

ClarkSportsCenter

Newsletter
September 2015

RACE THE LAKE

The Clark Sports Center held its 2nd annual RACE THE LAKE full and half marathon on June 13. The race circled clockwise around Otsego Lake with views of the lake almost all the way as you pass several landmarks.

The marathon started at The Clark Sports Center, and the half marathon started at A. Doubleday Campground. Both races joined together to finish at The Clark Sports Center. It was a great event with enthusiastic racers and overwhelming community support.

RACE THE LAKE 2016 will take place on June 11. Visit clarksportscenter.com for details and registration information.

2015 Marathon Winners:

1st Place Male

Greg Mandak (03:07:15)

1st Place Female

Jessica Sherry (03:23:35)

2015 Half Marathon Winners:

1st Place Male

Justin Spring (01:21:26)

1st Place Female

Ravenna Neville (01:29:53)



Contact Us

Phone: (607) 547-2800

www.clarksportscenter.com



*Patrick Dewey & Jacob Russell
running Race the Lake
half marathon.*

Clark Sports Center Facility Hours

Through October 4

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–6:00pm

Sunday: Closed

Starting October 5

Monday–Friday: 5:30am–9:30pm

(Pool closes at 9:00pm)

Saturday: 8:00am–6:00pm

Sunday: 8:00am–6:00pm (Adults only 8:00–10:00)
(Adults and High School Students only 10:00–12:00)

Closures

Shutdown Week • Monday, August 31–Saturday, September 5

Labor Day • Monday, September 7

Thanksgiving Day • Thursday, November 26

Adventure: Page 2 • Athletics: Page 3 • Aquatics: Page 4 • Bowling: Page 5
Health & Fitness: Page 6 • Racquets: Page 6 • Special Events: Page 7

Adventure News

Adventure Programs and Outings



Kidz Korner

Time for homework, quiet activities, and crafts with Peg Wilson in the conference room, Monday–Friday, on school days, 3:00–5:00pm.

Certified teacher Heather Graham is available for tutoring.



Electronic Free Days

Everyday will be an electronic free day at The Clark Sports Center for school aged youth until 6:00pm. If your child is using an electronic device other than a cell phone to call home he/she will be asked to put it away and be encouraged to participate in programming.

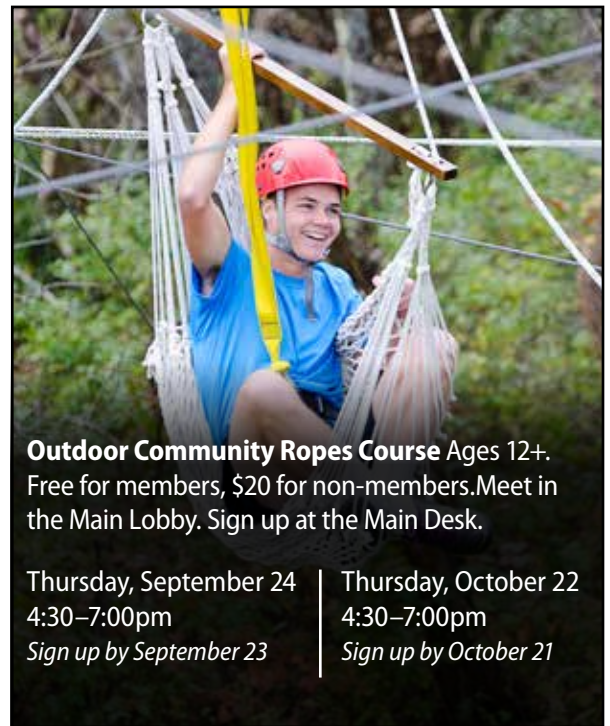
Parents: Please encourage your child to leave their devices at home.



High Rock Climbing Wall All Ages. Free for members. Beginning September 29, Tuesdays, Wednesdays & Thursdays: After School Climb, 3:00–4:30pm, Open Climb, 5:00–8:00pm, and Saturday, 1:00–4:00pm. All youths under the age of 12 need to be accompanied by an adult during Open Climb.



