

Newsletter September 2008

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Hours

September 2–October 5
Monday–Friday • 6am–9pm
Saturday • 8am–6pm
Sunday • Closed

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

Closures

Repair Week
Monday–Sunday, August 25–31

Labor Day
Monday, September 1

Thanksgiving Day
Thursday, November 27

Christmas Eve Day
Wednesday, December 24

Christmas Day
Thursday, December 25

New Years Eve Day
Wednesday, December 31

New Years Day
Thursday, January 1

Contact Us

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www.clarksportscenter.com



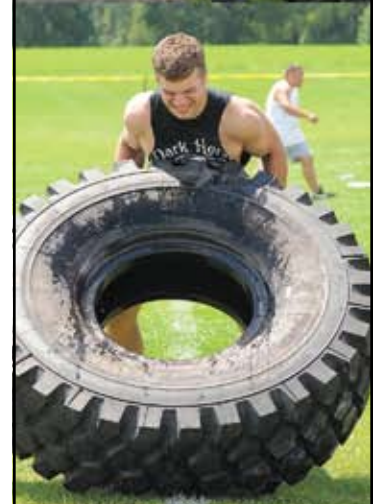
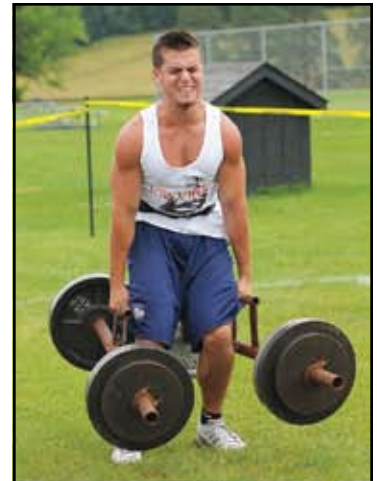
Hall Of Fame Induction 2008

First Annual “Vis Vires” Outdoor Strongman Competition

Despite the early morning rain, the first ever Outdoor Strongman Competition, “Vis Vires”, was a great success. The event was held at The Clark Sports Center on Saturday, August 2. There were seven different grueling challenges for athletes to complete over the course of the morning and afternoon.

Events included the Tire Toss, Log Clean and Press, Keg Walk, Farmer’s Carry, Tire Flip and Heavy Object Carry, Crucifix Hold, and the Bench Press. Male and female athletes were asked to carry as much as 410 and 150 pounds, respectively. Both weights were the heaviest challenges in the Farmer’s Carry.

The results of the competition for each athlete (for their age group) were: Shane Connolly, 1st place; Eric Coe, 2nd place; Ron Bencroft, 1st place; Cody Bice, 1st place; GX Cramette, 1st place; Andrew Giordonello, 2nd place; Tom Stoddard, 1st place; Wendy Slicer, 1st place; Terry Korba, 1st place; and Laura Delay, 1st place.



Vis Vires award winners pose with their first place trophies.

Clark Sports Center New “No Dog” Policy

Effective immediately, dogs are not allowed on Clark Sports Center property at any time. This includes all fields, the path through the woods, the Tennis Center area, and parking lots. Exception: service dogs.

2008–2009 School Year Reminder

The Cooperstown Central School year begins on Wednesday, September 3. Please help keep our children safe by driving *slowly* through our driveways and parking lots.

Be mindful of school children and pedestrians crossing the road at the end of our drive after school hours. The one way circle is for pick-up and drop-off only. If you are coming to use the facility or to watch an event, please park in the designated parking lot.

Upcoming Programs

September Programs

Long Distance Swim • Look forward to the next Long Distance Swim to start September 8. Adults will be swimming 100 miles along the coast of France and youth will be swimming 20 miles between points of Arnold, Canadarago, Gilbert, Good-year, and Otsego Lakes. Swimmers who finish their journeys will receive a free prize!

After School Pool Activities will be held 3:00–3:30pm in the pool during September. Try out kayaking, water polo, water dodgeball, raft building, and other fun youth activities. Free for members.

October Programs

Youth Swim Lessons will begin October 6 and be held after school 3:00–3:30pm. No sign up is necessary. All swim lessons are no cost to members. Non-members must pay for a day guest pass.

Family Rock & Bowl will be held every Saturday night from 6:00–9:00pm beginning October 11. All you can bowl for \$1 for youth grades 8 and below, and \$2 for high school, college, and adults.



October Programs Continued

Preschool Swim Lessons will start October 6. Registration begins September 8. Call the Main Desk to register. All swim lessons are no cost to members. Non-members must pay for a day guest pass. Classes will be offered during the following days and times:

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, 2:30–3:00pm, & Saturdays, 9:30–10:00am.

