

ClarkSportsCenter

Newsletter
March 2014



Sharks Swim Team Swimathon

On December 20, 2013, the Sharks Swim Team held their annual Sharks Swimathon to raise monies for a local charity. Each swimmer gathers sponsorship for the laps or lengths they swim, in addition to collecting monetary donations.

This year, over 60 swimmers swam a total of 115,000 yards, raising \$2,560! The swim team presented the Cooperstown Food Pantry Director, Audrey Murray, with the check on Wednesday, January 15, 2014.

The donation to the Cooperstown Food Pantry was the largest cash donation the Sharks Swim Team has ever given!

Clark Sports Center Facility Hours

March 3–May 4 • Monday–Friday: 5:30am–9:30pm
(Pool closes at 9:00pm) • Saturday: 8:00am–6:00pm
Sunday: 8:00am–6:00pm (Adults Only 8:00am–12:00pm)

May 5–October 5 • Monday–Friday: 5:30am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed

Closures

Easter Day • Sunday, April 20
Hall of Fame Classic Game • Saturday, May 24
Memorial Day • Monday, May 26

Contact Us

Phone: (607) 547-2800
www.clarksportscenter.com



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Upcoming Programs

March Programs

Waterfront Lifeguard Course • Registration begins Monday, February 24. The Course will take place on Mondays (5:00-9:00pm), Wednesdays (5:00-9:00pm) and one Saturday (8:00am-4:00pm) from March 31-April 30. Register at the Main Desk along with a \$50 non-refundable deposit. \$175 for members, \$300 for non-members. Must be 15 years old by the end of the course, April 30.

Indoor Community Ropes Course • Wednesday, March 5, 6:00-9:00pm. Meet in the Main Lobby. Sign-up at the Main Desk. Ages 12+. Free for members, \$15 for non-members.

Free Community Movie Night • Saturday, March 8. The Family Movie, *Epic* (Rated PG, 102mins), starts at 7:00pm on the Gym Floor. Non-members must have a signed waiver on file at the Main Desk.

Session III Swim Lessons • Begins March 17 and runs to May 17. Registration for Preschool Lessons will start March 3 at the Main Desk.

April Programs

Kid's Triathlon Club • Sign-up at the Aquatics Office starting March 31! Tuesdays & Thursdays, 4:15 to 5:00pm, starting April 29. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 7-14. Meeting on April 24 at 4:15pm. ALL Participants must get their bikes and helmets checked on the scheduled date for their age group.

90 Minute Spinning Benefit Ride • Sunday, April 6, 8:30-10:30am. All money raised will be donated to Relay for Life. Ages 14+. Sign-up at the Fitness Center Desk. \$10 minimum donation. Members can sign-up anytime. Non-member sign-ups will begin Monday, March 31.

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

Wednesday, April 16, 9:00am-1:00pm.

Thursday, April 24, starting at 4:30pm.

Rock Climbing Clinic at Little Falls • Saturday, April 26, 9:00am-3:00pm. Sign-up at the Main Desk. Free for members, \$30 for non-members.

May Programs

Summer Camp Sign-ups • Sports Camps, member sign-ups, Monday, May 5. Adventure Camps, member sign-ups, Saturday, May 10. Sports Camps and Adventure Camps for all non-members, Saturday, May 17.

Little Falls After School Climbing • Thursday, May 8, 3:30-7:30pm. Sign-up at the Main Desk. Free for members, \$15 for non-members.

Waterfront Lifeguard Training Recertification (Includes CPR/AED & First Aid) • Monday-Thursday, May 19-22, 5:30-8:30pm (must attend each night). \$85 for members or \$170 for non-members. Sign-up at the Main Desk by May 5.

Outdoor Community Ropes Course • Thursday, May 22, starting at 4:30pm. Meet in the Main Lobby. Sign-up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

Rock Climbing Clinic at Little Falls • Saturday, May 24, 9:00am-3:00pm. Sign-up at the Main Desk. Free for members, \$30 for non-members.



Monster Bench Competition

Saturday, April 5 • Weigh-ins: 9:30am

Rules: 11:00am • Competition: 11:30am

Our annual lifting competition is returning this year with our popular Rep-Off and Team Event! Divisions are available for men, women, and youth. Event brochure and registration forms can be downloaded at www.clarksportscenter.com/events/monster-bench/.

