

# Summer Camps 2014

*June 30 to August 22, 2014*



**ClarkSportsCenter**

*Adventure and Sports Camps for youths 4 to 18 years old*

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# Summer Camps Information

## Registration

### Member Registration

Member registration for Sports Camps will begin on Monday, May 5 at the Main Desk. Member registration for Adventure Camps will begin on Saturday, May 10 at 8:00am in the Conference Room. Please note that in order to qualify for member registration, the participating youth must be a current member at the time of registration and camp.

### Non-member Registration

Non-member registration for both Sports and Adventure Camps will begin Saturday, May 17 at 8:00am at the Main Desk.

### Adventure Camp Enrollment Rule

In order to ensure each child gets a chance to participate in our camps, on the sign up day you will be allowed to sign your child up for only one session of any particular Adventure Camp. If you would like your child to participate in multiple sessions of a camp, their name will be placed at the bottom of the waiting list. If a spot becomes available, you will be called and your child may attend that camp if you are still interested.

### Registration Notes

Participants are registered on a first come first serve basis at The Clark Sports Center Main Desk or by fax/mail. Faxes/mail will be processed the next business day. Please use the enclosed registration form. Phone registrations will be accepted beginning Monday, May 19 for members and non-members. Payment in full is due upon registration. We accept cash, checks (made payable to The Clark Sports Center), and credit cards (MasterCard and Visa).

## Cancellations

In the event your child cannot participate in a camp they are enrolled in, please refer to the schedule below for securing a refund of all or part of your tuition. The Sports Center retains a \$15 registration fee for all cancellations.

- 30 days prior to camp start: 100% of tuition refunded (- \$15)
- 15-29 days prior to camp start: 50% of tuition refunded (- \$15)
- Cancellations made within 14 days of camp start: 100% forfeit of the tuition.

If a camp does not fill with a minimum number of participants, The Clark Sports Center reserves the right to cancel or combine two different sessions with low enrollment. We will notify participants in advance and you will receive a full tuition refund if we cannot find a substitute arrangement.

For safety reasons, The Clark Sports Center reserves the right to remove a participant from a program or to cancel all or part of a camp at any time. Participants may be removed from camp for violations of camp regulations, showing disrespect to the camp or facility staff, damaging equipment, or any other behavior which is harmful to The Clark Sports Center.

## Instruction and Supervision

All camps and trips are staffed by trained instructors who bring extensive experience, education, and advanced certifications including Wilderness First Responder, First Aid, CPR, AED, coaching, and Lifeguarding. They are professionals in their respective fields and are well equipped to provide safe, educational and fun experiences. Activities are designed and delivered in accordance with quality and safety guidelines established by the Sports Center and New York State.

## Where To Meet

### Sports Camps

Baseball, Basketball, Circus Theatrics, Golf, Gymnastics & Dance, Little Swingers Golf, Lacrosse, Soccer, Volleyball . . . . . Gym Floor  
Bowling. . . . . Bowling Alley  
Strength & Conditioning . . . . . Pit Area  
Swimming, Jr. Lifeguard, Diving. . . . . Pool Area  
Tennis. . . . . Tennis Center  
Wrestling . . . . . Coopertown Central School Wrestling Room

### Adventure Camps

Bookworm. . . . . Biological Field Station  
Red Sails to Capri. . . . . Biological Field Station  
Sailing Camp. . . . . Cooperstown Country Club Beach  
Science. . . . . Biological Field Station  
Summer Splash . . . . . Main Lobby

Other Adventure Camps and Trips will meet in the Main Lobby of the Sports Center unless otherwise noted on registration materials.

## What To Bring

### Sports Camps

Each camp requires different apparel depending on the sport involved. Please make sure all participants are dressed appropriately for their activity. Clean, non-marking sneakers or spikes, comfortable athletic clothing or bathing suit, towel, and personal water bottles are required. The Clark Sports Center will supply most equipment.

### Adventure Camps

Please refer to the paperwork issued at the time of registration for a required list of items to bring.

## Assumption of Risk Form

An Assumption of Risk waiver form is required and must be signed by a parent or guardian for all camp participants. Forms can be found at the Main Desk or at our website at [www.clarksportscenter.com](http://www.clarksportscenter.com).

# Camps By Age/Grade

## Adventure Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
Adirondack Explorers															6
Adventure Sport Sampler															6
Girls Rock Climbing Camp															7
GPS Geocaching Camp															7
Mountain Biking Course															8
Sailing Camp															8
Summer Splash Camp															8
White Water Course															9

Camp	Grades:	K	1	2	3	4	5	6	7	8	9	10	11	12	Page
Bookworm															6
Extreme Adventure Discovery															7
Little Caveman															7
Little Explorers															7
Red Sails to Capri Camp															8
Science Camp															8

## Sports Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
Competitive Swim Camps															10
Diving Camp															10
Gymnastics and Dance Camp															11
Jr. Lifeguard Camp															11
Tennis Camps															13
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Camp	Grades:	K	1	2	3	4	5	6	7	8	9	10	11	12	Page
Baseball Camp															9
Bowling Camp															10
Basketball Camps															9
Circus Theatricks Camp															10
Golf Camp															11
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Little Swingers Golf Camp															11
Little Tots Basketball Camp															12
Soccer Intermediate Camp															12
Soccer Training Camp															12
Strength & Conditioning Camp															12
Super Juniors Soccer Camp															12
Wrestling Camp															13

