

ClarkSportsCenter

December Newsletter 2009

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College Students

College students who are home during winter break can add the Fitness Center for just \$30! Non-member students may purchase a one month membership for just \$55! Students must show a valid college ID. Stop by the Main Desk for details.

Holiday Deals

Do you have family home for the holidays? Our 7 Day Passes are perfect for visiting family and relatives: they cost 25% less than regular day passes and they never expire! Gift certificates are also available for one month, 90 day, and annual memberships. Inquire at the Main Desk today for rates.

2009 Fetterman Award Recipient

The Clark Sports Center's annual honorary award for service to local youth, given in memory of Patrick C. Fetterman, long time Associate Director of the ACC Gymnasium, was presented to Brenda Wedderspoon-Gray on Monday, November 2 at a formal luncheon in the Fenimore Room at the Otesaga Hotel. Brenda, a Cooperstown Central School graduate and current Aquatics Director at the Sports Center, invited numerous friends, family, and past recipients to share in the celebration of her achievements.

The Sports Center's selection committee elected Brenda to receive the award after reading a touching nomination letter from Pat and Ed Hazzard, who were co-winners of the award in 2001.

Brenda has coached numerous Cooperstown area sports, including volleyball, track and field, basketball, and swimming, but her first love remains field hockey. Brenda starting coaching field hockey at Coopertown in the fall of 1982 after graduating college from SUNY Cortland, and has been head coach of the team for the past 13 years. She is an integral part of helping the team raise money through fund-raisers to support their trips abroad.

Brenda also volunteers her time as a committee member of the Cooperstown Athletic Hall Of Fame, and was recently inducted into the Hall herself as part of the 1978 CCS field hockey team.

The Clark Sports Center congratulates Brenda on her many achievements and thanks her for her dedication to coaching, Cooperstown athletics, and the Sports Center! Visit www.clarksportscenter.com/events/fetterman-award/ for more information about the Fetterman Award.



Jane Clark and Brenda Wedderspoon-Gray at the award ceremony.

Past Fetterman Award Winners • 2008: Connie Herzig; 2007: Bob Snyder; 2006: Dave Adsit; 2005: Mr. Terry Bliss; 2004: Ted Spencer; 2003: Frank Miosek; 2002: Sharky Nagelschmidt; 2001: Pat & Ed Hazzard; 2000: Dick White; 1999: Don Howard; 1997/1998: Jerry Townsend; 1996: Malcolm Brooks; 1995: Ted Kantorowski; 1994: Jack Vineyard; 1993: Lavern "Beanie" Ainslie.

Sports Center Trivia

Test your knowledge with our new Clark Sports Center Trivia question! Submit your answer to the Main Desk and you might win a prize!

What year did the original Alfred Corning Clark Gymnasium open?



Sports Center Photos

Looking for a unique gift idea this holiday season? Check out our new photo printing service at clarksportscenter.zenfolio.com. You can find, preview, and order prints and other gifts from past and current sports programs and events, with new photos added every week!

Hours • October 26, 2009 to May 2, 2010

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

CSC Christmas Party • **Closing at 6:00pm Saturday, December 12**
Christmas Eve Day • **Thursday, December 24**
Christmas Day • **Friday, December 25**
New Year's Eve Day • **Thursday, December 31**
New Year's Day • **Friday, January 1**

Contact Us

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

Upcoming Programs

December Programs

Family Fun Night • December 5, 6:00–9:00pm. Floor hockey, badminton, pickle ball, and other fun games!

Preschool Christmas Party • Our annual Preschool Christmas Party will be held on Tuesday, December 22, 9:30–11:00am. Bring a snack to share. Punch will be provided. Don't forget: Santa arrives at 10:00am!

Fall Swim Lessons end December 12. **Preschool Swim Lesson** registration begins December 14. Please call the Main Desk to register. Due to the demand of our preschool lessons, there is a \$10 charge, due by December 28, for member lessons. **Grade School Swim Lessons** require no registration and are free for members and meet weekdays 3:00 to 3:30pm and on Saturdays. **Winter Lessons** will run January 4–March 13. Call 547-2800 for more information.

Movie Night In The Pool! • December 26. Movies start at 6:30pm, purchase tickets from the Main Desk. \$4 for members and \$6 for non-members.

Family Float Night • December 18, 7:00–8:30pm. Free for members.

January Programs

Movie Night In The Pool! • January 9 and 23. Movies start at 6:30pm, purchase tickets from the Main Desk. \$4 for members and \$6 for non-members.

Family Fun Night • January 9, 6:00–9:00pm. Floor hockey, badminton, pickle ball, and other fun games!

