
(Adults only 9am–1pm)

Closures

CSC Christmas Party
Closed at 6:00pm on
Tuesday, December 23

Christmas Eve Day
Wednesday, December 24

Christmas Day
Thursday, December 25

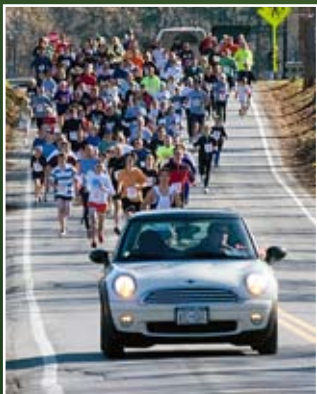
New Years Eve Day
Wednesday, December 31

New Years Day
Thursday, January 1

Easter Day
Sunday, April 12

Contact Us

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



Coop Loop 8 • November 2, 2008

Connie Herzig Honored With 2008 Fetterman Award

This year's Fetterman Award was presented to Connie Herzig during a formal luncheon at the Otesaga Hotel on Monday, November 3. Over 70 family, friends, and past recipients, gathered in the Fenimore Room to celebrate Connie's achievements and her contributions to the Cooperstown athletic community.

Committee members announced her award nomination at the Elementary school's "Friday Finale." Connie received a roaring applause from the crowd of students and colleagues.

During the award ceremony, Connie displayed her collection of shirts she has collected over the years as Cooperstown Elementary's physical education teacher and girls track and field coach. Many shirts displayed slogans that emphasize her positive teaching philosophies.

Past Fetterman Award winner Don Howard (1999) wrote a touching letter to Connie that was read by Jane Clark during the ceremony. Don highlighted Connie's coaching abilities, her love for teaching, and the examples she sets as a role model to youth she coaches. Connie coached track and field along side Don for 17 years.

Connie also started the Red Hot Ropers program in 1992 (formerly Redskin Ropers), a jump roping program that meets several times a week to keeps kids active during the winter months.

The Clark Sports Center congratulates Connie and her family on her many achievements and thanks her for her dedication to coaching and Cooperstown athletics!

Past Fetterman Award Winners • 2007: Bob Snyder; **2006:** Dave Adsit; **2005:** Mr. Terry Bliss; **2004:** Ted Spencer; **2003:** Frank Miosek; **2002:** Sharky Nagelschmidt; **2001:** Pat & Ed Hazzard; **2000:** Dick White; **1999:** Don Howard; **1997/1998:** Jerry Townsend; **1996:** Malcolm Brooks; **1995:** Ted Kantorowski; **1994:** Jack Vineyard; **1993:** Lavern "Beanie" Ainslie.



Top: Connie Herzig and Jane Clark at the award ceremony.
Middle: Committee members with Connie at CCS.
Bottom: Connie speaks at Friday Finale assembly after her nomination announcement.

Gift Certificates

Struggling to find a practical gift that your special someone will actually use? Give them a Clark Sports Center gift certificate! Certificates are available for one month, 90 day, and annual memberships. Visit the Main Desk for more information.

College Students

College students who are home during winter break and are currently on an active family membership can add the Fitness Center for just \$25, or can purchase a one month membership with the Fitness Center for just \$55! Students must show a valid college ID.

7 Day Passes

Do you have family home for the holidays? Our 7 Day Passes are perfect for visiting family and relatives: they cost 25% less than regular day passes and they never expire! Inquire at the Main Desk.

Upcoming Programs

December Programs

Preschool Christmas Party • Sharky's annual Preschool Christmas Party will be held on Thursday, December 18, 9:30–11:00am. Please bring a snack to share. Punch will be provided by the Sports Center. Don't forget: Santa arrives at 10:00am!

Family Wellness Lecture Series • December 3, 7:00pm, in the Conference Room. "Family Fitness & Body Composition Testing." Earn money off of your membership by attending! Free for members and non-members.

Movie Night In The Pool • December 13 (*Happy Feet*) and 27 (*Alvin & The Chipmunks*), starts at 7:00pm. \$2 members, \$4 non-members.

Friday Float Night • December 19, 7:00–8:30pm. Bring our own floats or use ours! Free for members.

