

# Clark Sports Center

Founded 1891

Newsletter 2015

Vol 1970, June Edition

## SHARKY RETIRES!

*"I would like to thank the Clark family so much for making it all possible."*



After 45 years, Stephen "Sharky" Nagelschmidt will retire from The Clark Sports Center.

Sharky's journey to The Clark Sports Center started back in high school when he wanted to be a PE teacher. After graduating from CCS and serving in the Army from 1968-1970, Sharky came home to Cooperstown and received a call from Angelo Pugliese telling him to "get a haircut" and go see Malcolm Brooks at the ACC Gym. He went in for an interview, was hired as a maintenance person and started on November 9, 1970. Sharky filled various rolls at the ACC Gym and in 1986 when the "new gym", now known as The Clark Sports Center, was built, Sharky became the Bowling Alley Supervisor. After helping with

many programs in the Athletic Department, Sharky was offered the position of Program Coordinator and he's never looked back. He's been running various Gym Floor programs for the last 25 years including boy's biddy basketball, preschool play and preschool academy. One of his favorite programs is preschool swim where the kids come running excited through the lobby and can't wait to swim with him. Sharky has also been an active participant in softball leagues, bowling leagues and umpiring. He's helped out with basketball camps, baseball camps, circus camps and also coached Little League, Pony League, and American Legion baseball for over 20 years. In 2002 he was awarded the prestigious Fetterman award.

What Sharky has enjoyed most about his job are the people, especially the kids. He got such joy out of trying to teach kids leadership and respect and then hearing their success stories as they got older. He realized he'd gone through 3 generations of families when the grandchildren of kids he coached at the "old gym" showed up for his preschool play. Sharky made it a point to be out in the lobby to greet residents from Pathfinder and often joined the senior members who stopped for coffee on their way out in the morning.

Sharky's family has always been the most important part of his life and wanting to spend more time with them was the catalyst for his retirement. His wife Cynthia,

children Brooke and Reid, and now grandchildren, Allison, Madison, Bode and Helena are all looking forward to spending more time with him. He also wants to spend time trying to improve his golf game and of course watching Yankees baseball.

For anyone who's ever been to The Sports Center, Sharky is a household name. From preschoolers to seniors, to kids he's coached and kids he's disciplined, his caring way has made an impression on everyone he's come in contact with. He always greets you with a smile and makes you feel welcome. Thank you Sharky for the last 45 years. You will be greatly missed by all.



# Adventure News

## Clark Sports Center Facility Hours

May 5–October 4

Monday–Friday:  
5:30am–9:00pm

Saturday  
8:00am–6:00pm

Sunday  
Closed

### Closures

Independence Day  
Saturday, July 4

Induction Weekend  
Saturday, July 25–  
Monday, July 27

Repair Week  
Monday, August 31–  
Sunday, September 6

Labor Day  
Monday, September 7



## Summer Adventure Programs

Our schedule is filling up fast! We offer a variety of outdoor programs on the Sports Center grounds and organized trips around the Northeast. Our high and low outdoor ropes challenge courses are perfect for team building opportunities for your organization or youth group, and can be tailored to fit your goals and skill level. Call us at 607-547-2800, ext. 124, to book your adventure today! For information about our back country outings, kayaking, biking, and climbing, join our email list by emailing Will Weinert at [weinertw@clarksportscenter.com](mailto:weinertw@clarksportscenter.com).

## Summer Community Programs

### Little Falls Climbing

Thursday, July 16, 10:00am–2:00pm. Ages 10-16. Free for members! Non-members pay \$20. Sign up at the Main Desk. Meet in the main lobby. All equipment provided. Please bring a lunch with you.

### Peterkill Climbing

Wednesday, July 22, 8:00am–6:00pm. Ages 10-16. Free for members! Non-members pay \$20. Sign up at the Main Desk. Meet in the main lobby. All equipment provided. Please bring a lunch with you.

### Adirondack Hiking

Monday, July 27, 8:00am–6:00pm. Ages 10-16. Free for members! Non-members pay \$20. Sign up at the Main Desk. All equipment provided. Please bring a lunch and snacks with you.



Lucian Lytel (2nd place), Brayden White (1st place), Lowell Wilsey (3rd place), Nora More (2nd place), John Luke Raymond (1st place), Gabriella Raymond (1st place), Anna More (3rd place).

