

Summer Camps 2015

June 29 to August 28, 2015



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 4 at the Main Desk. Member registration for Adventure Camps will begin on Saturday, May 9 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 16 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 18 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, Golf Adventure, 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
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.

Camps By Age/Grade

Adventure Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
Adirondack Explorers															5
Adirondack Mountain Biking															5
GPS Geocaching Camp															6
Mountain Biking Clinic															6
New Hampshire Rock Climbing															7
Summer Splash Camps															7
White Water Kayaking Clinic															8

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

Sports Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
Competitive Swim Camps															9
Dive Camp															10
Gymnastics and Dance Camp															10
Jr. Lifeguard Camp															11
Tennis Camps															13
Volleyball Camp															13

Camp	Grades:	K	1	2	3	4	5	6	7	8	9	10	11	12	Page
Baseball Camp															8
Basketball Camps															8-9
Bowling Camp															9
Circus Theatricks Camp															9
Golf Adventure Camp															10
Golf Camp															10
Lacrosse Camp															11
Little Swingers Golf Camp															11
Little Tots Basketball Camp															11
Soccer Intermediate Camp															12
Soccer Training Camp															12
Sports Performance Camp															12
Super Juniors Soccer Camp															12
Wrestling Camp															13

Sports & Adventure Camp Calendar 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 28	29	30	July 1	2	3	4
Adventure Camps: Extreme Adventure Discovery (pg. 6) • Mountain Biking Clinic (pg. 6) • Science Camp (pg. 7)						
Sports Camps: Gymnastics & Dance (pg. 10) • Sports Performance (pg. 12) • Volleyball (pg. 13) • Volleyball Skills Clinics (pg. 13)						
5	6	7	8	9	10	11
Adventure Camps: Little Cavemen (pg. 6) • Science Camp (pg. 7) • Summer Splash (pg. 7) • White Water Course (pg. 8)						
Sports Camps: Bowling (pg. 9) • Circus Theatrics (pg. 9) • Sports Performance (pg. 12)						
12	13	14	15	16	17	18
Adventure Camps: Little Explorers (pg. 6) • Red Sails to Capri (pg. 7) • Science Camp (pg. 7)						
Sports Camps: Jr. Lifeguard (pg. 11) • Soccer Intermediate (pg. 12) • Sports Performance (pg. 12) • Super Juniors Soccer (pg. 12)						
19	20	21	22	23	24	25
Adventure Camps: Bookworm (pg. 5) • Little Cavemen (pg. 6) • Science Camp (pg. 7) • Summer Splash (pg. 7)						
Sports Camps: Lacrosse (pg. 11) • Sports Performance (pg. 12) • Tennis (pg. 13)						
26	27	28	29	30	31	August 1
Adventure Camps: Bookworm (pg. 5) • Extreme Adventure Discovery (pg. 6) • Science Camp (pg. 7)						
Sports Camps: Boys Basketball (pg. 8) • Girls Basketball (pg. 9) • Jr. Lifeguard (pg. 11) • Little Tots Basketball (pg. 11) • Sports Performance (pg. 12)						
2	3	4	5	6	7	8
Adventure Camps: Adirondack Explorers (pg. 5) • Science Camp (pg. 7) • White Water Course (pg. 8)						
Sports Camps: Baseball (pg. 8) • Sports Performance (pg. 12) • Wrestling (pg. 13)						
9	10	11	12	13	14	15
Adventure Camps: Adirondack Mountain Biking (pg. 5) • Extreme Adventure Discovery (pg. 6) • GPS Geocaching (pg. 6)						
Sports Camps: Competitive Swim (pg. 9) • Soccer Training (pg. 12) • Sports Performance (pg. 12) • Tennis (pg. 12)						
16	17	18	19	20	21	22
Adventure Camps: Little Explorers (pg. 6) • New Hampshire Rock Climbing (pg. 7)						
Sports Camps: Diving (pg. 10) • Golf (pg. 10) • Little Swingers Golf (pg. 11)						
23	24	25	26	27	28	29
Adventure Camps: Summer Splash (pg. 7)						
Sports Camps: Golf Adventure (pg. 10)						

Adventure Camps

Enrollment

Member registration for Summer Adventure Camps will start Saturday, May 9 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 16 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-Friday; Pickup 4:00pm Friday

Date: August 3-August 7

Cost: \$285 Members or \$385 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.