# Sports & Adventure Camp Calendar 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 29	30	July 1	2	3	4	5
	Adventure Camps: Bookworm (pg. 6) • Girls Rock Climbing (pg. 7) • Little Caveman (pg. 7)				Sailing Camp (pg. 8) Science Camp (pg. 8)	
	Sports Camps: Gymnastics & Dance Camp (pg. 11) • Strength & Conditioning Camp (pg. 12) Volleyball Camp (pg. 13) • Volleyball Skills Clinic (pg. 13)					
6	7	8	9	10	11	12
	Adventure Camps: Bookworm (pg. 6) • Little Explorers (pg. 7) • Mountain Biking Course (pg. 8) • Science Camp (pg. 8)					
	Sports Camps: Bowling Camp (pg. 10) • Circus Theatrics Camp (pg. 10) • Jr. Lifeguard Camp (pg. 11) Strength & Conditioning Camp (pg. 12) • Tennis Camp (pg. 13)					
13	14	15	16	17	18	19
	Adventure Camps: Extreme Adventure Discovery (pg. 7) • Science Camp (pg. 8) • Summer Splash Camp (pg. 8)					
	Sports Camps: Soccer Intermediate Camp (pg. 12) • Strength & Conditioning Camp (pg. 12) Super Juniors Soccer Camp (pg. 12)					
20	21	22	23	24	25	26
	Adventure Camps: Extreme Adventure Discovery (pg. 7) • Science Camp (pg. 8)					
	Sports Camps: Diving Camp (pg. 10) • Lacrosse Camp (pg. 11) Strength & Conditioning Camp (pg. 12) • Tennis Camp (pg. 13)					

27	28	29	30	31	August 1	2
	Adventure Camps: Bookworm (pg. 6) • Little Explorers (pg. 7) • Science Camp (pg. 8) • White Water Course (pg. 9)					
	Sports Camps: Boys Basketball Camp (pg. 9) • Girls Basketball Camp (pg. 9) • Little Tots Basketball Camp (pg. 12) Strength & Conditioning Camp (pg. 12)					
3	4	5	6	7	8	9
	Adventure Camps: Adventure Sport Sampler (pg. 6) • Red Sails to Capri (pg. 8) • Little Explorers (pg. 7) • Science Camp (pg. 8)					
	Sports Camps: Baseball Camp (pg. 9) • Strength & Conditioning Camp (pg. 12) • Wrestling Camp (pg. 13)					
10	11	12	13	14	15	16
	Adventure Camps: Adirondack Explorers (pg. 6) • GPS Geocaching Camp (pg. 7) • Little Caveman (pg. 7)					
	Sports Camps: Competitive Swim Camps (pg. 10) • Soccer Training Camp (pg. 12)					
17	18	19	20	21	22	23
	Adventure Camps: Extreme Adventure Discovery (pg. 7) • Sailing Camp (pg. 8) • Summer Splash Camp (pg. 8)					
	Sports Camps: Golf Camp (pg. 11) • Little Swingers Golf Camp (pg. 11)					

# Adventure Camps

## Enrollment

Member registration for Summer Adventure Camps will start Saturday, May 10 at 8:00am in the Conference Room (an Adventure Department staff person will be present to answer questions). Initially, a parent or guardian is only allowed to register members of one family. If you are also acting as a proxy for a friend or relative, you must return to the end of the line. Non-member registration will begin Saturday, May 17 at 8:00am at the Main Desk. Fill out the Adventure Camp registration form found at the end of this brochure and submit it with your payment to the Main Desk staff.

## Adventure Camp Enrollment Rule

In order to ensure each child gets a chance to participate in our camps, on the sign up day you will be allowed to sign your child up for only one session of any

particular Adventure Camp. If you would like your child to participate in multiple sessions of a camp, their name will be placed at the bottom of the waiting list. If a spot becomes available, you will be called and your child may attend that camp if you are still interested.

## Special Note

Our camps do not meet the definition of children's camps under New York State regulations; therefore, they are not regulated by the NYS Department of Health. An Assumption of Risk waiver form is required and must be signed by a parent or guardian for all camp participants. Forms can be found at the Main Desk and must be turned in 2 weeks prior to camp start date.

## Adirondack Explorers

Ages: 12-14 Level: Moderate

Time: 9:00am-4:00pm on Monday; 9:00am drop off on Tuesday;

Overnights Tuesday-Thursday; Pickup 4:00pm Friday

Date: August 11-August 15

Cost: \$275 Members or \$375 Non-members • Limit: 8

Join us for a week long canoe trip in the Adirondacks! Monday will be spent working on canoeing basics, packing up gear and getting to know each other. Tuesday morning we will drive up to the Adirondacks for 4 days of paddling on some of the state's most beautiful lakes. We will camp under the stars, learn to cook in the back country, and paddle to each campsite. Weather permitting, the group can take day hikes along their journey. No previous technical or wilderness experience is needed for this trip, just a willingness to have fun, learn, and meet new people. All back country equipment will be provided by the Sports Center.



## Adventure Sport Sampler

Ages: 12-15 Level: Challenging

Time: 9:00am Drop Off, Overnights Monday-Saturday; Pick up 4:00pm Saturday

Date: August 4-August 9

Cost: \$425 Members or \$525 Non-members • Limit 7

This is the stuff dreams are made of! Six days of Mountain Biking, White Water Kayaking, and rock climbing all around New York State. Adventure is around every turn. This camp takes you from mountain biking on IMBA designed single track, paddling the beautiful class II-III Rivers, and climbing the best crack climbs in the Adirondacks. If you want an adventure, this course is for you. Previous experience is necessary. The Clark Sports Center will provide all equipment.