## Kids Rock Wall Olympics

The Kids Rock Wall Olympics was held on April 18. Fifteen kids participated in many different events to determine the winner. We look forward to future Rock Wall Olympics.



## Outdoor Community Ropes Course • Meet in the Main Lobby. Ages 12+. Free for members, \$20 non-members.

Sign up at the Main Desk.

Thursday, July 2, 10:00am–2:00pm

Tuesday, July 28, 10:00am–2:00pm

Tuesday, August 11, 10:00am–2:00pm

**News for Parents** • In order to better monitor our young members and guests The Clark Sports Center is now asking children in K-6 to stay inside the building unless they are reporting to a sports activity. On some good weather days the CSC will offer the children a supervised outdoor activity.



## Summer Camps

June 29–August 28.

Don't forget to sign up for summer Sports and Adventure Camps!



## Senior Walk

Senior Walk concluded on May 2. Top ten walkers were Bruce Guyot (184 miles), Judy Martin (176 miles), Bonnie Ives (173 miles), Doug France (152 miles), Audrey France (148 miles), Marge Eldred (140 miles), Rick Jagels (90 miles), Kathy Jagels (84 miles), John Skinner (77 miles), and Elsie Wells (68 miles). 66 walkers participated in the program for a grand total of 2158.58 miles walked. The program is free for members and non-members. It will begin again November 2, 2015 on Monday, Wednesday and Friday from 10:00-11:00.

## Adult League Standings

### Wednesday Softball Standings

1. N.Y. Pizzeria
2. Putnam's
3. 4-way tie: McManus, McCarthy's, Mel's, Gohde's

### Monday Soccer Standings

1. Too Legit
2. New Blue
3. Justice League

### Slow Break Basketball League Champs • Mohawk Village Market

Dan Weldon, Brad Morse, Ethan Durham, Drew Crisman, Aaron Postiglione, Greg Harris, Brenton Seamon, Larry Fennel.

### Senior Basketball League Champs

Jeff Allen, Mark Misiewicz, Amy Gutierrez, Mike Millea, Bill Gibson, Floyd Bourne, Pete Wrba.



### Futsal League Champs • Unchained

Alex MacMillan, Cali Jo Sheldon, Matt Maynard, Kyle Reiss, Tomy Lopez, Anthony Carimando, Brianna Bookhout



### Volleyball League Champs • Lights Out

L to R: Andi Gulotta, Matt Gulotta, Vanessa Strong, Rafferty Sorenson, Kevin McCaffrey, Mike Lachance



### Kid's Dodgeball 3<sup>rd</sup> & 4<sup>th</sup> Grade Champs

Front Row, L to R: Ava Lesko, Joseph Longhi, Finn Morgan, Wyatt Montana, Ryan Hellenthal, Justin Wolfe, Brayden Sorenson, Aidan Spencer, Boula Rizkalla.



### Kid's Dodgeball 5<sup>th</sup> & 6<sup>th</sup> Grade Champs

Front Row, L to R: Ian Quinn, Derek Hochbrueckner, Derek Moore, Sarah Feik, Nate Savoie, Lowell Wilsey, Gareth Austin, Kendall Haney, Adam Hall.

## Upcoming Programs

### Boy's & Girl's High School Hoops Basketball Leagues

Boy's League plays Wednesdays, 5:30 to 9:30pm and starts June 17. The Girl's League starts June 15 and plays Mondays, 5:30 to 9:30pm.

## LaCava Award Winners



Boy's Travel Basketball  
LaCava Award Winner  
Coach Nagelschmidt with  
Spencer Lewis.



Girl's Travel Basketball  
LaCava Award Winner  
Coach Whiteman with  
Anna Lambert.



## Upcoming Programs

### Summer Swim

**Lessons** • June 29 through August 7. Registration is required for all swimmers.

**Swim lessons are for Clark Sports Center members only.** 6–35 months old (with parent), Mondays and Tuesdays, 12:00–12:30pm; Ducks & Frogs, Wednesdays and Thursdays, 12:00–12:30pm; Octopi & Dolphins, Mondays and Tuesdays, 12:00–12:30pm. For questions, please contact the Aquatics Department by calling 547-2800, ext. 114/117.