January Programs

Pound By Pound • Sign up for our 5th annual Pound By Pound program by weighing in at the Fitness Center Desk starting January 2. Last day to weigh-in is Monday, January 19. Use the next three months to have fun, exercise, get healthy, lose some pounds and receive credit on your next membership bill! Final weigh-ins start April 6 and end April 20. New this year! Have your body fat measured when you weigh-in and receive a \$5 credit for every percentage dropped or receive a \$2 credit for every pound lost (whichever is greater). Pound By Pound perks include free fitness classes, giveaways, and a member raffle. Last year we had 79 participants lose an average of 8.9 pounds with our biggest loser weighing in at 40.8 pounds lighter! Take the weight off the way you put it on: Pound By Pound!

Movie Night In The Pool • January 10 (*Ice Age*) and 24 (*Ice Age: The Meltdown*), starts at 7:00pm. \$2 members, \$4 non-members.

Family Wellness Lecture Series • January 7, 7:00pm, in the Conference Room. "Myths & Facts On Diet & Exercise." Learn about healthy eating habits. Earn money off of your membership by attending! Free for members and non-members.

Friday Float Night • January 16, 7:00–8:30pm. Bring your own floats or use ours! Free for members.

Middle School Swim Night • January 16, 9:00–10:30pm. Youth in grades 6, 7, and 8 can enjoy snacks, watch movies, and have fun at their own after hours pool party. \$2 members, \$4 non-members.

February Programs

Family Wellness Lecture Series • February 4, 7:00pm, in the Conference Room. "Joint & Back Issues." Earn money off of your membership by attending! Free for members and non-members.

Movie Night In The Pool • February 7 (*Lady and the Tramp*) and 28 (*Beauty and the Beast*), starts at 7:00pm. \$2 members, \$4 non-members.

Friday Float Night • February 13, 7:00–8:30pm. Bring your own floats or use ours! Free for members.

Schedule Changes On CCS School Holidays and Snow Days

In the event of a Cooperstown Central School holiday or snow day, the Sports Center schedule will change accordingly. Upcoming holidays occur December 22–January 2, January 19, and February 16–20.

Pool

6:00–10:00am: Open laps.

10:00–11:00am: Open swim.

11:00am–1:00pm: Adult swim.

1:00–4:00pm: Open swim.

4:00–5:30pm: Swim team.

5:30–6:30pm: Adult swim.

6:30–9:00pm: Regular schedule.

Snow days will follow the same schedule except the swim team will not practice (open swim ends and adult swim begins at 5:00pm).

Gym Floor

Mornings and afternoon: Open floor (except January 19)

Evenings: Regular activities.

Bowling Alley

Open bowling during normal operating hours.

Racquet Courts

Mornings and afternoons: Open courts.

Evenings: Regular activities.

Day Care Special Note

Effective January 1, there will be no day care held in the Conference Room when Cooperstown Central School is closed for a snow day.



Upcoming Programs

Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0-5)	Sept. 9-June 4 Tues, Wed, Thurs	9:00-10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Dec. 16-Feb. 26 Tuesday, Thursday	11:15-11:45am	December 1-15	Free for members
Kids Day (Grades K-6)	Sept. 10- June 3 Wednesday	3:00-5:00pm	None	Free for members
Senior Walk (55+)	Nov. 3-March 27 Mon, Wed, & Fri	10:00-11:00am	None	Free for members and non-members
Adult Dodgeball League	Jan. 2-March 13 Fridays	6:00-9:30pm	Nov. 17-Dec. 26 Meeting Jan. 7	\$100 team
Winter Futsal	Jan. 11-April 19 Sundays	5:30-10:30pm	December 1-29 Meeting Jan. 7	\$100 team

Adventure Outings and Programs

Program	Days	Fee
Open Climbing Wall (All ages)	Tuesdays, Wednesdays, and Thursdays, 3:30-8:00pm • Saturdays, 1:00-4:00pm	No fee for members
Indoor Community Ropes Course (Sign up at the Main Desk)	December 17, February 18, March 18 5:00-8:00pm	\$10 members \$15 non-members
Women's Catskill Snowshoeing (Sign up at the Main Desk)	January 10, 9:00am-6:00pm	\$15 members \$20 non-members
"Farther Than The Eye Can See" Adventure Movie Night	January 16, 7:00pm in the Conference Room	Free for members
Gore Mountain Ski Shuttles (Sign up at the Main Desk)	January 24 and February 7, 6:30am to 8:00pm	\$20 M & \$25 NM, plus the cost of your lift ticket
Nordic Cross Country Ski Race	February 8, 2009 • 1:00pm	Registration TBA
Night Tubing At Windham (Sign up at the Main Desk)	February 13, 4:00-10:00pm	\$30 members \$35 non-members
Adirondack Winter Hiking (Sign up at the Main Desk)	February 28, 7:00am-6:00pm	\$15 members \$20 non-members