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

November Programs

Coop Loop 8 • The 8th Annual Coop Loop 5k Run is scheduled for Sunday, November 2. Participants of all ages will be running through the streets of Cooperstown, starting and finishing at The Clark Sports Center. Registration by October 31 is \$15, or \$20 on November 1 or November 2. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800 for more information.



Adventure Programs and Outings

Program	Days	Fee
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 12 and September 17 Starts at 5:00pm	\$15 members \$20 non-members
Open Climbing Wall (All ages)	Starts October 14 • Tuesdays, Wednesdays, and Thursdays, 3:30–8:00pm • Saturdays, 1:00–4:00pm	No fee for members
Adirondack Rock Climbing (Sign up at the Main Desk)	September 13, 8:00am–6:00pm	\$10 members \$25 non-members
Peter Kill Rock Climbing (Sign up at the Main Desk)	October 18, 8:00am–6:00pm	\$17 members \$32 non-members
Little Falls Climbing (Ages 10 to 15; Sign up at the Main Desk)	September 23, October 14, and October 28 3:30–7:30pm	\$10 members \$20 non-members



Upcoming Programs

Youth Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Starts September 9 Tuesdays	10:30–11:00am	None	50¢ per game for child and adult members
Elementary League (Grades 3–5)	Nov. 7–Apr. 3 Fridays	3:00–5:00pm	October 1–31	\$40
Middle School League (Grades 6–8)	Nov. 7–Apr. 3 Fridays	3:00–5:00pm	October 1–31	\$40

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Men's Monday League	Sept. 8–Mar. 23 Mondays	7:00–9:00pm	September 8	\$10 per night
Women's Tuesday League	Sept. 9–Mar 24 Tuesdays	7:00–9:30pm	September 9	\$10 per night
Men's Wednesday League	Sept. 3–Mar. 25 Wednesdays	7:00–9:30pm	September 3	\$11 per night
Women's Thursday Afternoon League	Sept. 11–Mar. 26 Thursdays	1:00–3:00pm	September 11	\$4 per day
Senior Citizen Bowling (55+)	Starts September 9 Tuesdays	9:00–10:30am	None	\$1 members \$3 non-members (Per game)

Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Women's Doubles Tennis League A & B Divisions	Sept. 10–Oct. 15 Wednesdays	5:30–8:00pm	Starts Sept. 2	\$20
Men's Racquetball League A & B Divisions	Oct. 13–Dec. 15 Mondays	5:00–9:00pm	Starts Sept. 8	\$20
Men's Squash League A & B Divisions	Oct. 15–Dec. 17 Wednesdays	5:00–9:00pm	Starts Sept. 8	\$20
Mixed Racquetball League	Oct. 9–Dec. 18 Thursdays	5:00–9:00pm	Starts Sept. 8	\$20
Women's Squash League • Group I A & B Divisions	Oct. 7–Dec. 16 Tuesdays	6:00am–12:00pm	Starts Sept. 8	\$20
Women's Squash League • Group II A & B Divisions	Oct. 9–Dec. 18 Thursdays	5:00–9:00pm	Starts Sept. 8	\$20
Mixed Table Tennis League A & B Divisions	Oct. 7–Dec. 16 Tuesdays	5:00–9:00pm	Starts Sept. 8	None