## Bookworm

Grades: K-4 Level: Easy Limit: 9 Location: Biological Field Station

Cost: 4-7 Year Olds 4 day camp: \$112/Members or \$212 Non-members

4-7 Year Olds 5 day camp: \$140/Members or \$240 Non-members

6-8 Year Olds: \$210/Members or \$310 Non-members

### Grades K-2

June 30-July 3 [4 days]

July 7-July 11

Time: 8:00am-12:00pm

### Grades 3-4

July 28-August 1

Time: 8:30am-4:00pm

Books by classic favorite authors will come alive in this camp. Through art activities, games, and exploring, campers will interact with the worlds of Robert McCloskey, Virginia Lee Burton, Eric Carle, Leo Lionne, and Ainslie Pryor.



## Extreme Adventure Discovery

Grades: 5–6

Level: Moderate

Time: 9:00am–4:00pm. There will be an overnight on Thursday.

Cost: \$210 Members or \$310 Non-members • Limit: 9

Session One: July 14–18

Session Two: July 21–25

Session Three: August 18–22

Come join our action packed adventure week! We will be canoeing down rapids and reaching new heights at our local cliffs. We will bike over different terrain and explore new trails. At the end of the week, we'll spend a night under the stars.



## Girls Rock Climbing Camp

Ages: 10–15

Level: Easy to Moderate

Time: 9:00am–4:00pm

Dates: Monday, June 30 through Wednesday, July 2

Cost: \$160 Members or \$260 Non-members • Limit: 9

After an awesome spring of Girls Rock Climbing Club, it is time to get out and climb some real rocks! During this three day course, we will explore some local climbing spots and put our skills to the test. We will get a chance to learn more about climbing equipment, safety practices, and techniques for climbing outdoors. No outdoor experience necessary, all equipment will be supplied by the Sports Center.



## GPS Geocaching Camp

Ages: 11–16

Level: Easy to Moderate

Time: 8:30am–3:30pm

Dates: Monday, August 11 through Friday, August 15

Cost: \$210 Members or \$310 Non-members • Limit: 9

Come join the exciting new high tech global treasure hunt known as geocaching. Campers will be using hand held GPS receivers to search for hidden caches all over Otsego County and the surrounding area. The camp activities will include learning to use a GPS device, seeking caches locally, creating and hiding our own geocaches, and sending a "travel bug". Campers will also be hiking, swimming and taking field trips.



## Little Caveman

Grades: K–2

Level: Easy

Time: 9:00am–1:00pm • Limit: 9

Session One • June 30–July 3 [4 days]

\$112 Members or \$212 Non-members

Session Two • August 11–August 15

\$140 Members or \$240 Non-members

Take a walk on the wild side this summer. Spend the day discovering insects, birds, plants and animals. Take hikes to amazing towers and discover caves. Anything is possible with little caveman adventures.



## Little Explorers

Grades: 3–4

Level: Easy

Time: 9:00am–4:00pm

Cost: \$210 Members or \$310 Non-members • Limit: 9

Session One: July 7–July 11

Session Two: July 28–August 1

Session Three: August 4–August 8

Come discover everything about nature. Take local hikes and learn about insects, animals, trees and plants. Spend a day on the river learning about aquatic life and much more. Finish the week cooling off at Zoom Flume.



## Mountain Biking Course

Ages: 10–14 Level: Easy to Moderate

Time: 9:00am–4:00pm

Dates: Monday, July 7–Wednesday, July 9

Cost: \$160 Members or \$260 Non-members • Limit: 8

If you love to ride and learn new tricks on your bike, then this mountain biking course is for you! Over three days you will learn the basic techniques associated with Mountain Biking. No experience necessary. Mountain bikes and helmets can be provided.



## Red Sails to Capri

Grades: 4–7 Level: Easy to Moderate

Time: 8:30am–4:00pm • Location: Biological Field Station

Dates: Monday through Friday, August 4–8

Cost: \$210 Members or \$310 Non-members • Limit: 9

Using the Ann Weil's Newberry Award Winning book, campers will go on an imaginative adventure to the Isle of Capri. Activities will be based on the book and will include making sailboats and exploring to find adventure and beauty in nature. Campers do not need to read the book in advance.



## Sailing Camp

Ages: 10–18 Level: Challenging Location: Cooperstown Country Club Beach

Time: Beginner, 9:30am–12:30pm. Advanced, 3:00–6:00pm

Cost: \$160 Members or \$260 Non-members • Limit: 8, Minimum: 6

Session One: June 30–July 4

Session Two: August 18–August 22

The Beginner Sailing camp introduces students to the basics of sailing. Our five day schedule will cover safety and concepts and quickly get into hands-on experience. Campers will learn water safety, rigging, tacking, jibing, and basic rescue procedures.

The Advanced Sailing camp, will build on preexisting sailing skills, focus more on boat handling, tacking, safety, and introduce the students to sailboat racing. Students are expected to know the basics of sailing prior to taking the course.