Mountain Biking Club Ages 10+. Free for members! Mondays (advanced) & Fridays (beginners), 3:15–4:30pm, September 11–October 9. Sign up at the Main Desk. Meet by the Main Entrance at 3:00pm. Mountain Biking Club will involve drills, bike mechanics, and warm-ups followed by a trail ride. No minimum or maximum numbers. We ride rain or shine!



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

Thursday, September 24
4:30–7:00pm
Sign up by September 23

Thursday, October 22
4:30–7:00pm
Sign up by October 21



Little Falls After School Climbing Ages 10+. Free for members, \$15 for non-members. Sign up at the Main Desk. Under 12 accompanied by an adult, with the exception of permission from the Adventure Director.

Thursday, September 17
3:30–7:30pm
Sign up by September 16

Thursday, October 15
3:30–7:30pm
Sign up by October 14

Youth Athletics Leagues and Programs

| Program | Days | Time | Registration | Fee |
|---|--|---------------|--|---|
| Preschool Play (Ages 0–5) | Sept. 15–May 26 Tues., Wed., Thurs. | 9:00–10:30am | None | Free for members |
| Preschool Sports Academy (Ages 4 & 5) | Sept. 29–Dec. 17 Tues., Thurs. | 11:15–11:45am | Sept. 8–Sept. 29 | Free for members Limit – 15 Children |
| Kid’s Day (Grades K–6) | Sept. 23–May 25 Wednesday | K-1 3:30–4:00 | None | Free for members |
| | | 2-3 4:00–4:30 | | |
| | | 4-6 4:30–5:00 | | |
| Gymnastics Level I (Grade School) | Sept. 11–Oct. 26 Monday, Friday | 3:00–4:30pm | Aug. 1– Sept. 11 | \$80 member |
| | | | Meeting Sept. 11 | \$180 non-member |
| Gymnastics Level II (Grade School) | Sept. 11–Oct. 26 Monday, Friday | 4:30–6:00pm | Aug. 1– Sept. 11 | \$80 member |
| | | | Meeting Sept. 11 | \$180 non-member |
| Elite Gymnastics | Sept. 11–Oct. 26 Monday, Friday | 6:00–7:00pm | Invitation Only Meeting Sept. 11 | \$80 member \$180 non-member |
| Kid’s Dodgeball League (Grades 3–6) | Sept. 22–Oct. 29 Tues., Thurs. | 3:00–4:00pm | Sept. 8–Sept. 22 Meeting Sept. 17 | Free for members |
| Junior High Basketball (Grades 7 & 8) | Oct. 30–Dec. 18 Thurs., Friday | 5:30–7:30pm | Oct. 1–Oct. 27 Meeting Oct. 27 at 4:00pm | Free for members |
| Boy’s Junior & Senior Intramural Basketball League (Grades 3–6) | Nov. 3–Dec. 19 Tues., Sat. | 3:00–5:00pm | Oct. 1–Oct. 24 Meeting Oct. 27 | Free for members |
| Girl’s Junior & Senior Intramural Basketball League (Grades 3–6) | Nov. 2–Dec. 19 Monday, Sat. | 3:00–5:00pm | Oct. 1–Oct. 24 Meeting Oct. 26 | Free for members |
| Little Kickers (Grades K–2) | Sept. 23–Oct. 28 Wednesdays | 3:00–3:30pm | Sept. 8–Sept. 23 | Free for members |

Adult Athletics Leagues and Programs

| Program | Days | Time | Registration | Fee |
|--------------------------|---|--------------|------------------------------------|---|
| Adult Futsal | Oct. 8–Dec. 10 & Jan. 7–Mar. 10 Thursdays | 5:30–9:30pm | Sept. 8–Sept. 25 Meeting Oct. 1 | \$150 team; \$300 non-member team; \$60 individual non-member |
| Slow Break Basketball | Nov. 2–Mar. 14 Mondays | 6:00–10:00pm | Sept. 8–Oct. 12 Meeting Oct. 19 | \$450 member team; \$700 non- member team; \$60 non-member on member team |
| Adult Volleyball | Nov. 3–Mar. 8 Tuesdays | 6:30–9:30pm | Sept. 8–Oct. 27 Meeting Oct. 27 | \$150 team; \$300 non-member team; \$60 individual non-member |



