

# ClarkSportsCenter

## September Newsletter 2011

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### 4<sup>th</sup> Annual Strongman Competition

21 athletes participated in this year's Vis Vires Outdoor Strongman Competition on Saturday, July 30—an event record. Our new events, the Canoe Hand Over Hand Pull and the Heavy Object Throw, proved to be a fun but challenging task for the competitors. Be sure to visit the event page at [www.clarksportscenter.com/events/vis-vires/](http://www.clarksportscenter.com/events/vis-vires/) to view a slideshow of photos and to learn more about the competition.

**Overall Male Winner** • Dustin Talbert, 5399.65 points.

**Male Light Weight Division** • 1<sup>st</sup>: Marcus Williamee, 5346.39;  
2<sup>nd</sup>: Joe Kabes, 5256.68; 3<sup>rd</sup>: Alex Famolaro, 4904.61.

**Male Unlimited Weight Division** • 1<sup>st</sup>: Jeff Milliron, 5262.16;  
2<sup>nd</sup>: Justin Chase, 4673.56; 3<sup>rd</sup>: Shawn Schellenger, 4663.59.

**Overall Female Winner** • Charleen Martinelli-Schwartzman,  
6162.59 points; 1<sup>st</sup>: Gina White, 5354.18; 2<sup>nd</sup>: Terri Korba, 4331.01.



## Community Recreation Day

Free admission at The Clark Sports Center  
8:00am–6:00pm on September 17!

### Grand opening of our new High Rock Climbing Wall!

Ceremony at 12:00pm in the Pool  
Open climbing following ceremony



More information can be found at  
[www.clarksportscenter.com/events/](http://www.clarksportscenter.com/events/)

### Clark Sports Center Facility Hours

Through October 2 • Monday–Friday: 6:00am–9:00pm  
Saturday: 8:00am–6:00pm • Sunday: Closed  
Starting October 3 • Monday–Friday: 6:00am–9:30pm  
(Pool closes at 9:00pm) • Saturday: 8:00am–9:00pm  
Sunday: 9:00am–6:00pm (Adults only 9:00am–1:00pm)

### Closures

Repair Week • Monday, August 29–Sunday, September 4  
Labor Day • Monday, September 5  
Thanksgiving Day • Thursday, November 24

### Contact Us

Phone: (607) 547-2800 • [www.clarksportscenter.com](http://www.clarksportscenter.com)



# Upcoming Programs

## September Programs

**Elementary School Night** • Saturday, September 10, 6:00–9:30, pickup by 9:45. Gym Floor fun, swimming and floats in the Pool, and bowling! The Sports Center will be open after hours for just elementary school youth in grades K–6! Snacks and drinks in the Pit. Sign up at the Main Desk! \$4 members, \$6 non-members.

**Outdoor Kickball Tournament** • Saturday, September 24. Adult and youth divisions featuring 8 teams in each. Team fee is \$25. Contact Scott Whiteman by calling 547-2800 to sign up your team.

## October Programs

**Free Community Movie Night** • *Ghostbusters*, Saturday, October 29, starting at 7:00pm (on the gym floor).

**Free Community Classic Movie Night** • *Halloween* (1978), Saturday, October 29, starting at 9:00pm (on the gym floor).

**Coop Loop 11** • The 11<sup>th</sup> Annual Coop Loop 5k Run starts at 12:30pm on Sunday, October 30. It is a rain or shine event that starts and ends at the Sports Center. The race is open of all ages. Special prizes given to runners dressed in Halloween costumes! Registration by October 28 is \$15, or \$20 on October 29 or 30. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800 for more information.

## Sign Up For Our E-Newsletter!

Stay up-to-date with weekly Sports Center events, programs, and special offers by signing up for our e-newsletter at [www.clarksportscenter.com/email/](http://www.clarksportscenter.com/email/).

## Youth Swim Lessons Start Oct. 3

Swim lessons begin this Fall starting on October 3 and will run through December 10. Registration starts September 12. Winter lessons will run January 9–March 17 (December 12 registration). Spring lessons will run March 26–May 26 (March 12 registration).

**Grade School Age Swim Lessons** are free for members and take place after school and on Saturdays.

**Level 1:** Mondays, 3:00–3:30pm & Saturdays, 10:00–10:30am.

**Level 2 (Shallow):** Tuesdays, 3:00–3:30pm & Saturdays, 9:30–10:00am.

**Level 2 (Deep):** Wednesdays, 3:00–3:30pm & Saturdays, 9:00–9:30am.

**Level 3:** Thursdays, 3:00–3:30pm & Saturdays, 8:30–9:00am.

**Level 4:** Thursdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;

**Level 5:** Fridays, 3:00–3:30pm & Saturdays, 8:30–9:00am.

**Level 6:** Fridays, 3:00–3:30pm & Saturdays, 8:30–9:00am.

**Preschool Swim Lessons** require a fee of \$10 for members per child and \$20 for non-members per child (payment is due by September 24). Call the Main Desk to register and complete payment. The Pool is closed 11:00am–12:00pm during Saturday lessons.