Adirondack Mountain Biking

Ages: 12-15 Level: Challenging

Time: Drop off at 9:00am, Tuesday, August 11 and Pickup TBA, Friday, August 14

Cost: \$460 Members or \$560 Non-members • Limit 7

Four days of mountain biking on the most premier single-track in New York, right in the heart of the Adirondacks. Our instructors are certified in Wilderness First Aid and are excellent riders ready to share riding tips to help you to the next level. If you want an adventure, this course is for you! Previous experience is necessary. The Sports Center will provide all camping equipment needed.



Bookworm

Grades: K-5 Level: Easy Limit: 9 Location: Biological Field Station

Cost: \$160/Members or \$260 Non-members

Grades K-2

July 20-24

Time: 9:00am-1:00pm

Grades 3-5

July 27-July 31

Time: 9:00am-1:00pm

Caldecott award winning books by favorite authors will come alive in this summer camp. Through art activities, games, and exploring, campers will interact with the worlds of Robert McCloskey, Virginia Lee Burton, Jane Yolen, Allen Say and William Stieg.



Extreme Adventure Discovery

Grades: 5–6 Level: Moderate

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

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

Session One: June 29–July 3

Session Two: July 27–31

Session Three: August 10–14

If you're looking to challenge yourself, join our action packed week! Learn to paddle a canoe and take a trip to one of our local waterways. Test out your beginner mountain biking skills, and try out climbing at Moss Island. End the week with a night under the stars.



GPS Geocaching Camp

Ages: 11–16 Level: Easy to Moderate

Time: 8:30am–3:30pm

Dates: Monday, August 10–Friday, August 14

Cost: \$250 Members or \$350 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 • July 6–July 10

\$160 Members or \$260 Non-members

Session Two • July 20–July 24

\$160 Members or \$260 Non-members

Begin your adventure with Little Caveman Camp. Discover insects, birds, plants and animals. Hike to new heights and bring out your adventurous side caving in local caves.



Little Explorers

Grades: 3–4 Level: Easy

Time: 9:00am–4:00pm

Cost: \$225 Members or \$325 Non-members • Limit: 9

Session One: July 13–July 17

Session Two: August 17–August 21

Come and join our fun filled week of Little Explorers. Explore local hiking trails, discovering insects, animals, trees, and plants. Learn to canoe and spend the day on a local waterway. Finish off the week at Zoom Flume.



Mountain Biking Clinic

Ages: 10–14 Level: Easy to Moderate

Time: 9:00am–4:00pm

Dates: Wednesday, July 1–Friday, July 3

Cost: \$180 Members or \$280 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.



New Hampshire Rock Climbing

Ages 12-15 Level: Moderate

Time: Drop off at 9:00am, Tuesday, August 18 and Pickup TBA, Friday, August 21

Cost: \$460 Members or \$560 Non-members • Limit: 9

Learn about this amazing lifetime sport in the destination climbing area of Rumney, New Hampshire. During this four-day course, you will explore a new cliff every day and put our skills to the test. You will get a chance to learn more about climbing equipment, safety practices, and perfect your movement techniques for climbing all while in an epicenter for rock climbing. No outdoor climbing experience necessary. Hiking is mandatory. All equipment will be supplied by the Sports Center.



Red Sails to Capri

Grades: 4-7 Level: Easy to Moderate

Time: 9:00am-3:00pm • Location: Biological Field Station

Dates: July 13-17

Cost: \$260 Members or \$360 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.



Science Camp

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

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

Cost: \$225 Members or \$325 Non-members • Limit: 9

Session One: June 29-July 3

Session Four: July 20-July 24

Session Two: July 6-July 10

Session Five: July 27-July 31

Session Three: July 13-July 17

Session Six: August 3-7

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 Camps

Time: 8:00am-5:00pm, Tuesday-Friday; Overnight Thursday-Friday

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

Session 1: Ages 10-12. Tuesday, July 7-Friday, July 10

Session 2: Ages 13-15. Tuesday, July 21-Friday, July 24

Session 3: Ages 10-12. Tuesday, August 25-Friday, August 28

Summer Splash Camp returns this summer with an additional session and split by age groups to allow more opportunity to enjoy this fun packed summer camp. The camp gives participants a chance at a whole summer of fun activities packed into four days. Each camp will start out with trips to Water Safari: Enchanted Forest and Zoom Flume, with a rainy day option of Howe's Caverns and indoor activities. The fun doesn't stop there! The camp ends with an overnight stay at the Great Escape Lodge and Indoor Waterpark with a day at Six Flags Great Escape Theme Park.



White Water Kayaking Clinics

Novice

Ages: 10–14 Level: Moderate
Time: 9:00am–4:00pm, Wednesday, July 8–Friday, July 10
Cost: \$180 members or \$280 non-members • Limit: 7

This is the perfect introductory course to paddling on rivers. Our American Canoe Association certified instructors will progressively share proper paddling techniques, as well as, responsible white water kayaking practices. This clinic takes place on Class I–II rivers and can be strenuous.