### The Pool is available for your group

from 6:30–8:30pm on Saturday evenings throughout the summer. Your group will have exclusive use of the pool only. No other areas of the Sports Center will be open. We will provide tables, chairs, floats and lifeguards. You provide refreshments and waivers. Groups must have 1 adult per 10 children. The cost is \$150 for two hours, with a \$25 non-refundable deposit required at the time of your booking. Please contact Matt Phillips at 547-2800, ext. 117, to make your reservation.

## Aquatics News



### Sharks Swim Team Awards

On April 11, awards were presented to members of the swim team. Coaches presented each swimmer with a folder that included a team photo and season performance report. The following awards were presented:

#### Outstanding Swimmer

Sean Mebust & Delilah Griger

#### Developmental Award

Kylie Sala

#### Most Improved Male & Female

8 & under: Thomas Hellenthal & Margaret-Mary Raffo

9–10 year olds: Aidan Spencer & Leah Wyckoff

11–12 year olds: Maddox Aramini & Laurel Zaengle

13 & over: Max Hinrichs & Emily Ferrari

#### Male & Female Rookie of the Year

Grant Crowson & Hannah Sulas

#### Sportsmanship

Colby Diamond & Brianna Bischof.

### Kids Triathlon Race

This annual event was held on Saturday, May 30. Forty-four children had been practicing their swimming, biking and running skills since April. The triathlon race layout changed due to the expansion project. Swimmers began their race in the pool with a swim ranging from 50 to 150 yards, then out the pool door, onto their bikes to race the loop around the Clark Greenhouse grounds. For the final leg of the race, they ran in the reverse direction around the greenhouse grounds to the finish line. The distance of each leg of the race varied based on the age of the athlete. Event photos and finish times are posted at [www.clarksportscenter.com](http://www.clarksportscenter.com).

### Junior Livestock Show Swim

The pool will be very busy during open swim 6:30 to 9:00pm on Monday, July 13 for the Junior Livestock Show's annual pool party. No lanes will be available for lap swimming this night.

### School Recreation Groups

The Clark Sports Center will be welcoming many visiting schools who have chosen us to be their end of the school year "place to be". You will see children having fun in the bowling alley, gym floor, racquetball courts and pool. The groups will be using 2 lanes in the lap pool and the diving pool. Dates and times of when these groups will be visiting are as follows:

**Tuesday, June 2, 9:30am-1:30pm**

**Friday, June 5, 9:30am-1:30pm**

**Monday–Friday, June 8–19, 9:30am-1:30pm**

### Inflatable Movie Screen Rental!

#### Family Fun Nights/Indoor & Outdoor Events

The Movie Night includes all movie audio/visual projection equipment to host your indoor or outdoor movie event. Complete with theater delivery, set-up, removal & Clark Sports Center host.

We provide: A Clark Sports Center host that will be present during the event to oversee all technical elements. Your audience will enjoy premium HD quality projection and our intense amplified sound system. Cables, cords and all wiring.

You provide: The movie (DVD), standard electric, access to the gymnasium, cafeteria, lawn, hall or basement.

For more information, please contact Matt Phillips at 547-2800, ext. 117.

### Friday Outdoor Movie Nights!

We're going outside, again!! Outdoor movie nights at the Sports Center.

The Clark Sports Center will be showing their annual outdoor movies on the inflatable movie screen starting this June. Movie nights are scheduled for June 12, 26, July 17, 31, August 7 and 21.

### Adult Pool Times During Summer Swim Lessons & Camps

The summer swim lessons and swim camp will run from June 29 through August 14. During this time, the morning adult swim will be 5:30–8:00am. During Dive Camp, August 17–21, adult swim will be 5:30–9:00am. Adult swim will begin again at 12:00pm.

# Bowling News

## Bowling League Champs 2014–2015

### Men's Monday Night

Joe Senchyshyn  
John Stephens  
Matt Curtis

### Women's Tuesday Night

Andrea Johnson  
Connie Jastremski  
Lisa Webster  
Katie Sebastian

### Men's Wednesday Night

Sharky Nagelschmidt  
Reid Nagelschmidt  
Mike Kenney  
Greg Lippitt

### Women's Thursday Afternoon

Marion Madison  
Mary Durso  
Eileen Barown



### Elementary & Middle School Bowling League Champs

Malikye Trowbridge  
Ethan Lichtman  
Aidan Klein

## Summer No-Tap Recreational Bowling League

June 2-July 21

Teams must consist of four people, men, women, and mixed. Bowlers must be 18 years of age or older and out of high school.