## Science Camp

Grades: 4–7 Level: Easy Location: Biological Field Station

Time: 8:30am–3:30pm, Monday through Friday

Cost: \$210 Members or \$310 Non-members • Limit: 9

Session One: June 30–July 4

Session Four: July 21–July 25

Session Two: July 7–July 11

Session Five: July 28–August 1

Session Three: July 14–July 18

Session Six: August 4–August 8

Science Camp is full of experiments, model rockets, chromatography, games and field trips! We will travel around experimenting with science in different places and creating new experiences. We will build rockets and watch them launch. Every day will be a new scientific adventure!



## Summer Splash Camp

Ages: 10–15

Time: 8:00am–5:00pm, Monday–Wednesday; Overnight Thursday–Friday

Cost: \$250 Members or \$350 Non-members • Limit: 9

Session 1: Monday, July 14–Friday, July 18

Session 2: Monday, August 18–Friday, August 22

“Last Chance Summer Camp” has a new name, but all the enjoyable summer fun! This camp gives participants a chance at a whole summer of fun activities packed into one week. This camp’s schedule is bursting with adventure to local state parks, water slides, lazy rivers, and water/amusement parks. Locations include Water Safari, Great Escape & Lodge, Gilbert Lake State Park, and rainy day options that fill the week to the brim.





## White Water Course

Ages: 10–14 Level: Moderate

Time: 9:00am–4:00pm

Dates: Tuesday, July 29–Thursday, July 31

Cost: \$160 Members or \$260 Non-members • Limit: 6

If you have always wanted to try kayaking or learning something new this camp is for you. We will set up at the local waterways and teach you the basic essentials you will need to become a better kayaker. No experience is necessary. All equipment provided by The Clark Sports Center.



# Sports Camps

## Enrollment

Member registration for Summer Sports Camps will start Monday, May 5 at the Main Desk of The Clark Sports Center. Non-member registration will begin Saturday, May 17 at 8:00am at the Main Desk. Fill out the Sports Camp registration form found at the end of this brochure and submit it with your payment when you register for your camps. An Assumption of Risk waiver form is required and must be signed by a parent or legal guardian.

## Facilities Used For Sports Camps

Inside of the Sports Center is a multi-purpose gym floor that features an NBA length basketball court with six full-size glass backboards, space for two full-size volleyball nets, and ample room for gymnastics. Our indoor facilities also include a 25 yard lap pool, 13' deep diving pool, and an eight lane bowling alley. Outdoor athletic facilities include tennis courts, two softball fields and many multi-purpose playing fields.

## Baseball Camp

Dates: Monday, August 4 through Friday, August 8

Time: 9:00am–12:00pm Grades: 3–6

Location: Gym Floor & Baseball Fields • Cost: \$80 Members or \$180 Non-members • Limit: 24

This camp will be coached by long time Sports Center employee Sharky Nagelschmidt with assistance from Sports Center staff Scott Whiteman. This camp will provide excellent instruction in a positive learning environment. Campers will learn basic fundamentals of hitting, bunting, pitching, catching, fielding and positional play. Campers will then apply skills and strategy through playing games and contests. Campers should have hat, glove, spikes, water bottle, and proper baseball attire. (Baseball pants or sweat pants).



## Boys Basketball Camp

Dates: Wednesday, July 30 through Friday, August 1 [3 days]

Time: 1:00–3:30pm Grades: 3–8

Location: Gym Floor • Cost: \$60 Members/\$120 Non-members • Limit: 60

Boys Basketball Camp will be directed by Scott Whiteman with assistance from Coach Sharky Nagelschmidt. This camp will emphasize basic basketball fundamentals through drills, demonstrations, and daily contests. Sneakers and shorts are required.



## Girls Basketball Camp

Dates: Wednesday, July 30 through Friday, August 1 [3 days]

Time: 9:30am–12:00pm Grades: 3–8

Location: Gym Floor • Cost: \$60 Members/\$120 Non-members • Limit: 60

Girls Basketball camp will be directed by Scott Whiteman with help from Cooperstown High Schools Varsity Basketball Coach Mike Niles and Sports Center's Staff. This camp will emphasize basic basketball fundamentals through drills, demonstrations, and daily contests. Sneakers and shorts are required.



## Bowling Camp

Dates: Monday, July 7 through Friday, July 11

Time: 9:00am–12:00pm Grades: 3–12

Location: Bowling Alley • Cost: \$80 Members or \$180 Non-members • Limit: 24

Four time PBA Champion and New York State Bowling Hall of Famer Gus Lampo will direct this camp with assistance from Clark Sports Center staff Barry Gray and Mike DeSimone. Campers will learn basic fundamentals through drills, competition, videos, tournament play, and one on one instruction with Gus Lampo.



## Circus Theatrics Camp

Dates: Monday, July 7 through Friday, July 11 • Each child should bring a lunch.

Location: Gym Floor • Circus show starts at 3:00pm on Friday, July 11, for parents & guests!

### Level 1

Grades: K–2 • Limit: 20

Time: 8:00–10:00am (Also 2:00–4:00pm on Friday)

Cost: \$75 members or \$175 non-members

### Level 2

Grades 3–12 • Limit: 50

Time: 9:00am–3:00pm (Until 4:00pm on Friday)

Cost: \$225 members or \$325 non-members

Sean Fagan created Circus Theatrics to introduce “children of all ages” to the athleticism and artistry of Circus and Theatre performance in fun, high-energy, and nurturing environments throughout the Capital District and beyond. Circus Theatrics can help you develop your sense of confidence, bag of tricks, and build your skills on any level— from process to performance!