**6–35 months (with a parent):** Saturdays, 10:30–11:00am.

**3 years old (no parent):** Saturdays, 11:00–11:30am.

**4 & 5 years old (no parent and not in school):** Tuesdays, 6:00–6:30pm & Thursdays, 2:00–2:30pm & Saturdays, 11:30am–12:00pm.

## Adventure Programs and Outings

Program	Days	Fee
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 13 and October 18 Starts at 4:30pm	\$15 members \$20 non-members
High Rock Climbing Wall (All ages; Located in the Pool area)	Starts September 17 • Times to be posted by our new Indoor High Rock Climbing Wall!	Free for members
Little Falls Climbing (Ages 10 to 15; Sign up at the Main Desk)	October 4 and October 25 3:30–7:30pm • Under 12 with an Adult	Free for members \$20 non-members



# Upcoming Programs

## Youth Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Sept. 6–May 22 Tuesdays	10:30–11:00am	None	50¢ per game for child and adult members
Elementary & Middle School League (Grades 3–8)	October 28–March 30 Fridays	3:00–5:00pm	October 1–28	\$45

## Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Men's Monday Night Competitive League	Sept. 12–Mar. 26 Mondays	7:00–9:30pm	September 12	\$10 per night
Women's Tuesday Night Competitive League	Sept. 6–Mar 27 Tuesdays	7:00–9:30pm	September 6	\$10 per night
Men's Wednesday Night Recreational League	Sept. 7–Mar. 28 Wednesdays	7:00–9:30pm	September 7	\$10 per night
Women's Thursday Afternoon Rec League	Sept. 8–April 12 Thursdays	1:00–3:00pm	September 8	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 6–May 22 Tuesdays	9:00–10:30am	None	\$1 members \$3 non-members (Per game)

## Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Women's Doubles Tennis League A & B Divisions	Sept. 7–Oct. 26 Wednesdays	5:15–8:00pm	Until Sept. 6	\$25 members \$35 non-members
Men's Racquetball League A & B Divisions	Oct. 3–Dec. 19 Mondays	5:00–9:00pm	Starts Sept. 6	\$25 members \$35 non-members
Mixed Racquetball League	Oct. 6–Dec. 22 Thursdays	5:00–9:00pm	Starts Sept. 6	\$25 members \$35 non-members
Women's Racquetball League A & B Divisions	Oct. 5–Dec. 21 Wednesdays	5:00–9:00pm	Starts Sept. 6	\$25 members \$35 non-members
Men's Squash League A & B Divisions	Oct. 5–Dec. 21 Wednesdays	5:00–9:00pm	Starts Sept. 6	\$25 members \$35 non-members
Women's Squash League A & B Divisions	Oct. 6–Dec. 22 Thursdays	5:00–9:00pm	Starts Sept. 6	\$25 members \$35 non-members





# Upcoming Programs

## Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 13–May 31 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy Session One (Ages 4 & 5)	Oct. 4–Dec. 8 Tues., Thurs.	11:15–11:45am	Sept. 6–Oct. 3	Free for members
Kid's Day (Grades K–6)	Sept. 14–May 30 Wednesdays	3:00–5:00pm	None	Free for members
Gymnastics (Ages 4 & 5)	Sept. 9–Oct. 17 Monday, Friday	2:00–2:45pm	Aug. 1– Sept. 9 Meeting Sept. 9	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	Sept. 9–Oct. 17 Monday, Friday	3:00–4:15pm	Aug. 1– Sept. 9 Meeting Sept. 9	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	Sept. 9–Oct. 17 Monday, Friday	4:15–5:30pm	Aug. 1– Sept. 9 Meeting Sept. 9	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	Sept. 15–Oct. 27 Tues., Thurs.	3:40–4:45pm	Sept. 6–Sept. 13 Meeting Sept. 13	Free for members
Junior High Basketball (Grades 7 & 8)	Nov. 3–Dec. 16 Thurs., Fri.	5:30–8:00pm	Oct. 3–Oct. 27 Meeting Oct. 28	Free for members
Boy's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 1–Feb. 2 Tues., Thurs.	3:00–5:00pm	Oct. 3–Oct. 26 Meeting Oct. 27	Free for members
Girl's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 4–Feb. 6 Monday, Friday	3:00–5:00pm	Oct. 3–Oct. 28 Meeting Oct. 28	Free for members
Little Dribblers (Grades K-1)	Sept. 15–Oct. 27 Thursdays	3:00–3:30pm	Sept. 6–Sept. 14	Free for members

## Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 16–April 29 Sundays	5:00–9:00pm	Sept. 6–Sept. 26 Meeting Sept. 28	\$250 team
Slow Break Basketball	Nov. 7–Mar. 12 Mondays	6:00–10:00pm	Sept. 6–Oct. 14 Meeting Oct. 17	\$425 member team ;\$675 non-member team; \$60 non- member on member team
Men's 50+ Basketball	Jan. 5–April 12 Thursdays	7:00–9:00pm	Sept. 6–Dec. 14 Meeting Dec. 15	\$100 member team; \$200 non-member team; \$60 non- member on member team
Adult Volleyball	Nov. 15–Mar. 20 Tuesdays	6:00–9:30pm	Sept. 6–Nov. 7 Meeting Nov. 8	\$150 team
Senior Walk (55+)	Nov. 2–Mar. 23 Mon., Wed., Fri.	10:00–11:00am	November 2	Free for members and non-members

## Sports Center Sharks Swim Team

Practice for **all swimmers** will begin on Monday, October 24 and will run 4:00–5:30pm, Monday–Friday. There will be a parent informational meeting on Thursday, October 6 at 7:00pm in the Conference Room for all swimmers.

**New swimmers** will have an opportunity to try practices on October 4 and October 5, 4:00–5:00pm. Registration for all swimmers will be on these same days, 5:30–6:30pm. An orientation week will be offered October 17–21, 4:00–5:30pm. Swimmers must be members, a level 3 swimmer or higher, and be 6–18 years old.

**Returning swimmers** will have a preseason review October 17–21, 4:00–5:30pm, that will include practice, dry land activities, goals, and team building.

For more information about the Sharks team, contact Lindsey Bailey or Matt Phillips by calling 547-2800.

## New Programs Coming This Winter

We will be trying out several new programs this January! Look for more information in the near future.

**Indoor Triathlon Series:** Get geared up and in shape for the 2012 summer event season! Swim, bike, and run inside with our CSC staff.

**Swim Stroke Workshop:** We're offering the opportunity for swimmers to have their swim strokes broken down, recorded, and analyzed by our staff and coaches to help you improve your technique and lap times.

## Swim and Run Race Series

Despite the rain that washed out our first race, we had a strong showing of swimmers and runners for the following two weeks of races. Participants can find their swim, run, transition, and total times on our website at [www.clarksportscenter.com/departments/aquatics/programs-and-events/swim-run-series/](http://www.clarksportscenter.com/departments/aquatics/programs-and-events/swim-run-series/). Look for this race series to return in 2012 with more races starting in June!

## Swim Meet Pool Closings

The Girls High School Varsity Swim Team will be using three lanes of the lap pool for practices Monday–Friday, 4:00–5:30pm.

The team has home meets scheduled for September 13, 15, 20, 22 and 29. The pool will be closed from 4:00–6:30pm on these dates. Please note that swim meets are subject to change.

## Community Movie Nights

Our summer Outdoor Movie Night showings of *Megamind*, *Rango*, *Tangled*, and *Karate Kid (2010)* were such a great success, we're bringing movies indoors onto the Gym Floor so kids and adults can enjoy them during the winter months! Starting in October, we will be showing **family movies at 7:00pm** and **classic movies at 9:00pm** (adults only). Admission is free for both movies. Non-members must have a signed waiver on file at the Sports Center. Look for more information to be posted at the Sports Center in early September, and stop by the Pool Office for more information.



## Kid's Triathlon Race Results

Thirty boys and girls ages 8-14 took part in our annual Kid's Triathlon Race that was held on Saturday, June 4. The events that comprise the triathlon—swimming, biking and running—are lifetime activities. The goal for every participant is to complete the race. They are rewarded for this accomplishment by receiving a medal as they cross the finish line.

**Rookies Of The Year:** Alisa Davine & Isaac Landry.

**8 years old (swim 50 yards, bike 2 miles, run ½ mile):** Gabby Andres (19:28) & Aidan Nolan (18:06).

**9 & 10 years old (swim 100 yards, bike 3 miles, run ½ mile):** Emily Ferrari (22:50) & Anthony Xi (23:17), Genevieve Landry (21:14) & Brendan Lohan (21:58).

**11 years old & older (swim 150 yards, bike 4 miles, run ¾ mile):** Heidi Edmonds (27:05) & Joaquim Landry (28:38).





# Athletics News



**Monday Softball Playoff Champs: Reid's Barbershop**  
Back, L to R: Brett Wilhelm, Travis Coutlee, Mike Cring, Reid Nagelschmidt, Sam Ackerman, Sharky Nagelschmidt; Front, L to R: Alicia Strong, Katie Nagelschmidt, Matt Layman, Rachel Bliss, and Kyle Grup. Absent: Ryan Layman.