Questions may be directed to Event Director, Doug McCoy, by calling 547-2800 or email at mccoyd@clarksportscenter.com.



Sunday, April 27 at 8:00am

A competitive 5k & fun run starting and ending at The Clark Sports Center. This is a satellite event with the NYC race.

Register as a Global Runner on The Clark Sports Center team at www.911memorial.org/5k

For more information, please contact Doug McCoy at (607) 547-2800, ext. 111.

Attention Members or Potential Members!

Check out your health insurance! Depending on your policy, you may qualify for reimbursement of Membership fees! The Clark Sports Center is happy to help you out with usage reports. Questions? Call Kathy Graham at (607) 547-2800, ext. 115, or e-mail grahamk@clarksportscenter.com

Little Falls After School Climbing • Thursday, May 29, 3:30-7:30pm. Sign-up at the Main Desk. Free for members, \$15 for non-members.

Summer Swim Lesson Registration • Members only. Registration for both Preschool & School Age Lessons runs May 5-30. The Summer lessons will run from June 30 to August 8. Sign-up at the Pool Office.

June Programs

Kid's Triathlon Club Race • Saturday, June 7, 10:00am. Race starts and ends at the Sports Center.

Outdoor Community Ropes Course • Thursday, June 12, starting at 4:30pm. Meet in the Main Lobby. Sign-up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

Upcoming Programs

MARCH MEMBERSHIP MADNESS

Stop by the main desk on Tuesday, March 18, and pick your team (out of a hat) for your chance to win membership credit! You must be a member to participate.

If your team wins it all you get a \$100 credit applied to your membership!

2nd place - \$50 credit Elite eight - \$10 credit
Final four - \$25 credit Sweet sixteen - \$5 credit

Spaces are limited.



1st Annual Race the Lake 26.2 Marathon & 13.8 Mile Race

Saturday, June 14

Registration: 7:00–8:00am • Race: 8:30am

We will be holding our first marathon (26.2 miles) and a half + marathon (13.8 miles) around the picturesque Otsego Lake on Saturday, June 14! Both races will join together in East Springfield so that both the 26.2 and 13.8 races will finish together in Cooperstown.

Both of the races will be challenging not only for the miles, but also the elevation. It's the perfect setting for a marathon!

Questions may be directed to Event Director, Doug McCoy by calling 547-2800, ext. 111 or visit www.clarksportscenter.com

Athletics Upcoming Spring Programs & Leagues

Program	Days	Time	Registration	Fee
Gymnastics Level 1 (Grade School)	March 10–May 2 Monday, Friday	3:00–4:30pm	February 1–March 10 Meeting March 10	\$80 member \$180 non-member
Gymnastics Level 2 (Grade School)	March 10–May 2 Monday, Friday	4:30–6:00pm	February 1–March 10 Meeting March 10	\$80 member \$180 non-member
Elite Gymnastics	March 10–May 2 Monday, Friday	6:00–7:00pm	Invitation only	\$80 member \$180 non-member
Kid's Dodgeball League (Grades 3–6)	April 3–May 15 Tuesday, Thursday	3:00–5:00pm	March 10–28 Meeting April 1	Free for members
Boy's Summer High School Hoops League	June 18–August 6 Wednesday	6:00–10:00pm	May 1–June 1	\$250 per team
Girl's Summer High School Hoops League	June 16–August 11 Monday	6:00–10:00pm	May 1–June 1	\$250 per team
Wednesday Recreational Softball (Ages 18+, coed, 8 teams)	April 30–August 20 Wednesday	6:00–9:00pm	Starts March 3 Meeting April 11	\$400 per team
Coed Sunday Soccer (Ages 18+, coed, 8 teams)	June 1–August 17 Sunday	4:00–8:00pm	Starts April 21 Meeting May 16	\$100 per team \$200 non-member team \$35 non-member individual

Aquatics News



The Clark Sports Center Sharks Swim Team has again had a successful swim season in the Central Valley Swim League. Coaches Kristen Griger, Lindsey Bailey, and Matt Phillips welcomed back 53 returning swimmers this season and 26 new swimmers to the roster. The Clark Sports Center Sharks' season included 10 meets throughout the Adirondack region culminating in Gold Championships in mid-March.