Intermediate

Ages: 12–15 Level: Challenging
Time: Overnights Pickup and Dropoff time TBA, Wednesday, August 5–Friday, August 7
Cost: \$400 or \$500 non-members • Limit: 7

For whitewater kayakers with previous paddling experience. We offer instruction on Class II and Class III white water. This clinic focuses on the skills needed to advance to the next level of the sport with control and finesse. This is a fast paced clinic, focused on giving you confidence in running more difficult rapids. Experience is necessary.



Sports Camps

Enrollment

Member registration for Summer Sports Camps will start Monday, May 4 at the Main Desk of The Clark Sports Center. Non-member registration will begin Saturday, May 16 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 3–Friday, August 7
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 Scott Whiteman with assistance from Sports Center camp staff. 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 29–Friday, July 31 [3 days]
Time: 1:00–3:30pm Grades: 3–8
Location: Gym Floor • Cost: \$60 Members/\$160 Non-members • Limit: 60

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



Girls Basketball Camp

Dates: Wednesday, July 29–Friday, July 31 [3 days]

Time: 9:30am–12:00pm Grades: 3–8

Location: Gym Floor • Cost: \$60 Members/\$160 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 6–Friday, July 10

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 Kenney. 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 6–Friday, July 10 • Each child should bring a lunch.

Location: Gym Floor • Circus show starts at 3:00pm on Friday, July 10, for parents & guests!

Level 1

Grades: K–2 • Limit: 20

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

Cost: \$100 members or \$200 non-members

Level 2

Grades 3–12 • Limit: 50

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

Cost: \$250 members or \$350 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 10–Friday, August 14

Location: Pool Area

Developmental Competitive Swim Camp

Ages: 6–14 • Limit: 30

Time: 8:00–10:00am

Cost: \$60 Members or \$160 Non-members

Age Group Competitive Swim Camp

Ages: 9–18 • Limit: 20

Time: 9:00am–12:00pm

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

This year the Aquatics Department will be putting on an incredible swim camp for two overlapping groups. Developmental Competitive Swim Camp will guide newer, as well as first year swimmers, through fun activities to master the skills that will ultimately make them incredible swimmers. The Age Group Competitive Swim Camp will participate in some of the same games and activities, but also move on to some drills that help with stroke mastery. Both sessions will be instructed by The Clark Sports Center Sharks Swim Team Coaches Sally Zaengle, Katy Haseley, Lindsey Bailey, & Matt Phillips.



Dive Camp

Dates: Monday, August 17–Friday, August 21

Time: 9:00am–12:00pm • 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 introductory springboard dive camp that will focus on the basics of forward and back approaches, different types of dives and dive positions, and entries into the water. Dryland training, nutrition, and a dive officials viewpoint of technique will also be included. Sally Zaengle, who has both coached and officiated high school diving since 2002 will lead this camp. Aaron Idelson, Cooperstown's boys high school diving record holder will be on staff to demonstrate and assist along with Cooperstown Girls High School Swimming and Diving coach Katy Haseley.



NEW!

Golf Adventure Camp

Dates: Monday, August 24–Friday, August 28

Time: 9:00–4:00pm • Grades: 6–12 • Limit: 6

Location: Clark Sports Center • Cost: \$150 Members or \$250 Non-members

Golf Adventure Camp will play 5 local courses in 5 days with Athletic and Assistant Athletic Directors Barry Gray and Scott Whiteman. This camp is for golfers who have had some experience playing 18 holes on a golf course. Campers will learn proper etiquette and will be assisted in strategies of the game while having fun playing different courses. Campers will be driven to each course and will have lunch at each course. This camp will play rain or shine. We will suspend play for thunder and lightning. Campers must have their own equipment.



Golf Camp

Dates: Monday, August 17–Friday, August 21

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 29–Friday, July 3

Location: Gym Floor

Level One

Ages: 4–6 • Limit: 24

Time: 11:00am–12:00pm • Cost: \$60 M/\$160 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 Camps

Year 1 Dates: Monday, July 13–Friday, July 17
Time: 1:00–4:00pm Ages: 10–14 Limit: 20
Cost: \$80 Members or \$180 Non-members • Location: Pool

Year 2 Dates: Tuesday, July 28–Friday, July 31
Time: 1:00–4:00pm Ages: 12–14 and 2nd Year Jr. Lifeguard 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!

