

ClarkSportsCenter

Newsletter
September 2013



VIS VIRES VI

The Clark Sports Center held its 6th annual Vis Vires Outdoor Strongman Competition on Saturday, August 3, with 18 competitors. New events this year included the Sled Drag, Log Frame Deadlift, Hercules Hold, Conan's Wheel, and Slater Stone Pass. 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.

Overall Male Winner • Shawn Gott (6957.5)

Overall Female Winner • Aliyah Emas (6748.9)

Male Under 185lbs Division • 1st: Raheem Tyler (6002.9),
2nd: Austin Shockey (5872.4), 3rd: Marcus Williamee (5643.8)

Male 186-200lb Division • 1st: Josh Wood (6328.7),
2nd: Denny Rydos (5082.2)

Male 201-255lb Division • 1st: Dustin Talbert (6685.8),
2nd: Ryan Parr (6111.0), 3rd: Dalton Flint (5193.0)

Male Over 226lb Division • 1st: Thomas Davis (5857.8),
2nd: Dan Agnese (5792.5), 3rd: Andrew Jones (4290.3)

Clark Sports Center Facility Hours

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

Starting October 7 • 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)

Closures

Labor Day • Monday, September 2
Thanksgiving Day • Thursday, November 28

Contact Us

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



Upcoming Programs: Pages 2–4 • Adventure: Page 2 • Aquatics: Page 5 • Athletics: Page 6
Bowling: Page 6 • Health & Fitness: Page 7 • Racquets: Page 7



Friday Rock & Bowl Pizza Party

Fridays
Sept. 6–Oct. 25
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.

MEMBER SURVEY

Please complete the
inserted Member
Survey and return
to the Sports Center
Main Desk by Oct. 1.

Every returned
survey will be
entered into a
drawing to win a gift
basket filled with
a Polar Heart Rate
Monitor, water bottle,
men's & women's Jox
Sox, 2 pedometers,
and snack bars.

Upcoming Programs

September Programs

Outdoor Community Ropes Course • Thursday, September 26, 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$30 non-members.

Drops to Hops • Saturday, September 28, at Brewery Ommegang. The Clark Sports Center is teaming up with Ommegang to bring you the second annual Drops to Hops bicycle race. 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 Programs

Free Community Movie Night • Saturday, October 12, starting at 8:00pm (on the Gym Floor).

Outdoor Community Ropes Course • Wednesday, October 16, 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$30 non-members.

Rock Climbing at Little Falls • Thursday, October 17, 3:30–7:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 10 to 15, under 12 with an adult. Free for members, \$30 non-members.

Coop Loop 13 • The 13th Annual Coop Loop 5k Run starts at 12:30pm on Sunday, October 27. 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 25 is \$20, or \$30 on October 26 or 27. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800 for more information.

Youth Swim Lessons Start October 7

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

Level 1: Thursdays, 3:30–4:00pm, Tuesdays, 6:35–7:05pm & Saturdays, 9:25–9:55am;

Level 2 (Shallow): Thursdays, 3:30–4:00pm, Tuesdays, 6:35–7:05pm & Saturdays, 9:25–9:55am;

Level 2 (Deep): Tuesdays, 3:30–4:00pm, Thursdays, 6:35–7:05pm & Saturdays 8:50–9:20am;

Level 3: Mondays, 3:30–4:00pm, Thursdays, 6:35–7:05pm, & Saturdays 8:15–8:45am;

Level 4, 5 & 6: Mondays, 3:30–4:00pm & Saturdays 8:15–8:45am;

Preschool Swim Lessons are for members only and require a \$10 non-refundable fee per child (payment is due by September 30). Call the Main Desk to register and complete payment. Block 1 runs October 7–December 7. Registration begins September 9.