Pool Party Usage

Our pool is available for groups or parties on Saturday nights, 6:30–8:30pm. The cost for members is \$150 (\$300 for non-members) with a non-refundable \$25 deposit due at the time of the reservation (for 40 attendees). Please call Matt at 547-2800, ext. 117, to reserve a date.

Private Swim Lessons

Private swim lessons are available for both youth and adults of all ages and ability levels. Swimmers must pay for lesson tickets at time of sign-up (\$12 per 30 minute session or \$100 for a book of 10 session tickets). To book a lesson, call Matt Phillips at 547-2800, ext. 117 or e-mail phillipsm@clarksportscenter.com. Non-member rates available.

Dive Club

A diving instruction introducing proper approaches for front and back dives, along with dryland preparation. The club is for swimmers that are Level 3 or higher and are between the ages of 9-18 years old. Dive Club will be held on Wednesdays from 6:30–8:30pm, starting March 19 and ending April 30. This club will be led by CCS Swimming & Diving Coach, Catherine Haseley. High School diving record holder, Aaron Idelson, will demonstrate. The 6-week club is \$50 for members or \$100 for non-members. Register at the Main Desk beginning Monday, March 3. (Min: 5, Max: 12)

Adventure News

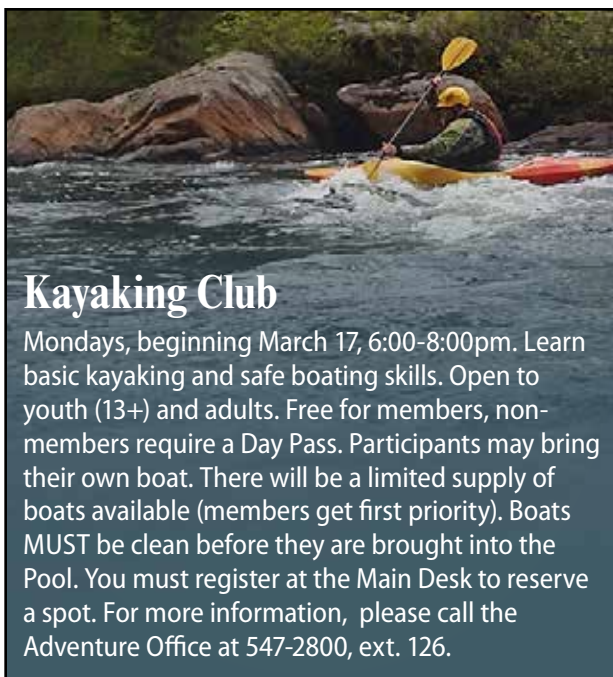
Kids Rock Wall Olympics

Saturday, March 8
Time • 3:00–5:00pm

Sign-up at the Main Desk by 1:00pm on March 8 (limit 30 participants).

The cost is \$5 for members. Non-members must pay for a Day Pass at the Main Desk.

Participants must have someone present that is Clark Sports Center belay certified to belay them. A belay school will be held from 2:00–3:00pm for those who wish to become certified. Must be 12 years of age or older to belay.



Kayaking Club

Mondays, beginning March 17, 6:00–8:00pm. Learn basic kayaking and safe boating skills. Open to youth (13+) and adults. Free for members, non-members require a Day Pass. Participants may bring their own boat. There will be a limited supply of boats available (members get first priority). Boats MUST be clean before they are brought into the Pool. You must register at the Main Desk to reserve a spot. For more information, please call the Adventure Office at 547-2800, ext. 126.

High Rock Climbing Wall

The High Rock Climbing Wall is open through May 2. Extended hours for spring break: Monday–Friday, 1:00–4:00pm; Thursday, 5:00–8:00pm. The current hours are: Tuesdays, Wednesday & Thursdays, 3:00–4:30 & 5:00–8:00pm, and Saturdays, 1:00–4:00pm. To find out more information about becoming Belay Certified, please contact the Adventure Dept at (607) 547-2800, ext 126. All ages and experience levels are welcome. Free for members (non-members must pay for a Day Guest Pass).

10th Annual Patrick C. Fetterman Memorial Basketball Tournament

On January 18-20, 12 teams competed in this year's Fetterman Basketball Tournament. The girls teams consisted of The Clark Sports Center, Central Valley, Frankfort, Cobleskill, Cazenovia and New Hartford. Central Valley took home 1st place with the Clark Sports Center girl's finishing in 2nd place.