Upcoming Programs

Youth 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)	Oct. 7-Dec. 11 Tuesday, Thursday	11:15-11:45am	Sept. 2-Oct. 6	Free for members
Kids Day (Grades K-6)	Sept. 10- June 3 Wednesday	3:00-5:00pm	None	Free for members
Gymnastics (Ages 4 & 5)	Sept. 8-Oct. 20 Monday, Friday	2:00-2:45pm	Aug. 6- Sept. 7 Meeting Sept. 8	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	Sept. 8-Oct. 20 Monday, Friday	3:00-4:15pm	Aug. 6- Sept. 7 Meeting Sept. 8	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	Sept. 8-Oct. 20 Monday, Friday	4:15-5:30pm	Aug. 6- Sept. 7 Meeting Sept. 8	\$80 member \$110 non-member
Kids Dodgeball League (Grades 3-6)	Sept. 18-Oct. 23 Tuesday, Thursday	3:00-5:00pm	Sept. 2-Sept. 12 Meeting Sept. 16	Free for members
Junior High Basketball (Grades 7 & 8)	Oct. 31-Nov. 24 Monday, Friday	3:15-4:45pm	Oct. 1-Oct. 22 Meeting Oct. 30	Free for members
Boys Junior Intramural Basketball League (Grades 3 & 4)	Oct. 30-Feb. 5 Tuesday, Thursday	3:00-3:30pm	Oct. 1-Oct. 24 Meeting Oct. 28	Free for members
Boys Senior Intramural Basketball League (Grades 5-6)	Oct. 30-Feb. 5 Tuesday, Thursday	3:30-5:00pm	Oct. 1-Oct. 24 Meeting Oct. 28	Free for members
Girls Junior Intramural Basketball League (Grades 3-6)	Dec. 1-Mar. 6 Monday, Friday	3:15-4:45pm	Nov. 3-Nov. 24 Meeting Nov. 24	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Fall Futsal	Oct. 12-Dec. 14 Sundays	5:30-9:30pm	Sept. 2-Sept. 26 Meeting Oct. 1	\$100 team
Slow Break Basketball	Oct. 27-Mar. 16 Mondays	6:00-10:00pm	Sept. 2-Oct. 10 Meeting Oct. 13	\$425 member team \$675 non-member team \$60 non-mem. on member team
Fast Break Basketball	Nov. 20-Mar. 26 Thursdays	6:00-10:00pm	Sept. 2-Nov. 6 Meeting Nov. 13	\$425 member team \$675 non-member team \$60 non-mem. on member team
Men's 50+ Basketball	Nov. 5-Mar. 18 Wednesdays	7:15-9:15pm	Sept. 2-Oct. 17 Meeting Oct. 22	\$100 member team \$200 non-member team \$60 non-mem. on member team
Adult Volleyball	Nov. 8-Mar. 24 Tuesdays	6:30-9:30pm	Sept. 2-Oct. 28 Meeting Oct. 28	\$50 member team \$250 non-member team \$60 non-mem. on member team
Adult Dodgeball	Jan. 9-Apr. 24 Fridays	6:00-9:30pm	Nov. 17-Dec. 26 Meeting Jan. 7	\$100 team
Senior Walk (55+)	Nov. 3-Mar. 27 Mon., Wed., Fridays	10:00- 11:00am	November 3	Free for members and non-members



Athletics News

Athletics Summer League Champions



Monday Softball Champs • American Legion



Wednesday Softball Champs • Berry Bramble



Girls High School Hoops Champs • Cobleskill-Richmondville



Adventure News

New Outdoor Low Ropes Course

The Adventure Department is proud to announce the availability of the new low ropes course. The course features nine elements designed to challenge groups of any age. Two of the elements swing participants 30 feet into the air. Other elements will provide exciting problem solving challenges 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.



Aquatics News

Kids Triathlon Race Results

The 4th annual Kids Triathlon Club Race was held Saturday, June 7. It was the culmination of several months of practicing swimming, biking, running, and transitions between events.

Coaches helped the participants by preparing them for the event physically and mentally. A great crowd of parents and friends were on hand on the day of the race to cheer and support the young athletes. Everyone finished the race, and many received awards and medals for their hard work and dedication. Great job everyone!



Pool Rentals

The pool will be available for rent 6:00 to 8:00pm on Saturday evenings this fall. Your group will have exclusive use of the pool (*No other areas of the Sports Center will be open*). We will provide tables, chairs, music, floats, and two lifeguards. You will need to provide refreshments and waiver forms.

Groups may be a maximum of 30 participants, with a ratio of one adult for every 8 school age children. The cost is \$150 for two hours, with a non-refundable \$25 deposit required at the time of booking. Any member making a reservation will receive a \$25 credit on your next membership bill. Dates available: September 6, 13, 20, 27, and October 4.

Part Time Lifeguard Positions

Interested in lifeguarding part time? If so, contact the Aquatics Director, Brenda Wedderspoon-Gray, by calling 547-2800. Applicants must be 16 years of age or older and certified in lifeguard training, CPR, AED, and First Aid.

Pool Safety Reminder

Please remember that the hallway and the pool balcony are not areas to change your children for swim lessons or open swims. Wet floors in both areas are serious safety hazards! Please use the appropriate locker room for changing.

8 years old • Swim 50 yards, bike 2 miles, run ½ mile
Heidi Edmonds • 16:10 Ann Hage • 20:08
Grace LeCates • 18:45 Natalie Johnson • 27:41
Ginger Miller • 19:57

9 years old • Swim 100 yards, bike 3 miles, run ½ mile
Samantha Fanion • 20:09 Alex Russo • 23:43
Danielle Perrino • 21:03 Philip Wasson • 22:54
Tessa Griger • 23:43

10 years old • Swim 100 yards, bike 3 miles, run ½ mile
Margie Knight • 21:29 Sophie Miller • 27:29
Madeline Zenir • 21:57 Ian Robinson • 20:25
Maddy Kramer • 22:26 Eli Sandler • 23:01
Anna Greene • 24:30 Nolan Rock • 36:46
Abby LeCates 24:30