Wednesday Softball League
Champs: NY Pizzeria
 Front: Tom Shieber,
 Anna Sams, Julie Schorer,
 Caroline Geertgens.
 Back: Joey Caporali,
 Bruce Grover, Willis
 Monie, Mike LaSalle, John
 Bobnick, Kyle Grupp.
 Missing: Shirley Tyler



Boy's High School Hoops
Champs: St. Johnsville
 Roster: Matt Cook, Kevin
 Blair, Jack Brundage, Dylan
 Klock, Zach Mosher, Leon
 Tyler, Brad Smith, Devan
 Battisti, Devon Jones, Ben
 Grant, David Anselmo,
 Chris Kraft, Jarred Kraft,
 A.J. Hayes, Payten Johnson.



Girl's High School Hoops
Champs: Cooperstown
 Front: Mya Murdock,
 Liz Millea, Maggie
 Schuermann, Jen Flynn.
 Back: Mallory Arthurs,
 Julietta Ford, Sam Wehner,
 Meaghan Perrino, Coach
 Mike Niles.



Monday Soccer Champs:
Miguelito's Burritos
 Mike Richtsmeier, Marci
 Foster, Breke Hollub,
 Eamonn Hinchoy, Chris
 Sageese, Todd Scanlon, Mike
 Ionelli, Tim Segasky, Ojo
 Ogundele, Holly Waterfield.

Aquatics News

Swim Lessons this Fall!

The Aquatics Department will be offering its first 6-week block of Swim Lessons starting the week of Monday, September 14. Registration began Monday, August 17. To register or for more information, please call the Aquatics Department at 547-2800, ext. 114.

School Age Swim Lessons:

- Levels 3, 4, 5, & 6: Mondays, 3:00-3:30pm; Thursdays (Level 3), 6:35-7:05pm; and Saturdays, 8:15-8:45am.
- Level 2-Deep: Tuesdays, 3:00-3:30pm; Thursdays, 6:35-7:05pm; and Saturdays, 8:50-9:20am.
- Level 2-Shallow: Tuesdays, 6:35-7:05pm; Thursdays, 3:00-3:30pm; and Saturdays, 9:25-9:55am.
- Level 1: Tuesdays, 6:35-7:05pm; Thursdays, 3:00-3:30pm; and Saturdays, 10:00-10:30.

Pre-School Swim Lessons:

- 6-35 months (with a parent): Wednesdays, 6:00-6:30pm and Saturdays, 10:35-11:05am.
- Ducks & Frogs: Thursdays, 1:30-2:00pm; Thursdays, 6:00-6:30pm; and Saturdays, 11:10-11:40am.
- Octopi & Dolphins: Tuesdays, 6:00-6:30pm; Thursdays, 2:00-2:30pm; and Saturdays, 11:45am-12:15pm.

Two NEW Programs This Fall!

Adult Swim Lessons! Beginning Tuesday, September 14, the Aquatics Department is offering group setting adult swim lessons to help you achieve your swimming goals. Gain basic aquatic skills and learn the swimming strokes. Refine your strokes and turns, and build endurance. To register, please call the Aquatics Department at 547-2800, ext. 114.

Level 1-Learning the Basics: Tuesdays, 5:30-6:00pm

Level 2-Improving Swimming Strokes & Swimming Fitness: Thursdays, 5:30-6:00pm

Aqua Boot Camp is a new class being offered to challenge those looking to change up the workout routine and take on the resistance of water, while increasing cardiovascular and muscular strength and endurance. Utilizing and mixing in the use of body weight and buoyancy, water resistance, circuit training, and aquatic equipment to give participants a

whole new way to train in the pool. Class times will be offered Mondays and Wednesdays, from 6:00-6:30am, beginning Monday, September 14.

100 Mile Swim Club is Returning!

The 100 Mile Swim Club has tracked many miles in different locations around the world. Beginning September 14, we will swim 100 miles from Key West, Florida, to Havana, Cuba.