This year's Jr. Lifeguard Camp is split into two separate camps. Year 1 Jr. Lifeguards will learn the basic skills and knowledge of prevention of aquatic accidents, fitness and swimmer skills, and responses to an aquatic emergency. Year 2 Jr. Lifeguards will review year 1 skills with the addition to leadership skills, and professionalism of a lifeguard. Both camps will have an environment that will allow Jr. Lifeguards to have fun through activities, games, and skills to become successful, future lifeguards. Both sessions will be led by American Red Cross Lifeguard Instructors Matt Phillips and Lindsey Bailey.

Lacrosse Camp

Dates: Monday, July 20–Thursday, July 23 [4 days]
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 17–Thursday, August 20 [4 days]
Time: 8:30am–9:00am Grades: 1–3 Limit: 10
Location: Gym Floor & Outdoor Fields
Cost: \$20 Members or \$40 Non-members

Coach 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, July 29–Friday, July 31 [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 Scott Whiteman with assistance from Sports Center camp staff. The camp will emphasize basic fundamentals through drills, demonstrations, dribbling, and shooting. Sneakers and shorts are required.



Soccer Intermediate Camp

Dates: Monday, July 13–Friday, July 17

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 10–Friday, August 14

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.



Sports Performance Camp

Dates: Tuesdays and Thursdays, June 30– August 13 [7 week program]

Time: 10:00–12:00 Grades: 8–12

Location: Downstairs Pit Area

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

The Sports Performance 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 Sports Performance Coordinator, Kevin Mallery, will supervise the program. Participants must bring a water bottle.



Super Juniors Soccer Camp

Dates: Monday, July 13–Friday, July 17

Location: Gym Floor & Soccer Fields

Level One • Grades: K–1

Time: 8:30–9:30am 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 20–Friday, July 24

Session 2: Monday, August 10–Friday, August 14

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 29–Friday, July 3

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 29–Friday, July 3

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 3–Friday, August 7

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. 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 2015

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

Grade (entering Fall '15): _____ 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 3-7	9:00-12:00	\$80/\$180	8
Boys Basketball Camp	Grades 3-8	July 29-31	1:00-3:30	\$60/\$160	8
Girls Basketball Camp	Grades 3-8	July 29-31	9:30-12:00	\$60/\$160	9
Bowling Camp	Grades 3-12	July 6-10	9:00-12:00	\$80/\$180	9
Circus Theatrics Camp	Level One • Grades K-2	July 6-10	8:00-10:00	\$100/\$200	9
Circus Theatrics Camp	Level Two • Grades 3-12	July 6-10	9:00-3:00	\$250/\$350	9
Competitive Swim Camp (Developmental)	Ages 6-14	August 10-14	8:00-10:00	\$60/\$160	9
Competitive Swim Camp (Age Group)	Ages 9-18	August 10-14	9:00-12:00	\$80/\$180	9
Dive Camp	Ages 9-18, Level 3 Swimmer+	August 17-21	8:00-12:00	\$80/\$180	10
Golf Adventure Camp	Grades 6-12	August 24-28	9:00-4:00	\$150/\$250	10
Golf Camp	Level One • Grades 4-6	August 17-21	9:00-10:00	\$80/\$180	10
Golf Camp	Level Two • Grades 7-9	August 17-21	10:30-11:30	\$80/\$180	10
Gymnastics & Dance Camp	Level One • Ages 4-6	June 29-July 3	11:00-12:00	\$60/\$160	10
Gymnastics & Dance Camp	Level Two • Ages 7-13	June 29-July 3	9:00-11:00	\$80/180	10
Jr. Lifeguard Camp	Year 1 • Ages 10-14	July 13-17	1:00-4:00	\$80/\$180	11
Jr. Lifeguard Camp	Year 2 • Ages 12-14	July 28-31	1:00-4:00	\$80/\$180	11
Lacrosse Camp	Grades 4-10	July 20-23	9:00-12:00	\$80/\$180	11
Little Swingers Golf Camp	Grades 1-3	August 17-20	8:30-9:00	\$20/\$40	11
Little Tots Basketball Camp	Grades K-2	July 29-31	8:00-9:00	\$30/\$60	11
Soccer Intermediate Camp	Grades 4-6	July 13-17	1:00-3:00	\$80/\$180	12
Soccer Training Camp	Grades 7-12	August 10-14	9:00-12:00	\$80/\$180	12
Sports Performance Camp	Grades 8-12	June 30-August 13	10:00-12:00	\$90/\$200	12
Super Juniors Soccer Camp	Level One • Grades K-1	July 13-17	8:30-9:30	\$80/\$180	12
Super Juniors Soccer Camp	Level Two • Grades 2-3	July 13-17	10:00-12:00	\$80/\$180	12
Tennis Camp (Session One)	Level One • Ages 6-7	July 20-24	10:00-10:45	\$40/\$80	13
Tennis Camp (Session One)	Level Two • Ages 8-9	July 20-24	11:00-11:45	\$40/\$80	13
Tennis Camp (Session One)	Level Three • Ages 10-14	July 20-24	12:00-1:30	\$80/\$180	13
Tennis Camp (Session Two)	Level One • Ages 6-7	August 10-14	10:00-10:45	\$40/\$80	13
Tennis Camp (Session Two)	Level Two • Ages 8-9	August 10-14	11:00-11:45	\$40/\$80	13
Tennis Camp (Session Two)	Level Three • Ages 10-14	August 10-14	12:00-1:30	\$80/\$180	13
Volleyball Camp	Session One • Ages 10-13	June 29-July 3	1:00-2:30	\$80/\$180	13
Volleyball Camp	Session Two • Ages 14-18	June 29-July 3	2:30-4:00	\$80/\$180	13
Volleyball Skills Clinic • Hitting	Ages 10-18	June 29-July 3	12:30-1:00	\$25/\$50	13
Volleyball Skills Clinic • Setting	Ages 10-18	June 29-July 3	4:00-4:30	\$25/\$50	13
Wrestling Camp	Grades 2-12	August 3-7	9:00-11:30	\$80/\$180	13