Sean Fagan wears many hats as the Artistic Director of Circus Theatrics, introducing young people of all ages to circus, theatre, and the visual arts in school programs, summer camps, after-school enrichment settings, and private coaching. A former Ringling Bros. Barnum & Bailey Circus clown, Sean’s “theatrics” include a wide range of ground skills proficiency, including juggling, slapsticks, pratfalls, stilt-walking, unicycle, rolling globe, rola-bola, tumbling, partner acrobatics, magic and more.



## Competitive Swim Camps

Dates: Monday, August 11 through Friday, August 15

Location: Pool Area • Cost: \$60 Members or \$160 Non-members

### Developmental Competitive Swim Camp

Ages: 5–14 • Limit: 50

Time: 8:15–10:15am

### Advanced Competitive Swim Camp

Ages: 11–18 • Limit: 50

Time: 10:30am–12:30pm

Both camps will be instructed by The Clark Sports Center Swim Team Coaches Matt Phillips & Lindsey Bailey.

**Developmental Competitive Swim Camp** is suited for both swimmers who have either no competitive swimming experience or up to an intermediate competitive swimmer. Using drills, games, and other fun activities, campers will develop skills that are foundational for swimming all four competitive strokes. Campers must be at least a Deep Level II swimmer or be able to swim 25 yards of both front and back crawls.

**Advanced Competitive Swim Camp** is designed for the serious swimmer and will suit the experienced to advanced skilled level. Must be able to swim all four competitive strokes, legally and efficiently. Swimmers will learn from technical drills and stroke work (starts, turns and finishes), the use of mental preparation for competition, adding speed and race pace training, along with the importance of fitness, nutrition and the application of dryland training.



## Diving Camp

Dates: Monday, July 21 through Friday, July 25

Time: 1:00–4:00pm • Ages: 9–18 (must be a Level 3 swimmer or higher) • Limit: 12

Location: Pool Area • Cost: \$80 Members or \$180 Non-members

Diving Camp is an introduction to proper approaches for front and back dives, along with diving preparation, and diving instruction. Dryland training, nutrition, and a dive officials viewpoint of technique will also be included. The camp is led by Sally Zaengle, who has both coached and officiated high school diving since 2002. The camps staff also include Cooperstown Girls High School Swimming & Diving Coach, Katy Haseley, and Cooperstown Boys High School Diving record holder, Aaron Idelson, who will be assisting and demonstrating.



## Golf Camp

Dates: Monday, August 18 through Friday, August 22

Location: Gym Floor & Outdoor Fields

### Level One

Grades: 4–6 • Limit: 12

Time: 9:00–10:00am • Cost: \$80 M/\$180 NM

### Level Two

Grades: 7–9 • Limit: 12

Time: 10:30–11:30am • Cost: \$80 M/\$180 NM

Clark Sports Center coach Scott Whiteman will direct this camp. Campers will receive excellent instruction as well as a 9 hole round of golf at the end of the week. The camp focuses on teaching the correct technique to help produce the most efficient swing for maximum power. Parents will need to provide transportation to the Meadow Links golf course on Friday at 9:00 am. The golf and picnic will finish at noon and parents will need to pick their children up. Campers must provide their own equipment.



## Gymnastics and Dance Camp

Dates: Monday, June 30 through Thursday, July 3 [4 days]

Location: Gym Floor

### Level One

Ages: 4–6 • Limit: 24

Time: 11:00am–12:00pm • Cost: \$50 M/\$150 NM

### Level Two

Ages: 7–13 • Limit: 40

Time: 9:00–11:00am • Cost: \$80 M/\$180 NM

Long time instructor and coach Betty Gavin-Singer will direct this camp. The program will provide first class instruction in an exceptional environment. Improved self-image, increased body awareness, and enhanced health and fitness are some of the outcomes for those engaged in these activities. Proper stretch and warm up will be in the daily program.



## Jr. Lifeguard Camp

Dates: Monday, July 7 through Friday, July 11

Time: 1:00–4:00pm Ages: 10–14 Limit: 20

Cost: \$80 Members or \$180 Non-members • Location: Pool

Want to be a lifeguard but not old enough yet to enroll in an American Red Cross Lifeguard Training Course? Get a jump start on your future as a lifeguard with our summer camp that allows kids to learn the skills of a lifeguard through the program: GuardStart: Lifeguarding Tomorrow!

Areas that will be covered in this week long camp are: prevention of aquatic accidents; fitness and swimmer skills; response in an emergency; leadership skills; and professionalism of a lifeguard. Participants will learn in an environment that will allow them to have fun through activities, games, and skills to become successful lifeguards. This camp will be led by Lifeguard Instructors Lindsey Bailey and Matt Phillips.



## Lacrosse Camp

Dates: Monday, July 21 through Friday, July 25

Time: 9:00am–12:00pm Grades: 4–10 Limit: 40

Location: Gym Floor & Outdoor Fields

Cost: \$80 Members or \$180 Non-members

This camp will be directed by Jim Peterson who has coached and played lacrosse for many years. This is an introductory camp for the sport of lacrosse which will focus on individual fundamental skills; cradling, ground balls, passing, catching, dodging and shooting. No prior experience is necessary. Participants will need to provide their own lacrosse sticks.