Healthy Snack Options

Something to look forward to in the near future: new healthy snack choices will soon be available in our vending area.

New Computer System

We recently switched to an upgraded computer system and we thank you for your patience while we work out the bugs. Current members will have the option of checking in through a finger scan instead of a keytag. You must first record your fingerprint in the system. We are excited about this new technology making the check-in process easier and faster.

Family Wellness Lecture Series

The Clark Sports Center is hosting a series of informative lectures focusing on working as a family to become and stay healthy and fit as part of our mission to provide the opportunity for our members to build and maintain a healthy body, mind, and soul. Some topics include healthy heart, body composition testing, back and joint issues, and myths and facts of diet and exercise. Members can earn \$5 off a single membership or \$10 off a family for each lecture attended! Non-members can earn a free day pass to use within the month after the attended lecture. All lectures are free to all members and non-members. The first lecture, "Family Fitness & Body Composition Testing", is at 7:00pm on December 3 in the Conference Room. Call Brenda Wedderspoon-Gray or Doug McCoy at 547-2800 for more information.



Adventure News

Outdoor Low Ropes Course

Do you need a new and exciting challenge that focuses on team building for your organization? Our new outdoor low ropes course features nine elements designed for groups age 10 and up! The new low ropes course is a great resource that provides problem solving activities and team building exercises that will engage participants both physically and mentally. To learn more about the low ropes course or to set up an appointment for your group or organization, please call the Adventure Department at 547-2800.



Climbing Wall Challenge

Youth ages 5 to 18 can participate in the Climbing Wall Challenge—first prize is a climbing party for you and your friends! How it works: climb the indoor climbing wall two times to receive a word; collect all 18 words to get a prize! Participants must climb the wall 36 times to complete the challenge. The Climbing Wall Challenge ends January 29. Prizes will be awarded to everyone who completes the challenge—the sooner you complete it, the better your prize will be!

Aquatics News

Private Swim Lessons

Learn to swim with confidence through one on one instructor interaction! Private swim lessons will be available for adults and youth of all ages and ability levels. Available times are on Wednesdays and Thursdays, 11:00–11:30, 11:30–12:00, and 3:30–4:00. Make an appointment by calling the Aquatics Office. Swimmers must pay for lesson tickets at time of sign up (\$10 per 30 minute session).

Adult Group Swim Lessons

Do you need a few pointers on your swim strokes? Want to learn how to swim? We offer group lessons for adults that provide individual attention for the needs of each participant. No cost to members. Available on Wednesdays, 6:00–6:30pm.

Preschool Swim Lessons

Lessons will start January 5. Registration begins December 15. Call the Main Desk to register. All swim lessons are no cost to members. Preschool lesson schedule:

6–17 months (with a parent) • Fridays, 10:30–11:00am and Saturdays, 9:00–9:30am.

18–35 months (with a parent) • Fridays, 11:15–11:45am and Saturdays, 9:00–9:30am.

3 years old • Mondays, 11:15–11:45am, Wednesdays, 2:00–2:30pm, & Saturdays, 9:30–10:00am.

4 & 5 years old • Tuesdays, 6:00–6:30pm, Thursdays, 2:00–2:30pm, & Saturdays, 9:30–10:00am.

Home Swim Meets

The Cooperstown Boys High School Swim Team will have home swim meets at the Sports Center on December 2, December 9, December 11, January 8, and January 22. The pool will be closed 5:00–7:30pm on these dates. No other activities will take place during this time.