6–18 months (with a parent): Saturdays, 10:00–10:30am;

19–35 months (with a parent): Saturdays, 10:35–11:05am;

3 years old (no parent): Thursdays, 6:00–6:30pm & Saturdays, 11:10–11:40am;

4 & 5 years old (no parent & not in school): Tuesdays, 6:00–6:30pm, Thursdays, 2:00–2:30pm & Saturdays, 11:45am–12:15pm.

NEW!

FIT KIDS WALKING PROGRAM

A program for Elementary School children to get kids moving and learn the benefits of daily exercise. The program will be held on our indoor track from Nov. 7–Feb. 14, on Thursdays and Fridays from 3:15–4:45pm. Registration is Sept. 5–Nov. 7 on the Gym Floor. Visit www.clarksportscenter.com for more details. Track will be closed during this time.

Adventure Programs and Outings

Program	Days	Fee
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 26 and October 16 Starts at 4:30pm	Free for members \$30 non-members
High Rock Climbing Wall (Located in the Pool Area; All ages) All youths under the age of 12 need to be accompanied by an adult.	Beginning September 10, Tuesdays, Wednesdays & Thursdays: After School Climb 3:00-4:30pm. Open Climb Tuesday & Thursday, 5:00-8:00pm, and Saturday 1:00-4:00pm.	Free for members
Little Falls Climbing (Ages 10 to 15; Sign up at the Main Desk)	October 17 3:30–7:30pm • Under 12 with an Adult	Free for members \$30 non-members

Upcoming Programs

Youth Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 10–May 20 Tuesdays	10:30–11:00am	None	Free

Elementary & Middle School League (Grades 3–8)	Nov. 1–April 11 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 1	\$45
---	----------------------------	-------------	--------------------------------	------

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Men's Monday League	Sept. 9–Mar. 3 Mondays	7:00–9:00pm	September 9	\$10 per night

Women's Tuesday League	Sept. 3–Mar 18 Tuesdays	6:00–9:00pm	September 3	\$10 per night
------------------------	----------------------------	-------------	-------------	----------------

Men's Wednesday League	Sept. 4–Mar. 26 Wednesdays	7:15–9:00pm	September 4	\$10 per night
------------------------	-------------------------------	-------------	-------------	----------------

Women's Thursday Afternoon League	Sept. 5–April 10 Thursdays	1:00–3:00pm	September 5	\$5 per day
--------------------------------------	-------------------------------	-------------	-------------	-------------

Senior Citizen Bowling (Ages 55+)	Sept. 10–May 20 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (Per game)
--------------------------------------	-----------------------------	--------------	------	---

Senior Citizen Bowling (Ages 55+)	Sept. 11–May 21 Wednesdays	1:00–2:30pm	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. 11–Oct. 30 Wednesdays	5:15–8:00pm	Until Sept. 4	\$25 members \$50 non-members

Men's Racquetball League	Sept. 30–Dec. 16 Mondays	5:00–9:00pm	Starts Sept. 3	\$25 members \$50 non-members
--------------------------	-----------------------------	-------------	----------------	----------------------------------

Mixed Racquetball League	Oct. 2–Dec. 18 Wednesdays	5:00–9:00pm	Starts Sept. 3	\$25 members \$50 non-members
--------------------------	------------------------------	-------------	----------------	----------------------------------

Men's Squash League	Oct. 2–Dec. 18 Wednesdays	5:00–9:00pm	Starts Sept. 3	\$25 members \$50 non-members
---------------------	------------------------------	-------------	----------------	----------------------------------

Women's Squash League	Sept. 30–Dec. 16 Mondays	5:00–9:00pm	Starts Sept. 3	\$25 members \$50 non-members
-----------------------	-----------------------------	-------------	----------------	----------------------------------