## Little Swingers Golf Camp

Dates: Monday, August 18 through Thursday, August 21 [4 days]

Time: 8:30am–9:00am Grades: 1–3 Limit: 10

Location: Gym Floor & Outdoor Fields

Cost: \$20 Members or \$40 Non-members

Clark Sports Center employee Scott Whiteman will direct this camp. The camp will focus on introducing kids to the game of golf. Campers will learn basic fundamentals. Campers must have their own equipment.



## Little Tots Basketball Camp

Dates: Wednesday through Friday, July 30–August 1 [3 day camp]

Time: 8:00–9:00am • Grade: K–2 Limit: 40

Location: Gym Floor • Cost: \$30 Members or \$60 Non-members

This Camp will be directed by Sports Center staff, Coach Whiteman and Coach Nagelschmidt. The camp will emphasize basic fundamentals through drills, demonstrations, dribbling, and shooting. Sneakers and shorts are required.



## Soccer Intermediate Camp

Dates: Monday, July 14 through Friday, July 18

Time: 1:00–3:00pm Grades: 4–6

Location: Gym Floor & Outdoor Fields

Cost: \$80 Members or \$180 Non-members • Limit: 60

Frank Miosek will direct this camp. Frank has coached for over 30 years at all levels. Area coaches and Sports Center Staff will be assisting Coach Miosek. This camp will focus on all the fundamentals necessary for campers to improve their skills and take their game to the next level. Coach Miosek will lead a team of coaches to instill proper fundamentals for your child. Spikes, shin guards and water bottles are required.



## Soccer Training Camp

Dates: Monday, August 11 through Friday, August 15

Time: 9:00am–12:00pm Grades: 7–12

Location: Gym Floor & Soccer Fields

Cost: \$80 Members or \$180 Non-members • Limit: 60

Camp will be led by Frank Miosek and assisted by local coaches, high school players, and college players. This camp will deliver first rate instruction, superior team competition, and strategic and tactical skills needed for the motivated individual trying out for school soccer teams. Spikes, shin guards, and water bottles are required.



## Strength & Conditioning Camp

Dates: Mondays and Wednesdays, June 30– August 6 [6 week program]

Time: 1:00–2:30 Grades: 8–12

Location: Downstairs Pit Area

Cost: \$90 Members or \$200 Non-members • Limit: 20

The Strength & Conditioning Camp will provide young athletes with a summer-long training program to improve flexibility, core strength, agility, endurance, speed and overall body strength. Utilization of foot work ladders, plyometrics, and medicine balls will be part of this fun, yet challenging program. Camp will also feature guest athletes and speakers to talk about nutrition, playing college level sports and several other topics. All sports are welcome. Expect to be challenged. Clark Sports Center Strength & Conditioning Coordinator, Dave Lauria, will supervise the program. Participants must bring a water bottle.



## Super Juniors Soccer Camp

Dates: Monday, July 14 through Friday, July 18

Location: Gym Floor & Soccer Fields

**Level One** • Grades: K–1

Time: 8:00–10:00am Limit: 60

Cost: \$80 Members or \$180 Non-members

**Level Two** • Grades: 2–3

Time: 10:00am–12:00pm Limit: 60

Cost: \$80 Members or \$180 Non-members

This popular camp will be directed by coach and teacher Sherri France with assistance from Scott Whiteman. Campers will get their fill of fitness, fun, lead-up games, and friendly competition. Join the excitement and be a part of the world's fastest growing sport! This camp will have a series of stations teaching the children basic fundamentals of passing, dribbling, positioning, and goalie instruction. Spikes, shin guards, and water bottles are required.



## Tennis Camp

Cost: Level 1 & 2: \$40 M/\$80 NM, Level 3: \$80 M/\$180 NM

Location: Tennis Center

### Level One

Ages: 6–7 • Limit: 20

Time: 10:00–10:45am

### Level Two

Ages: 8–9 • Limit: 20

Time: 11:00–11:45am

### Level Three

Ages: 10–14 • Limit: 20

Time: 12:00–1:30pm

Session 1: Monday, July 7 through Friday, July 11

Session 2: Monday, July 21 through Friday, July 25

Tennis Camp will introduce tennis to youths over a week-long training period. The camp will establish solid fundamentals and basic tennis skills including stroke production, proper footwork, game strategy, conditioning, sportsmanship, and court etiquette. The Varsity Tennis Coach from Mt. Markham High School, Terry McKane will be leading the sessions of Tennis Camp. Coach McKane has 4 Sectional Titles (most recently 2013), 5 League Titles (most recently 2013), and numerous League and Sectional Winners at singles and doubles.



## Volleyball Camp

Dates: Monday, June 30 through Thursday, July 3 [4 day camp]

Location: Gym Floor Cost: \$80 Members/\$180 NM

### Session One

Time: 1:00–2:30pm

Ages: 10–13 • Limit: 18

### Session Two

Time: 2:30–4:00pm

Ages: 14–18 • Limit: 18

Volleyball Camp will consist of focused offensive and defensive skills training, game-like drills, and learning teamwork through competitive play in a fun and meaningful experience. The camp is directed by The Clark Sports Center's Health, Fitness and Racquets Director Rich Jantzi, who coached the CCS Varsity Volleyball team to a Section Three Class C championship, Regional Championship, and earned 2009 Section Three Coach Of The Year honors.