The League meets every Tuesday night from 6:00-9:00pm. For more information, or to register, please see Barry Gray in the Sports Center Bowling Alley, or call (607) 547-2800, ext. 108.

The league fee is \$5 per night for members or \$10 per night for non-members.

## Fall Bowling League

Fall Bowling Leagues begin in September. Contact Barry Gray at (607)547-2800, ext. 108, for more information.

Men's  
Monday Night  
Recreation League

Women's  
Tuesday Night  
Recreation League

Men's  
Wednesday Night  
Recreation League

Women's  
Thursday Afternoon  
Recreation League

Mixed  
Thursday Afternoon  
Recreation League

## SPORTS CENTER EXTRAS



## Congratulations John Sovocool! 50 Marathons in 50 states

John Sovocool completed 50 marathons in 50 states. He ran his first marathon in 1985, and completed all 50 states in April, 2015.



Front L to R: Adam Ubner, Ben Lewis, Cooper Coleman, Josie Furnari, Lucy Hayes, Ava Cooper, Claire Kapusniak, Allison Swart. Back L to R: Jaina Bischof, Tara Phillips, Kylie Sala, Chase Burkhart, Jacob Burkhart, Ethan Kukenberger, Rylie Austin, Nife Ogundele, Alexis Wolfe, Caroline Van De Riet, Tori France.

## Kidz Korner Pinwheels

Child abuse is preventable, and it takes a community to work together to create a healthy and positive environment for children to grow up in. Clark Sports Center's Kidz Korner made pinwheels in support of child abuse prevention month. The pinwheel is a symbol of a happy and healthy childhood.



## Group Fitness Summer Session

The next class session begins June 29 and ends August 29. Look for the new schedule to be uploaded to our website at [www.clarksportscenter.com](http://www.clarksportscenter.com) about a week before the Summer Session begins. Hard copies can be picked up outside of the Fitness Center Desk and our information board.

## Men's Summer Tennis Leagues

League starts June 1 and runs through July 20 (weather permitting). Register at the Health & Fitness Desk.

### Singles League

League plays any day of the week. Singles League is free for members.

### Doubles League

Mondays, 5:15pm and 6:30pm matches. A and B Divisions. The league fee is \$25 for members or \$50 for non-members. Registration to be an alternate is also available (no fee for Sports Center members).

# Health & Fitness and Racquets News

## Looking For a New Class to Try?

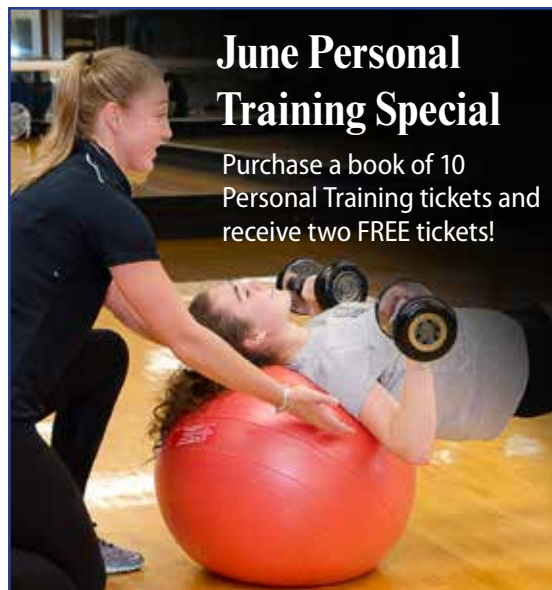


### AQUA HIIT

Tuesdays and Thursdays.  
Check the Group Fitness schedule for times.

## June Personal Training Special

Purchase a book of 10 Personal Training tickets and receive two FREE tickets!



## NFPT Certified Trainers

The following trainers earned their NFPT Personal Trainer Certification in April, and are now ready for clients!



Kevin Mallery



Shirley Tyler



Deirdre Donley



Josie Rusk

## Community Heart Screening

### Friday, June 26

Community heart screenings with Virginia Barton of Bassett Hospital. Friday, June 26, 12:30-3:00pm, in the Group Fitness Studio. Stop by the Health and Fitness Desk or call Rich Jantzi at (607) 547-2800, ext. 125, to reserve a time slot.