Swim Club

This introductory swim club is a FREE program for young swimmers looking to further their swimming skills and who might have an interest in swimming competitively, but are not currently on a swim team. Swimmers must be able to swim front and back crawl for 25 yards each. Swim club begins September 14, and will meet on Mondays and Fridays, 3:30-4:30. For more information, call the Aquatics Department at 547-2800, ext. 114.

Dive Club

Dive Club will be on Wednesdays, September 16-October 14, 4:00-5:00pm. Dive Club is designed for ages 9 and above, with a Level 3 swimming ability or higher. The dive club will focus on front and back approaches and introduce a few dives in front or back position. For more information, call the Aquatics Department at 547-2800, ext. 114.

Rentals

Pool • The pool will be available for group rentals on Saturdays, 6:30-8:30pm (pool area only). Please call Matt Phillips at 547-2800, ext. 117, for more information, and available dates.

Inflatable Movie Screen • The Movie Night includes all movie audiovisual projection equipment to host your indoor or outdoor movie event. Complete with theater delivery, set-up, removal and Clark Sports Center host. For more information, please contact Matt Phillips at 547-2800, ext. 117.

CCS Girls H.S. Swim Team (Home Meets)

Practices: Mondays & Wednesdays, 7:30-9:00pm; Tuesdays & Thursdays, 3:30-5:00pm; Fridays, 6:00-7:00pm.
Thursday, September 10; Monday, September 14; Tuesday, September 22; Monday, September 28; Tuesday, October 13. Pool Area will be closed at 4:30pm for swim meets, and will reopen as soon as equipment is cleaned up.

Kid's Triathlon Race Results

The Kids Triathlon Club race was held at the Sports Center on Saturday, May 30. 39 members of the Triathlon Club competed.

Rookies Of The Year:
Kylie Sala & Jackson DiLiberto

First Place Finishers:

7 & 8 years old (swim 50 yards, bike 1.5 miles, run ½ mile):
Annelise Jensen & John Raymond

9 & 10 years old (swim 100 yards, bike 3 miles, run 1 mile):
Claire Jensen & Fred Hodgson

11 & 12 years old (swim 150 yards, bike 4.5 miles, run 1.5 mile):
Ariadne Hodgson & Andrew Nicholson



New Fall Bowling Programs!

■ Kids Bumper Bowling League

Tuesdays and Thursdays, 3:15-4:30pm. For grades K-2, with a max of 24 bowlers. League begins September 22 and runs through October 29 (12 sessions total). Register September 8-22 in the bowling alley. Entry fee of \$10.00, which includes bowling, shoes, instruction, awards, and an end of league party. For more information, contact Barry Gray at 547-2800, ext. 108.

Summer No-Tap League Winners

Russ Bowen
Virginia Higgins
Deb Bennett
Ryan Bennett



■ Saturday Morning Adult/Youth Bowling League

Saturdays, 9:00-11:30am. For adults 18+ and youth grades 3-8, with a max of 8 teams. League begins November 7 and runs through January 9. Bowling dates: November 7, 14, 21, December 5, 12, 19, and January 9. Register September 8-November 6 in the bowling alley. Entry fee of \$35.00, which includes bowling, shoes, awards, and an end of league party. For more information, contact Barry Gray at 547-2800, ext. 108.

SEPTEMBER "Back to School" BOWLING SPECIAL

Stop in the bowling alley today and receive \$5 OFF a 40 Game Bowling Pass!