## Volleyball Skills Clinics

Dates: Monday, June 30 through Thursday, July 3 [4 day camp]

Location: Gym Floor Cost: \$25 Members/\$50 NM Per Clinic

### Hitting Clinic

Time: 12:30–1:00pm

Ages: 10–18 • Limit: 8

### Setting Clinic

Time: 4:00–4:30pm

Ages: 10–18 • Limit: 8

The Skills Clinics require a fee additional to the Volleyball Camp and will feature focused small group training in hitting and setting. The clinics will be led by CCS Varsity Volleyball Coach Rich Jantzi.



## Wrestling Camp

Dates: Monday, August 4 through Friday, August 8

Grades: 2–12 • Limit: 30

Time: 9:00–11:30am

Location: Cooperstown Central School Wrestling Room

Cost: \$80 Members or \$180 Non-member

This camp will be run by Cooperstown Physical Education teacher and modified wrestling coach Bud Lippit. Bud brings many years of competing and teaching experience in the sport of wrestling to this exciting camp. He will be assisted by local area wrestler Micaiah Abts. This camp will focus on introductory skills for younger campers and more extensive skills for older campers. A great experience for your child to learn the sport of wrestling or continue to cultivate their talent in a great sport. Reminder: This camp will meet and take place in the Cooperstown Central School's wrestling room.



# Sports Camps Registration 2014

Name of participant: \_\_\_\_\_ Member? (Circle one): Yes No

Grade (entering Fall '14): \_\_\_\_\_ Age (at time of camp): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

Camp	Session & Age/Grade	Dates	Time	Cost	Page
Baseball Camp	Grades 3–6	August 4–8	9:00–12:00	\$80/\$180	9
Boys Basketball Camp	Grades 3–8	July 30–August 1	1:00–3:30	\$60/\$120	9
Girls Basketball Camp	Grades 3–8	July 30–August 1	9:30–12:00	\$60/\$120	9
Bowling Camp	Grades 3–12	July 7–11	9:00–12:00	\$80/\$180	10
Circus Theatricks Camp	Level One • Grades K–2	July 7–11	8:00–10:00	\$75/\$175	10
Circus Theatricks Camp	Level Two • Grades 3–12	July 7–11	9:00–3:00	\$225/\$325	10
Competitive Swim Camp (Developmental)	Ages 5–14	August 11–15	8:15–10:15	\$60/\$160	10
Competitive Swim Camp (Advanced)	Age 11–18	August 11–15	10:30–12:30	\$60/\$160	10
Diving Camp	Ages 9–18, Level 3 Swimmer	July 21–July 25	1:00–4:00	\$80/\$180	10
Golf Camp	Level One • Grades 4–6	August 18–22	9:00–10:00	\$80/\$180	11
Golf Camp	Level Two • Grades 7–9	August 18–22	10:30–11:30	\$80/\$180	11
Gymnastics & Dance Camp	Level One • Ages 4–6	June 30–July 3	11:00–12:00	\$50/\$150	11
Gymnastics & Dance Camp	Level Two • Ages 7–13	June 30–July 3	9:00–11:00	\$80/180	11
Jr. Lifeguard Camp	Ages 10–14	July 7–11	1:00–4:00	\$80/\$180	11
Lacrosse Camp	Grades 4–10	July 21–25	9:00–12:00	\$80/\$180	11
Little Swingers Golf Camp	Grades 1–3	August 18–21	8:30–9:00	\$20/\$40	11
Little Tots Basketball Camp	Grades K–2	July 30–August 1	8:00–9:00	\$30/\$60	12
Soccer Intermediate Camp	Grades 4–6	July 14–18	1:00–3:00	\$80/\$180	12
Soccer Training Camp	Grades 7–12	August 11–15	9:00–12:00	\$80/\$180	12
Strength & Conditioning Camp	Grades 8–12	June 30–August 6	1:00–2:30	\$90/\$200	12
Super Juniors Soccer Camp	Level One • Grades K–1	July 14–18	8:00–10:00	\$80/\$180	12
Super Juniors Soccer Camp	Level Two • Grades 2–3	July 14–18	10:00–12:00	\$80/\$180	12
Tennis Camp (Session One)	Level One • Ages 6–7	July 7–11	10:00–10:45	\$40/\$80	13
Tennis Camp (Session One)	Level Two • Ages 8–9	July 7–11	11:00–11:45	\$40/\$80	13
Tennis Camp (Session One)	Level Three • Ages 10–14	July 7–11	12:00–1:30	\$80/\$180	13
Tennis Camp (Session Two)	Level One • Ages 6–7	July 21–25	10:00–10:45	\$40/\$80	13
Tennis Camp (Session Two)	Level Two • Ages 8–9	July 21–25	11:00–11:45	\$40/\$80	13
Tennis Camp (Session Two)	Level Three • Ages 10–14	July 21–25	12:00–1:30	\$80/\$180	13
Volleyball Camp	Ages 10–13	June 30–July 3	1:00–2:30	\$80/\$180	13
Volleyball Camp	Ages 14–18	June 30–July 3	2:30–4:00	\$80/\$180	13
Volleyball Skills Clinic • Hitting	Ages 10–18	June 30–July 3	12:30–1:00	\$25/\$50	13
Volleyball Skills Clinic • Setting	Ages 10–18	June 30–July 3	4:00–4:30	\$25/\$50	13
Wrestling Camp	Grades 2–12	August 4–8	9:00–11:30	\$80/\$180	13