The boys teams consisted of The Clark Sports Center, St. Johnsville, Central Valley, Cobleskill, Herkimer and Cazenovia. The Clark Sports Center boys captured 1st place for the first time in the Fetterman Tournament's history! Central Valley finished in 2nd place.



Front, L to R: Ashley Kiuber, Natalie Brotherton, Abby Ford, Emma Grover, Kamryn Koffer, and Kate Donnelly. Back, L to R: Coach Whiteman, Erin Olmstead, Morgan Kelly, Rebecca Marmorato, Torrey Carrascoso, Natalie Fountain, and Assistant Coach Gulotta.



Front, L to R: Reed Porter, Scott Feik, Ian Thomas, Ryan Lansing, Alex Woeppel and Ryan Palmatier. Back, L to R: Coach Nagelschmidt, Jerred Brodie, Josh Martin, John Kennedy, Josh Geci, Austin Yerdon, Jackson Martz, and Assistant Coach Gulotta.



Girls All-Tournament Team

L to R: Reilly Rich (CV, Tournament MVP), Miriah Johnson (CV), Ashley Kiuber, and Abby Ford (Sportsmanship Award). Not present: Taya Yacobucci (Cana).



Boys All-Tournament Team

L to R: Scott Feik (Sportsmanship Award), Josh Geci (Tournament MVP), Brennan Murray (CV), Josh Martin, and Jack Pryor (Cobl.)



Girls Junior Intramural Basketball Playoff & Regular Season Champs

L to R: Riley Smith, Ashlyn Wolfe, Madison Hayes, Lauren Koffer, Hannah Craig, Mary Wait, and Monica Kennedy.



Girls Senior Intramural Basketball Playoff & Regular Season Champs

L to R: Joey Bertram, Stephanie Rudloff, Torrey Carrascoso, Natalie Brotherton and Ashley Kiuber



Boys Senior Intramural Basketball Playoff & Regular Season Champions

Front, L to R: Chris Ubner, Scott Feik, Reed Porter, and Andrew Nicholson. Back, L to R: Kendall Haney, Josh Geci, John Kennedy, and Anthony Xie.

Winter Carnival Free-Throw & 3-Point Contest Winners



Youth Free-Throw Competition Winners, L to R: Ray Cabrera (High School Boys), Josh Geci (Elem. Boys), Melissa Schuermann (Elem. Girls), Delaney Holohan (Jr. High Girls), Jack Lambert (Jr. High Boys), and Lucy Ford (High School Girls)



Adult Free Throw Contest: Chris Ofee



Adult 3 Point Contest: Dave Kent

Athletics News Continued

Adult League Standings

Men's Slow Break League Standings

1. Mohawk Village Market (13-2)
2. New York Central Mutual (10-5)
3. Leatherstocking Insurance (10-5)
4. Five Star Subaru (10-5)

Men's 50+ League Standings

1. Team Gibson (4-1)
2. Team Pikarsky (3-2)
3. Team Allen (2-3)
4. Team Zenir (1-4)

Adult Volleyball Standings

1. Lights Out (13-0)
2. Bonzai (10-3)
3. Jungle Ballers (10-3)
4. ABM (8-5)

Adult Futsal Standings

1. El Niño
2. New York Central Mutual
3. Unchained
4. Emily's Team

Winter Carnival Bowling Tournament Winners



Place	Names	Score
1	Maureen Davidson & Dakota Terrell	1,363
2	Mike DeSimone Jr. & Lucas Busse	1,311
3	Mike Gage & Jennifer Kilts	1,274

For full results, visit www.clarksportscenter.com/events/winter-carnival/.

Bowling News

Angelo Pugliese Bowling Day

The free bowling day took place on February 26 and is dedicated to the memory of Angelo Pugliese, long time employee of the ACC Gym bowling alley and youth bowling supporter.

Friday Rock & Bowl w/ Pizza

The program is open to boys and girls in grades K through 12, beginning May 2. There are no sign-ups, but there is a limit of 32. Program is available every Friday afternoon, 3:15 to 4:30pm, through June 27 (no bowling Friday, May 9). Each Friday, the cost is \$3 per child and includes 1 slice of pizza, drinks, and unlimited bowling!