**Wednesday Softball Playoff Champs: Northern Catskill Dental**  
Back, L to R: Charles Spencer, Chris Spencer, Tim O'Conner, Mike Garrett, Luke Spencer, Matt Sweeney; Front, L to R: Serena Warner, Naomi Sweeney, Stacie Haynes, and Amanda Congdon; Absent: John Congdon.



**Boy's High School Hoops Champs: Cooperstown**  
Back, L to R: Jay Davine, Wesley Lippit, Harrison Clinton;  
Front, L to R: Michael Moakler, Sam Bowen, Ben Pierson;  
Absent: Jeff Flynn, Jeremiah Ford.



**Girl's High School Hoops Champs: Cooperstown #1**  
Back, L to R: Coach Mike Niles, Holli Erkson, Meghan Vann, Noelle Palmatier;  
Front, L to R: Sumer Murdock, Lexi Bloomfield, Kaitlin Kuiber, Micayla Foster; Absent: Nicole Cring, Lucy Ford, Maggie Hall.



**Sunday Soccer Champs Justice League**

## Bowling News



**Summer No-Tap League Winners**  
Left to right: Mike Kenney, Joyce Jones, Jan Kerr, and Dennis Hascup



# Adventure News

## New Trail Bridge Installed

The Adventure Department completed the construction of a new bridge located on our trails in the woods behind the Maintenance Building. The new bridge allows access over a small stream that flows into the Susquehanna River. The bridge itself is 35 feet long by 6 ½ feet wide and features steel beams beneath a wood deck and railings. Be sure to take a walk or cross-country run down our trail system and check it out before the snow falls this winter!



## Health & Fitness and Racquets News

### Racquets League Results



**Women's "A" Doubles  
Summer Tennis Results**

**1<sup>st</sup> Place:** Georgia Frevele (.584)  
**2<sup>nd</sup> Place:** Amy Porter (.582)



**Women's "B1" Doubles  
Summer Tennis Results**

**1<sup>st</sup> Place:** Beth Lesko (.643)  
**2<sup>nd</sup> Place:** Sam Carr (.634)



**Women's "B2" Doubles  
Summer Tennis Results**

**1<sup>st</sup> Place:** Peggy Leon (.583)  
**2<sup>nd</sup> Place:** LaVon Collis (.576)

### Women's Fall Tennis Leagues

Women's Fall Tennis Leagues will start in early September. Contact league coordinator Amy Porter by calling 547-2800 to sign up.

**\* Tennis champs decided by winning percentage.**

## Group Fitness Fall Session One

The next class session begins September 6 and ends October 30. You can find the full schedule on our web-site at [www.clarksportscenter.com](http://www.clarksportscenter.com) or you may pick up hard copies at the Sports Center. **Please note that many classes have had their times changed based on feedback we received from our surveys.** New and returning classes include:

**Aquacize:** Mondays, 8:30–9:30am & 5:40–6:40pm, Wednesdays 5:40–6:40pm, and Thursdays 11:00am–12:00pm (all classes with Carole).

**Cardio Blast:** Fridays, 10:20–10:50am (Joann).

**Cardio Sculpt:** Mondays, 5:30–6:15pm (Laurie/Brittany).

**Cardio Kick:** Mondays, 6:30–7:15pm & Wednesdays, 5:30–6:30pm (Laurie).

**Express Workout:** Tuesdays & Thursdays, 4:30–5:00pm & Fridays, 9:45–10:15am (Laurie/Joann).

**Fit Camp:** Tuesdays & Thursdays, 6:10–7:00am (new class taught by Laurie and Alison).

**Retro Hi-Lo:** Tuesdays, 6:30–7:15pm (Laurie).

**Spin Core & More:** Tuesdays & Thursdays, 5:20 to 6:20pm (Amy/Laurie).

**Spin Flex:** Friday, 8:35–9:35am (new class with Joann).

**Spinning:** Tuesdays & Thursdays, 7:10–8:10am (Nancy).

**Prime Time:** Fridays, 11:15am–12:15pm (Carina).

**Variety:** Saturdays, 9:30–10:30am (various instructors)

**Yoga Flow:** Tuesdays, 9:45–10:45am, Wednesdays, 5:20–6:20pm, Thursdays, 8:35–9:35am (Katherine),

**Zumba:** Fridays, 5:20–6:20pm (Katherine).

### More new & returning classes next session!



Look for Zumbatomic to return on Wednesdays after school and a new class, Fit Kids!, on Mondays after school starting in November!



### What's Inside:

Strongman Competition Results • Kid's Triathlon Results  
Fall Leagues & Programs • Summer League Photos



Vis Vires Outdoor Strongman Competitors • Saturday, July 30, 2011

### Contact Us

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

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