Upcoming Programs

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 10–May 29 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 1–Dec. 5 Tues., Thurs.	11:15–11:45am	Sept. 3–Sept. 30	Free for members Limit – 15 Children
Kid's Day (Grades K–6)	Sept. 18–May 21 Wednesday	K-1 3:45–4:15 2-3 4:15–4:45 4-6 4:45–5:15	None	Free for members
Fit Kids Walking (Girls)	Nov. 7–Feb. 13 Thursday	K-1 3:15–3:45 2-3 3:45–4:15 4-6 4:15–4:45	Sept. 5– Nov. 7 Meeting Nov. 7	Free for members
Fit Kids Walking (Boys)	Nov. 8–Feb. 14 Friday	K-1 3:15–3:45 2-3 3:45–4:15 4-6 4:15–4:45	Sept. 5– Nov. 7 Meeting Nov. 7	Free for members
Gymnastics Level I (Grade School)	Sept. 9–Oct. 21 Monday, Friday	3:00–4:30pm	Aug. 1– Sept. 9 Meeting Sept. 9	\$80 member \$180 non-member
Gymnastics Level II (Grade School)	Sept. 9–Oct. 21 Monday, Friday	4:30–6:00pm	Aug. 1– Sept. 9 Meeting Sept. 9	\$80 member \$180 non-member
Elite Tumbling	Sept. 9–Oct. 21 Monday, Friday	6:00–7:00pm	Invitation Only Meeting Sept. 9	\$80 member \$180 non-member
Kid's Dodgeball League (Grades 3–6)	Sept. 12–Oct. 24 Tues., Thurs.	3:00–4:30pm	Sept. 5–Sept. 12 Meeting Sept. 12	Free for members
Junior High Basketball (Grades 7 & 8)	Nov. 1–Dec. 20 Thurs., Friday	5:30–8:30pm	Oct. 1–Oct. 31 Meeting Oct. 31	Free for members
Boy's Junior & Senior Intramural Basketball League (Grades 3–6)	Oct. 31–Feb. 13 Tues., Thurs.	3:15–5:15pm	Oct. 1–Oct. 29 Meeting Oct. 30	Free for members
Girl's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 1–Feb. 7 Monday, Friday	3:15–5:15pm	Oct. 1–Oct. 28 Meeting Oct. 28	Free for members
Little Kickers (Grades K–2)	Sept. 18–Nov. 13 Wednesdays	3:00–3:25pm	Sept. 5–Sept. 18	Free for members
Lacrosse Club (Grade 4–12)	Oct. 5–March 29 Saturday	5:00–6:30pm	Sept. 5–Oct. 5 Meeting Oct. 5	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 13–Jan. 26 Sundays	5:00–10:00pm	Sept. 9–Sept. 25 Meeting Sept. 25	\$150 team; \$300 non-member team; \$60 individual non-member
Slow Break Basketball	Nov. 4–Mar. 17 Mondays	6:00–10:00pm	Sept. 5–Oct. 14 Meeting Oct. 14	\$450 member team; \$700 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 5–Mar. 18 Tuesdays	6:30–9:30pm	Sept. 5–Nov. 4 Meeting Oct. 29	\$150 team; \$300 non-member team; \$60 individual non-member



Sports Center Sharks Swim Team

New swimmers will have the opportunity to try practices October 1 & 2, 4:00–5:00pm. A new swimmer and parent informational meeting will be held on Thursday, October 3. New swimmer registration will be Wednesday, October 9, at 5:00pm, in the main lobby. All returning swimmers and their parents will have an informational meeting on Wednesday, October 16, at 6:00pm, with registration to follow. New swimmers and parents are welcome to join this meeting as well, but must register on Wednesday, October 9.

Official practices begin Monday, October 21. Practices will run as: Developmental on Mondays and Fridays, 3:30–4:30pm; Age Group on Mondays, Tuesdays, Thursdays and Fridays, 4:00–5:00pm; and Senior Mondays, Tuesdays, and Thursdays, 6:30–8:30pm, and Fridays, 4:00–5:00pm. The entire Sharks Swim Team will be practicing on Wednesdays, 4:00–5:00pm as a team practice.

New This Fall

Preschool Swim has expanded to additional time slots. Starting in September, preschool children, accompanied by a parent, can now swim Monday–Friday, 10:30–11:30am.