11 years old • Swim 200 yards, bike 5 miles, run 1 mile
Eden Griger • 40:17 Jimmy Anania • 35:06
Elizabeth Russo • 40:17 Michael Perrino • 38:28
Angela Zheng • 40:17 John Monk • 39:01
Jon DiCesare • 30:56 Bram Dennis • 40:39

12 & Over • Swim 200 yards, bike 5 miles, run 1 mile
Jamie Zoltick • 32:53 Nicholas Fanion • 35:56
Cassidy Griger • 43:18 Erik Mebust • 38:39
Olivia Morris • 44:30 Luke Zenir • 39:27
Joseph Harmon • 33:12

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. Make an appointment by calling the Aquatics Office. Swimmers must pay for lesson tickets at time of sign up (\$10 per 30 minute session).

Bering Strait Long Distance Swim

Twenty four swimmers signed up to swim the 58 mile Bering Strait journey this summer. Seven have completed the journey so far, but many are well on their way to getting to the shores of Alaska by August 23. The excitement for the swimmers has been in moving their "person" on the map each time they have completed their swim in the pool. Swimmers who completed the journey received a commemorative T-shirt. We will be having another swim challenge this fall, so don't miss out!



Bowling News

Summer Bowling League Champs



No-Tap Champs • Team One • Left to right: Dave Seigle, Sharon Curcio, Dennis Hascup, and Pam Hascup

Bowling League High Records

Men's High Game Scratch • Keith Dickison and Shawn Vass • 300

Men's High Game with HDCP • Dave Seigle • 344

Men's High Series Scratch • Mike Kenney • 775

Men's High Series with HDCP • Dave Seigle • 875

Women's High Game Scratch • Jess Baker • 265

Women's High Game with HDCP • Shirley Dickison • 321

Women's High Series Scratch • Jess Baker • 734

Women's High Series with HDCP • Jess Baker • 777

Team High Game with HDCP • Dennis Hascup, Pam Hascup, Dave Seigle, and Sharon Curcio • 1133

Team High Series with HDCP • Dennis Hascup, Pam Hascup, Dave Seigle, and Sharon Curcio • 3073

Health, Fitness, & Racquets News

Women's Tennis League Champs

The Clark Sports Center hosted a Women's Doubles Tennis League that ran from May 14 to August 6. 24 women and 10 alternates participated in the Wednesday night league. Despite fighting the weather and a few rained out nights, the league ran smoothly and the ladies played many great competitive and fun matches. We hope to see everyone again in the fall league and next summer!



"B" Division Champs • Melissa Freeman and Stephanie Bauer (Note: "A" Division results will appear in our next newsletter.)

After School Reminders

The racquetball and squash courts are reserved for children from 3:00–5:00pm, Monday through Friday. Also, please remember that youth must be 14 years of age or older to use the Fitness Center.

Fall Group Fitness Sessions

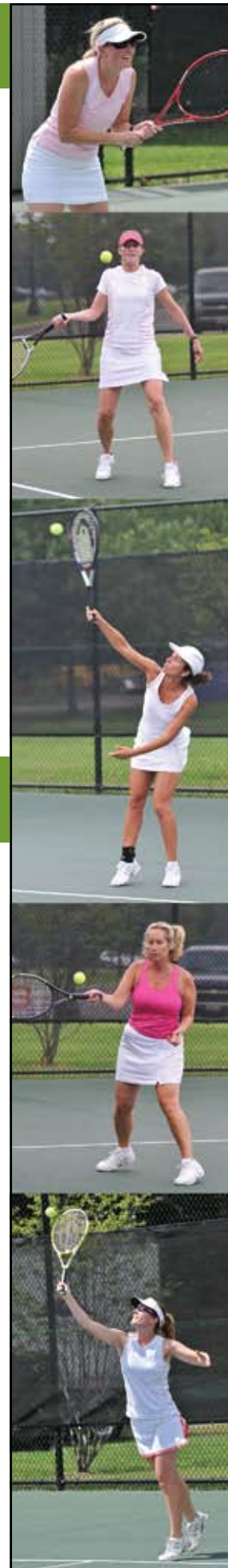
Fall I Session • September 2–October 25.

Fall II Session • October 27–December 21.

Preferred enrollment begins October 13. Open enrollment begins October 20. Schedules can be found in the upstairs lobby area or downstairs outside of the Fitness Center.

Adult & Youth Tennis Lessons

Tennis lessons are available for adults and youth throughout the fall for all ages and experience levels. We have a variety of professional and skilled instructors who will help you take your game to the next level. Lessons are made by appointment at the Fitness Center Desk or by calling 547-2800.



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Kids Triathlon Club Race • June 7, 2008

Contact Us

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