Total: _____

Adventure Camps Registration 2015

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

Grade (entering Fall '15): _____ 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 3-7	9:00-4:00 & Overnights	\$285/\$385	5
Adirondack Mountain Biking	Ages 12-15	August 11-14	9:00 Drop-off & Overnight	\$460/\$560	5
Bookworm	Grades K-2	July 20-24	9:00-1:00	\$160/\$260	5
Bookworm	Grades 3-5	July 27-31	9:00-1:00	\$160/\$260	5
Extreme Adventure Discovery	Session One • Grades 5-6	June 29-July 3	9:00-4:00 & Overnight	\$250/\$350	6
Extreme Adventure Discovery	Session Two • Grades 5-6	July 27-31	9:00-4:00 & Overnight	\$250/\$350	6
Extreme Adventure Discovery	Session Three • Grades 5-6	August 10-14	9:00-4:00 & Overnight	\$250/\$350	6
GPS Geocaching Camp	Ages 11-16	August 10-14	8:30-3:30	\$250/\$350	6
Little Caveman	Session One • Grades K-2	July 6-10	9:00-1:00	\$160/\$260	6
Little Caveman	Session Two • Grades K-2	July 20-24	9:00-1:00	\$160/\$260	6
Little Explorers	Session One • Grades 3-4	July 13-17	9:00-4:00	\$225/\$325	6
Little Explorers	Session Two • Grades 3-4	August 17-21	9:00-4:00	\$225/\$325	6
Mountain Biking Clinic	Ages 10-14	July 1-3	9:00-4:00	\$180/\$280	6
New Hampshire Rock Climbing	Ages 12-15	August 18-21	9:00 Drop-off & Overnight	\$460/\$560	7
Red Sails to Capri Camp	Grades 4-7	July 13-17	9:00-3:00	\$260/\$360	7
Science Camp	Session One • Grades 4-7	June 29-July 3	8:30-3:30	\$225/\$325	7
Science Camp	Session Two • Grades 4-7	July 6-10	8:30-3:30	\$225/\$325	7
Science Camp	Session Three • Grades 4-7	July 13-17	8:30-3:30	\$225/\$325	7
Science Camp	Session Four • Grades 4-7	July 20-24	8:30-3:30	\$225/\$325	7
Science Camp	Session Five • Grades 4-7	July 27-31	8:30-3:30	\$225/\$325	7
Science Camp	Session Six • Grades 4-7	August 3-7	8:30-3:30	\$225/\$325	7
Summer Splash Camp	Session One • Ages 10-12	July 7-10	8:00-5:00 & Overnight	\$250/\$350	7
Summer Splash Camp	Session Two • Ages 13-15	July 21-24	8:00-5:00 & Overnight	\$250/\$350	7
Summer Splash Camp	Session Three • Ages 10-12	August 25-28	8:00-5:00 & Overnight	\$250/\$350	7
White Water Course - Novice	Ages 10-14	July 8-10	9:00-4:00	\$180/\$280	8
White Water Course - Intermediate	Ages 12-15	August 5-7	9:00-4:00 & Overnight	\$400/\$500	8

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

_____	_____
_____	_____
_____	_____
_____	_____

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

Signature: _____ Check one: Parent Legal Guardian