Programs Returning This Fall

High School Lap Swim Mondays–Fridays, 6:30–7:30am. Any high school students (Grades 9–12) will have access to 1 lane for lap swimming only.

Turkey Indoor Triathlon: Friday, November 22. Off season training opportunity or personal challenge. Timed triathlon staged in the Sports Center's pool, spinning studio, and indoor track.

Pool Rentals

The pool will be available for group rentals on Saturdays, 6:30–8:30pm (pool area only). All guests must be out of the Sports Center by 9:00pm. Waivers are required for all participants in your group (signed by a parent if under 18). The cost for the rental is \$150. A \$25 non-refundable deposit is required at the time of reservation. Call Matt Phillips at 547-2800, ext. 117, for available dates.

Swim Meet Pool Closings

The Girls High School Varsity Swim Team will be using three lanes of the lap pool for practices Monday–Friday, 3:30–5:00pm.

Home Swim Meets are scheduled for: Sept. 12, 17, 26, and Oct. 3. The pool will be closed 30 minutes prior to start of meet and will reopen as soon as equipment is cleaned up. Please note that swim meets are subject to change.

Inflatable Movie Screen Rental!

Family Fun Nights/Indoor & Outdoor Events

The Movie Night includes all movie audiovisual 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 that shakes and rattles the walls! Our HUGE inflatable movie screen will more than satisfy the eyes of 5, 50 or 500!

You provide: The movie and movie copyright, standard electrical outlet, gymnasium, cafeteria, lawn, hall or basement.

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

Kid's Triathlon Race Results



The Kids Triathlon Club race was held at the Sports Center on Saturday, June 1. Since April, 33 members of the Triathlon Club have been practicing their swimming, biking, running and transitions. They have proven themselves, after 2 months of practicing, that they could indeed complete the race!

Rookies Of The Year: Anna Hawkes & Ryan Lansing

7 & 8 years old (swim 50 yards, bike 1.5 miles, run ½ mile): Melissa Schuermann (14:46) & Michael Zhou (13:08).

9 & 10 years old (swim 100 yards, bike 3 miles, run ½ mile): Stephanie Rudloff (23:07), Sadie Holtz (25:04) & Cooper Guzy (22:27).

11 years olds (swim 200 yards, bike 4.5 miles, run 1 mile): Nora Jensen (33:21) & Josh Geci (30:55).

12 & Over (swim 200 yards, bike 4.5 miles, run 1 mile): Matt Burch (38:02).



Athletics News



Wednesday Softball Playoff Champs: Cooley's
 Back L to R: Bill Yaw, Sharky Nagelschmidt, Reid Nagelschmidt, Nate Smith, Kyle Grup. Front L to R: Bill Grup, Matt Laymon, Joelle West, Katie Nagelschmidt, Erin Morris, Rachel Grup.



Sunday Soccer Champs: Red Mob
 Kyle Reiss, DJ Young, Calli Jo Sheldon, Amy Gregory, Kevin Gregory, Lindsay Duxtader, Tim Sagasti, Steven Davis, Jason Young, Kenne Moore, Ryan Palmer, Evam Romaine, Kilean Maynard.



Boy's High School Hoops Champs: Owen D Young
 Matt Crisman, Max Crisman, Lynn Backus, Jeff Yaun, Marty Collins, Cole Coveny, Ryan Crause, Nick Hula, Matt Zylinski.



Girl's High School Hoops Champs: Cooperstown
 Back L to R: Coach Mike Niles, Sara Jane Morosko, Mallory Arthurs, Jordian Siver, Thomasina Zaengle. Front L to R: Liz Millea, Jen Flynn, Maggie Schuermann, Maggie Hall.

Bowling News



Summer No-Tap League Winners
 Dennis Hascup, Joyce Jones, Jan Kerr, Mike Kenney

Don't forget about our open bowling hours!