Congratulations to Dennis Dibble, who rolled a 300 in the Men's Wednesday Night League on January 22!

Current Bowling League Top Bowlers & Stats

League	High Average	High Game	High Series
Monday Men's	Rich Anderson Jr. • 189	Matt Curtis • 279	Joe Van Avery • 672
Tuesday Women's	Cynthia McCartney • 179	Mel Wrubleski • 246	Cynthia McCartney • 643
Wednesday Men's	Barry Gray • 225	Dennis Dibble • 300	Greg Lippitt • 781
Thursday Women's	Marion Madison • 159	Marion Madison • 231	Marion Madison • 574
Elem. & Middle School	Jason Furnari • 132	Jason Furnari • 199	Jason Furnari • 452

Racquets News

“The Jug” Squash Match

On Saturday, January 25, a group of Clark Sports Center members traveled to the Fort Orange Club in Albany to rekindle a past tradition of an Annual “Jug Match” between the two squash clubs. The Fort Orange Club defeated The Clark Sports Center, 7-2, to secure the large “Little Brown Jug.” Our members returned with the smaller “Little Brown Jug.” This marks the first time since 1993 that the two organizations have participated in this event. Fort Orange will return to Cooperstown for the rematch in March 2014.



Tennis Center & Leagues

The Sports Center’s Tennis Center will reopen on Tuesday, April 1 (weather dependent). Look for adult league registration and lesson sign-ups starting soon at the Fitness Center Desk.

Health & Fitness News

Spring Group Fitness Session

The next Group Fitness class session will begin on Monday, March 3. Session 2 will run April 28–June 28.

Download the schedule at www.clarksportscenter.com or pick one up at the Fitness Center Desk.

Hoopdance Class for Kids

Hoopdance is a fun, creative approach to hula hooping. This class will teach the foundations of waist and arm hooping, as well as introductory off-body tricks. Hula hoops provided. Class will take place in the Studio on Mondays and Thursdays, beginning March 3. Grades K–3, 3:00-3:30pm. Grades 4–6, 3:45-4:15pm.

Winter Carnival • 42nd Annual Bob Smullens Race



5k Male Winner

Brian Waters (17:36:00)



5k Female Winner

Emma Spinosa (22:47:00)



10k Male Winner

Josh Edmonds (32:54:00)



10k Female Winner

Andrea Lowendorf (47:05:00)

Photo Credit: Paul Donnelly

Member Highlight: 100lbs Lost!

Joanne Crowson made a life changing decision to become healthier and fit. She has spent the last 13 months working away pound after pound through the healthiest way of losing weight; changing her diet and exercise.

Working from the bottom up, she began with personal training and walking on the treadmill. It was difficult at first, but nowadays Joanne is running 5k & 10k races! Even though it has been a tough journey, she has stuck with it for 13 months in order to reach her main goal – to lose 100lbs! Congratulations, Joanne!

Fundraising Spin Ride on Feb. 2

24 riders participated in a 90 minute benefit Spinning ride, raising \$607 for the SSPCA. To find out more about the SPPCA, please visit their website at: www.susquehannaspca.org

The next benefit ride will be held on Sunday, April 6, 8:30-10:00am. The proceeds will go to Relay for Life.



COMMIT TO BE FIT

The Clark Sports Center would like to extend a big thank you to all of our COMMIT TO BE FIT participants! This program has had a very successful start.

Benefits of the program include free health & wellness seminars, weekly recipes and suggested exercises, exciting weekly and monthly challenges, and earned membership credits!

Half way through this program, our members continue to be committed to living a healthy lifestyle and being active.

If you haven't already signed up, it's not too late! Participants can sign-up anytime between January 4 and May 2, for just \$10 at the Fitness Center Desk. If you earn a minimum of 50 points, you will receive your \$10 as a membership credit. For questions, please visit our website or call the Fitness Center Desk at 547-2800 x116.

CHALLENGE YOUR LIMITS

What's Inside:

Fetterman Basketball Tournament • Winter Carnival Winners
Athletics League Champions • Upcoming Spring Programs



10th Annual Patrick C. Fetterman Memorial Basketball Tournament

Contact Us

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

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The Clark Foundation