Adult Long Distance Swim

In trying to do our part to provide an enjoyable experience for our lap swimmers, we are once again keeping track of their progress in the pool by mapping out 100 miles along the southern coast of France. In September, 33 swimmers left Rayol-Canadel-Sur-Mer to begin their journey to Monaco. All swimmers will have until April 30 to finish swimming 100 miles of laps in the pool. A casino chip is earned for each mile completed—the more miles, the more chips you earn! At the conclusion, there will be a Monaco style casino float night for all participants to redeem their chips for prizes.

Youth Long Distance Swim

In September, eight young swimmers began a long distance swim challenge in the pool. Their goal is to swim the distance of five local lakes—Gilbert Lake (¼ mile), Arnold Lake (½ mile), Goodyear Lake (1¾ miles), Canadarago Lake (5 miles), and Otsego Lake (9 miles), for a total of 16.5 miles. Youth may sign up for the swim in the pool area.



Athletics League Champions



Sunday Summer 7 On 7 Soccer Champs • The Crew



Sunday Fall Futsal Champs • The Troopers



Kids Dodgeball 3rd & 4th Grade Champs • Tornadoes



Kids Dodgeball 5th & 6th Grade Champs • Orioles

Current League Standings

Slow Break Basketball

- 1st: Leatherstocking (4-0)
- 2nd: Church & Scott (3-1)
- 3rd: Tobin Motors (3-1)
- 4th: Mang Insurance (2-2)

Junior High Basketball

- 1st: Team #1 (4-1)
- 2nd: Team #2 (3-2)
- 3rd: Team #3 (3-2)
- 4th: Team #4 (0-5)

Adult Volleyball

- 1st: Bonzai (1-0)
- 2nd: Cooley's (1-0)
- 3rd: Vandelay (1-1)
- 4th: Easton Constr. (0-1)

Senior Boys Basketball

- 1st: Bulls (2-1)
- 2nd: Lakers (2-1)
- 3rd: Knicks (1-2)
- 4th: Heat (1-2)

Fall Futsal

- 1st: Troopers (22 points)
- 2nd: Pugs (20 points)
- 3rd: Crew (20 points)
- 4th: El Nino (18 points)

Junior Boys Basketball

- 1st: Georgetown (3-0)
- 2nd: Syracuse (2-1)
- 3rd: Duke (1-2)
- 4th: Connecticut (0-3)

Fetterman Basketball Tournament

The 5th annual Fetterman Basketball Tournament will be held Saturday through Monday, January 17, 18, and 19. Twelve teams, six boys and six girls teams, will compete for the tournament win. Come join us and watch a great weekend of exciting youth basketball competition!

Basketball Clinic

The Athletics Department hosted a boys and girls basketball clinic on Saturday, November 23 for 3rd through 6th graders. Nicole Levesque-Andres led 30 players through instruction aimed at improving individual skills, basketball fundamentals, teamwork, and team communication. Coach Andres is a former WNBA player and ACC All Legends Team player.



Bowling News

Ray Smith Memorial Bowling Tournament

The second annual Ray "Rayzor" Smith Memorial Benefit No-Tap Bowling Tournament will be held on Saturday, December 13 at 6:00pm. Part of the proceeds of the tournament go to a scholarship fund created in Ray Smith's memory at Cooperstown Central School. A 50/50 raffle will be available. This year's tournament will feature a blind draw of teams of two. Tournament winners and players with high game and high series scored will receive prizes. For more information, please contact Barry Gray by calling 547-2800.

Bowling League Standings

Elementary & Middle School Standings

High Average: Reilly Hall • 137
High Game: Reilly Hall • 173
High Series: Reilly Hall • 413

Men's Monday League Standings

High Average: Chuck Hascup • 199
High Game: Ray Bennett Jr. • 269
High Series: Ray Bennett Jr. • 727

Women's Tuesday League Standings

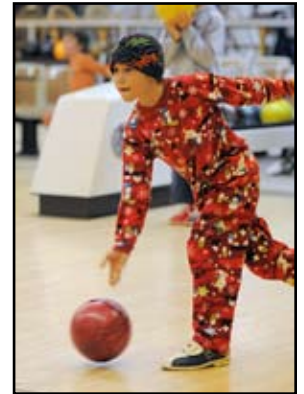
High Average: Cynthia McCartney • 180
High Game: Cynthia McCartney • 234
High Series: Cynthia McCartney • 616

Men's Wednesday League Standings

High Average: Barry Gray • 204
High Game: Reid Nagelschmidt • 267
High Series: Steve Cannistra • 717

Women's Thursday League Standings

High Average: Marion Madison • 150
High Game: Gerry Kranitz • 202
High Series: Marion Madison • 534



Preschool Bowling

Parents can bring their children, ages 3 to 5 who are not yet in school, to bowl on Tuesdays, 10:30–11:00am. One child is 50¢ for unlimited bowling and shoe rental. Parents can bowl for an additional 50¢. Bumpers and ramps are available.