**Total:** \_\_\_\_\_

# Adventure Camps Registration 2014

Name of participant: \_\_\_\_\_ Member? (Circle one): Yes No

Grade (entering Fall '14): \_\_\_\_\_ Age (at time of camp): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

Camp	Session & Age/Grade	Dates	Time	Cost	Page	
Adirondack Explorers	Ages 12-14	August 11-15	9:00-4:00 & Overnights	\$275/\$375	6	_____
Adventure Sport Sampler	Ages 12-15	August 4-9	9:00 Drop-off & Overnight	\$425/\$525	6	_____
Bookworm	Grades K-2	June 30-July 3	8:00-12:00	\$112/\$212	6	_____
Bookworm	Grades K-2	July 7-11	8:00-12:00	\$140/\$240	6	_____
Bookworm	Grades 3-4	July 28-August 1	8:30-4:00	\$210/\$310	6	_____
Extreme Adventure Discovery	Session One • Grades 5-6	July 14-18	9:00-4:00 & Overnight	\$210/\$310	7	_____
Extreme Adventure Discovery	Session Two • Grades 5-6	July 21-25	9:00-4:00 & Overnight	\$210/\$310	7	_____
Extreme Adventure Discovery	Session Three • Grades 5-6	August 18-22	9:00-4:00 & Overnight	\$210/\$310	7	_____
Girls Rock Climbing Camp	Ages 10-15	June 30-July 2	9:00-4:00	\$160/\$260	7	_____
GPS Geocaching Camp	Ages 11-16	August 11-15	8:30-3:30	\$210/\$310	7	_____
Little Caveman	Session One • Grades K-2	June 30-July 3	9:00-1:00	\$112/\$212	7	_____
Little Caveman	Session Two • Grades K-2	August 11-15	9:00-1:00	\$140/\$240	7	_____
Little Explorers	Session One • Grades 3-4	July 7-11	9:00-4:00	\$210/\$310	7	_____
Little Explorers	Session Two • Grades 3-4	July 28-August 1	9:00-4:00	\$210/\$310	7	_____
Little Explorers	Session Three • Grades 3-4	August 4-8	9:00-4:00	\$210/\$310	7	_____
Mountain Biking Course	Ages 10-14	July 7-9	9:00-4:00	\$160/\$260	8	_____
Red Sails to Capri Camp	Grades 4-7	August 4-8	8:30-4:00	\$210/\$310	8	_____
Sailing Camp (Beginner)	Session One • Ages 10-18	June 30-July 4	9:30-12:30	\$160/260	8	_____
Sailing Camp (Advanced)	Session One • Ages 10-18	June 30-July 4	3:00-6:00	\$160/260	8	_____
Sailing Camp (Beginner)	Session Two • Ages 10-18	August 18-22	9:30-12:30	\$160/260	8	_____
Sailing Camp (Advanced)	Session Two • Ages 10-18	August 18-22	3:00-6:00	\$160/260	8	_____
Science Camp	Session One • Grades 4-7	June 30-July 4	8:30-3:30	\$210/\$310	8	_____
Science Camp	Session Two • Grades 4-7	July 7-11	8:30-3:30	\$210/\$310	8	_____
Science Camp	Session Three • Grades 4-7	July 14-18	8:30-3:30	\$210/\$310	8	_____
Science Camp	Session Four • Grades 4-7	July 21-25	8:30-3:30	\$210/\$310	8	_____
Science Camp	Session Five • Grades 4-7	July 28-August 1	8:30-3:30	\$210/\$310	8	_____
Science Camp	Session Six • Grades 4-7	August 4-8	8:30-3:30	\$210/\$310	8	_____
Summer Splash Camp (Session One)	Ages 10-15	July 14-18	8:00-5:00 & Overnight	\$250/\$350	8	_____
Summer Splash Camp (Session Two)	Ages 10-15	August 18-22	8:00-5:00 & Overnight	\$250/\$350	8	_____
White Water Course	Ages 10-14	July 29-31	9:00-4:00	\$160/\$260	9	_____

**Total:** \_\_\_\_\_



# Assumption of Risk Form

Children under 18 years of age

## Parent/Guardian Contact Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

## Emergency Contact Information

Phone: \_\_\_\_\_ Name: \_\_\_\_\_

### Consent with Respect to Minors

I am applying for a subscription or registration in a Clark Sports Center program on behalf of my children under the age of 18 years, listed below. I have explained to them the nature of the facilities and activities available at and under the sponsorship of the Center and of the inherent dangers of such facilities and activities. On behalf of my children, I agree that neither the Center, nor The Clark Foundation, nor the staff, officers, trustees, agents or instructors of either organization may be held liable in any way for any injury, death or other damage to them or their property arising out of or resulting from their participation in activities at or sponsored by the Center except to the extent that any such claim arises from an accident or injury caused by or resulting from the negligence or willful misconduct of the Center, The Clark Foundation or the staff, officers, trustees, agents or instructors of such organizations and I waive any such claim on their behalf.

Permission is hereby given for any emergency anesthesia, operation, hospitalization or other treatment which might become necessary as a result of my children's participation.

### Names of Clark Sports Center's participants under the age of 18

### Date Of Birth

Names of Clark Sports Center's participants under the age of 18	Date Of Birth
_____	_____
_____	_____
_____	_____
_____	_____

**This consent must be completed, signed, and dated by a parent or legal guardian.**

Signature: \_\_\_\_\_ Check one: Parent  Legal Guardian