- 1:00–5:00pm: Mondays, Fridays & Saturdays
- 2:30–5:00pm: Tuesdays & Wednesdays
- 3:00–5:00pm: Thursdays
- 9:00am–12:00pm: Thursdays & Fridays

Bowling Fees

	Juniors	HS/College	Adults*
Game	75¢	\$1.00	\$2.00
Shoes	25¢	50¢	50¢

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

SEPTEMBER "Back to School" BOWLING SPECIAL

\$5 OFF of a 40 Game Bowling Pass!

Kidz Korner

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



Electronic Free Day

Every Wednesday will be an electronic free day at The Clark Sports Center. 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.



Health & Fitness and Racquets News



The Clark Sports Center and the National Baseball Hall of Fame and Museum teamed up again this year for the 2013 BASE Race. 264 participants competed in a family-style 5K fun run and a competitive 10K for racing enthusiasts on Sunday, August 11, 2013, to promote healthy and active lifestyles for individuals of all ages.



5K Race Male Winner
Name Jim Allott (19:58.744)

5K Race Female Winner
Kristin Ratliff (22:14.976)



10K Race Male Winner
Jordan Sirtoli (37:17.653)

10K Race Female Winner
Glynis Gozigian (42:44.566)

Tennis League Results



Spring Division A Champs:
Katie Catalano & Georgia Frevele



Spring Division B Champs:
Mary Clare Reitz & Kim Jastremski



Summer Division A Champ:
Katie Catalano



Summer Division B Champ:
Mary Clare Reitz

Group Fitness Fall Session One

The next class session begins September 3 and ends October 27. You can find the full schedule on our website at www.clarksportscenter.com or you may pick up hard copies at the Sports Center.

There's a ZUMBA class for everyone!

ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations for a "feel-happy" workout that is great for both the body and mind.

ZUMBA Kids Jr.

Kids grades K-3 will have a blast and get fit in this safe, non-competitive class! Starts in November.

ZUMBA Kids

Kids grades 4-6 will have a blast and get fit in this safe, non-competitive class! Starts in November.

ZUMBA GOLD

A less intense class with dance routines designed for beginners and older adults. Tues., 1:00-1:45pm.

Zumba Toning

Using lightweight, maraca-like Toning Sticks, Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work. Tues., 6:45-7:30pm.

AQUA ZUMBA

A safe, challenging, water-based workout that's cardio conditioning, body-toning, and most of all, fun & invigorating. Wed., 6:30-7:15pm & Fri., 8:30-9:15am.



June 8, the Clark Sports Center held its second annual Just "Du" It Run-Bike-Run Duathlon. The first running portion of the event took place on the Sports Center grounds through our trails, totaling 3.35 miles. For the biking portion, athletes traveled 18 miles on Route 33 to Milford, then back to the Sports Center by way of Route 166 and Route 52 over Murphy Hill. After participants completed their bike route, they completed a second run on the same course at the Sports Center—but in reverse—for another 3.35 miles. Athletes could complete the event solo or as part of a team, with one team member running and the other biking.



Overall Female and Male Solo Race Winners:
Pamela Ayers and Mike Rutledge



Overall Male Team Winners:
Josh Edmonds and Mark Kingsley

Spring Singles League Winners:

Division 1 winner: Carly Jesset (.625%)

2nd place: Georgia Frevele (.604%)

Division 2 winner: Maureen Heroux (.833%)

2nd place: Meg Subik (.714%)

Summer Singles Standings:

Katie Catalano (.667%)

Carly Jesset (.667%)

Women's Fall Tennis Leagues

Women's Fall Tennis Leagues will run September 11 through October 30. Registration deadline is September 4. Contact league coordinator Amy Porter by calling 547-2800, ext. 111.

What's Inside:
Strongman Competition Results
Kid's Triathlon Results
Fall Leagues & Programs
Summer League Photos



Clark Sports Center Reading Camp • August 12–16, 2013

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

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

Return Service Requested

The Clark Foundation
P.O. Box 850
Cooperstown, NY 13326

ClarkSportsCenter