Senior Citizen Bowling

Senior Citizens can bowl every Tuesday morning, 9:00–10:30am. Cost for members is \$1 and \$3 for non-members for all you can bowl including shoe rental. Make new friends, enjoy music from the 1940's through the 1960's, and have some fun!

Racquets News

Women's Tennis League Champs



"A" Division Summer Champs • Georgja Frevele & Gwen Snyder



Fall Champs • Sally Trosset & Sheri Holohan



Health & Fitness News

8th Annual Coop Loop Race Results

On Sunday, November 2, The Clark Sports Center held it's annual Coop Loop 5k Run and Walk. 163 runners and walkers completed the 3.1 mile race starting and ending at the Sports Center and traveling through the streets of Cooperstown. The Sports Center congratulates this year's first place male and female finishers, Caleb Edmonds (17:23) and Nichole Wischoff (21:35). Full race results and a list of the award winners can be downloaded from our website at www.clarksportscenter.com.

20,000th Personal Training Ticket

The Health and Fitness Department sold it's 20,000th personal training ticket to member Rena Lull on October 2. Rena received a free book of personal training tickets from Personal Training Coordinator Doug McCoy for being our 20,000th training customer. Members interested in acquiring a personal trainer can stop by the Fitness Center to pick up a brochure or call 547-2800 for more information.



Carina Franck, Rena Lull, and Doug McCoy



Coop Loop 8 Winners Caleb Edmonds and Nichole Wischoff

Bench Press Competition

Our annual Bench Press Competition will take place on Saturday, March 7, 2009. Weigh-ins begin at 11:00am, with the competition starting at 1:00pm. The competition will feature bench shirt and non-bench shirt categories in each weight class. The 225 pound Rep-Off event will be returning this year. Pre-registration before March 7 costs \$20. Registration on the day of the competition will be \$30. T-shirts will be given to the first 50 registered lifters.

Group Fitness Winter Session

The next group fitness class session begins January 5. Preferred enrollment begins December 22. Open enrollment begins December 29. There are no classes December 22-27. Classes will be limited on December 28-30, January 2-4, and February 16-22.

Racquets News

Racquetball and Squash League Standings

Men's A Racquetball

- 1st: Bob Donnelly (6-0)
- 2nd: Tom Hohensee (4-0)
- 3rd: Bob Hassman (4-3)
- 4th: Gene Oestman (3-3)

Mixed Racquetball

- 1st: Tom Minich (4-0)
- 2nd: Bennett Sandler (4-1)
- 3rd: Andrea Johnson (4-2)
- 4th: Chris Chapman (2-3)

Men's Squash

- 1st: Peter Arquin (3-0)
- 2nd: Mitul Kanzaria (2-0)
- 3rd: Mark Rathbun (1-0)
- 4th: Frank Miosek (1-1)

Women's B Squash

- 1st: Bridget Bertram (2-0)
- 2nd: Betsy Danes (2-0)
- 3rd: Ellen Tillapaugh (2-0)
- 4th: Nalini Hage (1-1)

Men's B Racquetball

- 1st: Bennett Sandler (5-0)
- 2nd: Frank Panzarella (3-0)
- 3rd: Zach Winnie (3-2)
- 4th: John Connolly (3-2)

Women's Racquetball

- 1st: Summer Farina (4-0)
- 2nd: Liz York (2-0)
- 3rd: Candice Hassman (2-1)
- 4th: Maureen Micek (1-3)

Women's A Squash

- 1st: Maureen Kuhn (3-0)
- 2nd: Katy Haseley (2-0)
- 3rd: Gwen Snyder (1-1)
- 4th: Kim Potts (1-2)



What's Inside:
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Coop Loop 8 • November 2, 2008

Contact Us

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