## Racquets

## Women's Summer Tennis Leagues

The Sports Center's Women's Summer Tennis Leagues will start in early July and run for eight weeks. Registration runs June 8-20. The Single League is free for members. Doubles League is \$25 for members or \$50 for non-members. Contact Amy Porter at 547-2800, ext. 111, for more information.

## Spring Tennis League Standings

### Doubles Division A

- 1- Georgia Frevele (.714)
- 2- Amy Porter (.673)

### Doubles Division B

- 1- Kim Jastremski (.769)
- 2- Deanna Gable (.741)





# Special Events

**26.2 RACE THE LAKE**  
**13.1** [www.clarksportscenter.com](http://www.clarksportscenter.com)

**Saturday, June 13**

**2<sup>nd</sup> Annual Race the Lake  
26.2 Marathon & 13.1 Mile Race  
Registration: 6:30–7:30am  
Race: 8:00am**

We will be holding our second marathon (26.2 miles) and a half marathon (13.1 miles) around the picturesque Otsego Lake on Saturday, June 13! Both the 26.2 mile and 13.1 mile races will join together in East Springfield so they finish together in Cooperstown. Both races will be challenging not only for the miles, but also the elevation. It's the perfect setting for a marathon! Both courses are certified by the USATF.

Questions may be directed to Event Director, Doug McCoy by calling (607) 547-2800, ext. 111 or visit [www.clarksportscenter.com](http://www.clarksportscenter.com)

## Would you like to volunteer for special events?

Contact Brenda Wedderspoon-Gray, Associate Director of Programs, at (607) 547-2800 x103.



## Council Rock to Council Rock Run

The 1st annual Council Rock to Council Rock Run was held on May 3 to support the Wounded Warrior Amputee Softball Team.

Male Overall: Mike Rutledge  
Female Overall: Nancy Potter



## Vis Vires VIII Strongman Competition

**Saturday, August 1 • Weigh-ins: 10:00am  
Rules and Competition Start: 11:00am**

Our eighth annual competition is back! The competition features men's and women's divisions and takes place on the Sports Center grounds. Be sure to register early and receive a \$15 price break! Register by July 10 to receive a commemorative t-shirt. For details on practice nights, call Doug McCoy at 547-2800, ext. 111. Visit [www.clarksportscenter.com/events/](http://www.clarksportscenter.com/events/) for registration and brochure forms.



**Male Overall**  
Caleb Edmonds  
**Female Overall**  
Janet Ratliff  
**Male 2nd Place**  
Frank Wilsey  
**Female 2nd Place**  
Bradley Weldon  
**Male 3rd Place**  
Tim Horvath  
**Female 3rd Place**  
Anya Hodgins  
**Male 4th Place**  
Henry Horvath  
**Female 4th Place**  
Sally Tedesco



## September 26

Race starts and ends at Brewery Ommegang.

Ommegang will host a party at the finish line for racers and families. You must be 16+ to race and 21+ to drink.

To Register: [www.itsyourrace.com](http://www.itsyourrace.com) or [www.bikereg.com](http://www.bikereg.com). For more information, visit [www.clarksportscenter.com](http://www.clarksportscenter.com) or call Doug McCoy at (607) 547-2800, ext. 111.

Registration received by Monday, September 20: \$40.  
After September 20: \$55.

First 100 registered racers will receive a free shirt.





Jessica Mackey completing  
her 250 lb. Shirted Lift.

## Monster Bench Press Competition Results

The Clark Sports Center held its annual Monster Bench Press Competition on Saturday, April 4, with a record of 106 participants. Thank you to all of this year's participants for making the competition a continued success!

**Men's Overall Raw Lift 1<sup>st</sup> Place:** Anthony Hobaica (485 lbs.) • **Men's Overall Shirted Lift 1<sup>st</sup> Place:** Jim Phraner (765 lbs.)  
**Women's Overall Raw 1<sup>st</sup> Place:** Shannon Leo (165 lbs.) • **Women's Overall Shirted Lift 1<sup>st</sup> Place:** Jessica Mackey (250 lbs.)  
**Overall Team Raw:** Muscles in Motion • **Overall Team Shirted:** Gorilla Pack  
**Rep-Off 1<sup>st</sup> Place:** Jim Phraner (43 reps of 225 lbs.)

**Contact Us:** Phone: (607) 547-2800 • Fax: (607) 547-4100 • [www.clarksportscenter.com](http://www.clarksportscenter.com)

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