Youth Bowling Leagues and Programs

| Program | Days | Time | Registration | Fee |
|---|-----------------------------|---------------|--------------------------------|------|
| Preschool Bowling (Ages 4-5) | Sept. 15-May 17 Tuesdays | 10:30-11:00am | None | Free |
| Elementary & Middle School League (Grades 3-8) | Nov. 6-April 8 Fridays | 3:15-5:00pm | October 1-31 Meeting Nov. 6 | \$30 |

Adult Bowling Leagues and Programs

| Program | Days | Time | Registration | Fee |
|--------------------------------------|--------------------------------|--------------|--------------|---|
| Men's Monday League | Sept. 14-Mar. 14 Mondays | 7:00-9:00pm | September 14 | \$10 per night |
| Women's Tuesday League | Sept. 15-Mar 15 Tuesdays | 6:00-9:00pm | September 15 | \$10 per night |
| Men's Wednesday League | Sept. 30-Mar. 30 Wednesdays | 7:15-9:00pm | September 30 | \$10 per night |
| Women's Thursday Afternoon League | Sept. 10-April 7 Thursdays | 1:00-3:00pm | September 10 | \$5 per day |
| Senior Citizen Bowling (Ages 55+) | Sept. 15-May 17 Tuesdays | 9:00-10:30am | None | \$1 members; \$3 non-members (Per game) |
| Senior Citizen Bowling (Ages 55+) | Sept. 16-May 18 Wednesdays | 1:00-2:30pm | None | \$1 members; \$3 non-members (Per game) |

DON'T MISS OUT!

Stop at the Main Desk and fill out a survey to receive a ticket for a chance to win a \$100 gift card to Dick's Sporting Goods. Must be completed and turned in by October 1. One survey per member.

Friday Rock & Bowl Pizza Party

Fridays

Sept. 18-Oct. 16
3:15-4:30pm

Boys & Girls
Grades K-12

\$3 per youth
(Includes 1 slice,
drink, and unlimited
bowling!) Limit 32

Please contact Barry
Gray at 547-2800,
ext. 108, for more
information.

Open Bowling Hours

Mondays

1:00-5:00pm

Tuesdays

2:30-5:00pm

Wednesdays

2:30-5:00pm

Thursdays

9:00am-12:00pm

3:00-5:00pm

Fridays

9:00am-12:00pm

6:00-9:00pm

Saturdays

1:00-5:00pm

Bowling Fees

Juniors

Game: 75¢

Shoes: 25¢

HS/College

Game: \$1.00

Shoes: 50¢

Adults

Game: \$2.00

Shoes: 50¢

* Adult CSC Bowling League
Bowlers \$1.00/Game.

Group Fitness Fall Session 1

September 8–
November 1

You can find the full schedule on our website at clarksportscenter.com, or you may pick up hard copies at the Sports Center.

Health & Fitness and Racquets News

Personal Training Information

Our professional staff is goal oriented with a wealth of resources and knowledge.

We offer an extensive variety of personalized programs to help our clients achieve their goals. Our services include, but are not limited to:

- General fitness • Aqua exercise • Nutrition • Weight management
- Private yoga and pilates • Cardio training • Weight training • Balance & Core training
- Sports conditioning and sports specific training
- Triathlon Coaching
- Many other specialized and personalized programs

Women's Tennis League

Spring Doubles League Champs:



Division A

Amy Porter & Georgia Frevele



Division B

Nancy Potter & Deanna Gable

Summer Doubles League Standings (As of Aug. 19, Week 7):

Billy Jean Division

1. Mary Clare Reitz (.61%)
2. Sheryl Dulovich (.58%)
3. Pati Grady (.533%)
4. Melissa Vilacky (.507%)

Martina Division

1. Barb Harman (.656%)
2. Maureen Heroux (.561%)
3. Stephanie Bauer (.487%)
4. Meg Subik (.476%)

Chrissie Division

1. Deanna Gable (.713%)
2. Carina Franck (.567%)
3. Peg Leon (.5%)
4. Semira Khashaei (.488%)

Steffi Division

1. Amy Porter (.589%)
2. Georgia Frevele (.554%)
3. Holly Conway (.512%)
4. Sarah Livingston (.505%)

Women's Fall Doubles Tennis League

Women's Fall Doubles Tennis Leagues will run September 9 through October 28, weather permitting. If you're interested in future leagues, or being an alternate, contact league coordinator Amy Porter by calling 547-2800, ext. 111, or email portera@clarksportscenter.com

Adult Racquets and Tennis Leagues

| Program | Days | Time | Registration | Fee |
|--|------------------------------------|--------------|--|----------------------------------|
| Women's Doubles Tennis League, A & B Divisions | Sept. 9–Oct. 28 Tues. & Wed. | 4:30–7:00pm | Ended Aug. 22 <i>See above to be an alternate</i> | \$25 members \$50 non-members |
| Adult Table Tennis | Sept. 29–Dec. 15 Tues. & Thurs. | 9:00–11:00am | None | Free |

Youth Tennis Program

U10 Youth Tennis Program

Fun and active! Fitness based tennis. Learn basic skills, drills and some game play. Racquets provided, if needed.

Tuesdays and Thursdays, September 15–October 22. \$20.00/person. No meetings on rain days. Make-up week is October 27 & 29. Ages 6&7, 3:30–4:00pm, limit 8 participants. Ages 8&9, 4:00–4:30pm, limit 8 participants. 10 year olds, based on experience, may be placed in the 8&9 year old groups. Register by September 14 with Rich Jantzi at jantzir@clarksportscenter.com or call 547-2800, ext. 125.

Evening Day Care Returns

Starting September 8, evening day care will be available in the conference room for members and guests who are using the Sports Center on Tuesdays & Thursdays, 5:15–7:30pm. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:6, with two staff members present at all times. Diapers and bottles must be supplied and all belongings must be labeled. Day Care is \$4.00 per hour (minimum of \$4.00). Day Care must be paid for on the day of service.

Special Events

BASE RACE

5K 10K
Be A Superior Example - Cooperstown, NY

The Clark Sports Center and the National Baseball Hall of Fame and Museum teamed up again this year for the 2015 BASE Race. Participants competed in a family-style 5K fun run and a competitive 10K for racing enthusiasts on Saturday, May 23, 2015, to promote healthy and active lifestyles for individuals of all ages.



5K Race Male & Female Winners
Heidi Edmonds (00:22:52) & Josh Edmonds (00:17:40)



10K Race Male & Female Winners
Melissa Chamberlin (00:44:09) & Caleb Edmonds (00:31:16)



VIS VIRES VIII

The Clark Sports Center held its 8th annual Vis Vires Outdoor Strongman Competition on Saturday, August 1. The new event this year was the Heavy Object Medley. Be sure to visit the event page at www.clarksportscenter.com/events/vis-vires/ to view a slideshow of photos and to learn more about the competition.

Male Heavy Weight

1. Tom Davis
2. Gage Volkes
3. Mike Clark

Female Heavy Weight

1. Heather Praya

Male Light Weight

1. Bryan Allen
2. Brett Olden
3. Charles Varney

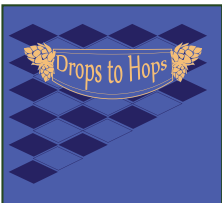
Female Light Weight

1. Aliyah Emas
2. Jaclyn Kelly



Upcoming Events

September



Drops to Hops • The Clark Sports Center is teaming up with Ommegang to bring you the fourth annual Drops to Hops bicycle race, Saturday, September 26, at Brewery Ommegang. Welcome and rule review begins at 9:30am. There is a 23 mile bicycle ride for beginner to intermediate riders or a 43 mile competitive race for experienced riders with a 5 person team option. You must be 16 to race and 21 to drink at the after party at Ommegang. For more information, call Doug McCoy at 547-2800, ext. 111.

October



Coop Loop 15 • The 15th Annual Coop Loop 5K/10K Run starts at 12:30pm on **SATURDAY**, October 31. It is a rain or shine event that starts and ends at the Sports Center. The race is open to all ages. Special prizes will be given to runners dressed in Halloween costumes! Registration by October 29 is \$20, or \$30 on October 30 or 31. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800, ext. 116, for more information.

Would you like to volunteer for special events?

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



Clark Sports Center Circus Camp • July 6–10, 2015

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

NONPROFIT
ORGANIZATION
U.S. Postage
PAID
Cooperstown, NY
Permit No. 14

ClarkSportsCenter

The Clark Foundation

P.O. Box 850

Cooperstown, NY 13326

Return Service Requested