Family Float Night • January 15, 7:00–8:30pm. Free for members.

Middle School Night • January 16, 9:00–10:30pm. Youths in grades 6, 7 and 8 can enjoy the privilege of having the pool all to themselves as they watch movies, enjoy snacks and have their own after hours "pool party"! \$4 for members or \$6 for non-members.

Adult Event Night • January 23, 6:00–9:00pm. Old school Gym Floor games just for adults!

February Programs

Movie Night In The Pool! • February 6 and 20. Movies start at 6:30pm, purchase tickets from the Main Desk. \$4 for members and \$6 for non-members.

Family Fun Night • February 6, 6:00–9:00pm. Floor hockey, badminton, pickle ball, and other fun games!

Family Float Night • February 12, 7:00–8:30pm. Free for members.

Adult Event Night • February 27, 6:00–9:00pm. Old school Gym Floor games just for adults!

March Programs

Movie Night In The Pool! • March 6 and 20. Movies start at 6:30pm, purchase tickets from the Main Desk. \$4 for members and \$6 for non-members.

Family Fun Night • March 6, 6:00–9:00pm. Floor hockey, badminton, pickle ball, and other fun games!

Adult Event Night • March 13, 6:00–9:00pm. Old school Gym Floor games just for adults!

Family Float Night • March 19, 7:00–8:30pm. Free for members.

Middle School Night • March 13, 9:00–10:30pm. Youths in grades 6, 7 and 8 can enjoy the privilege of having the pool all to themselves as they watch movies, enjoy snacks and have their own after hours "pool party"! \$4 for members or \$6 for non-members.

Schedule Changes On CCS Holidays & Snow Days

In the event of a Cooperstown Central School holiday or snow day, the Sports Center schedule will change accordingly. Upcoming holidays will occur December 21–30, January 18, and February 15–19.

Pool

6:00–10:00am: Open laps.

10:00–11:00am: Open swim.

11:00am–1:00pm: Adult swim.

1:00–4:00pm: Open swim.

4:00–5:30pm: Swim team.

5:30–6:30pm: Adult swim.

6:30–9:00pm: Regular schedule.

Note: On snow days open swim ends and adult swim begins at 5:00pm.

Gym Floor

Mornings and afternoon: Open floor (Closed for Fetterman Tourney, Sat.–Mon., January 16–18)

Evenings: Regular activities.

Bowling Alley

Open bowling during normal operating hours.

Racquet Courts

Mornings and afternoons: Open courts.

Evenings: Regular activities.

Day Care Special Note

Reminder: There will be no Day Care held in the Conference Room on a CCS snow day.



Upcoming Programs

Adult and Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Dodgeball	Jan. 15–Apr. 16 Fridays	5:30–8:00pm	Nov. 16–Dec. 30 Meeting Jan. 8	\$100 team
Gymnastics (Ages 4 & 5)	March 12–April 30 Monday, Friday	2:00–2:45pm	Feb. 1–March 12 Meeting March 12	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	March 12–April 30 Monday, Friday	3:00–4:15pm	Feb. 1–March 12 Meeting March 12	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	March 12–April 30 Monday, Friday	4:15–5:30pm	Feb. 1–March 12 Meeting March 12	\$80 member \$110 non-member
Kid's Day (Grades K–6)	Until June 2 Wednesdays	3:00–5:00pm	None	Free for members
Preschool Play (Ages 0–5)	Until June 3 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Dec. 15–Feb. 25 Mar. 2–May 20	11:15–11:45am Tues., Thurs.	Nov. 30–Dec. 14 Feb. 8–Mar. 1	Free for members
Senior Walk (55+)	Until Mar. 26 Mon., Wed., Fri.	10:00–11:00am	November 2	Free for members and non-members
Winter Futsal	Jan. 3–April 4 Sundays	5:30–9:30pm	December 1–16 Meeting Dec. 16	\$150 team

Adventure Events and Programs

Program	Days & Time	Fee
Community Indoor Ropes Course (Sign up at the Main Desk)	Wednesdays January 13, February 10, and March 24 • 5:00–8:00pm • Meet in the Lobby	\$10 members \$15 non-members
Gore Mountain Ski Shuttles Check conditions at goremountain.com (Sign up at the Main Desk)	Saturday January 16 and February 13 6:30am–8:00pm	\$20 members, \$25 non- members, Plus the cost of your personal lift ticket
Adventure Movie Night	Friday, January 22 at 7:00pm In the Conference Room	Free for members
Ice Climbing Clinic (Sign up at the Main Desk)	Saturday, January 30, 7:00am–6:00pm (Ages 13+, youth must be accompanied by an adult)	\$25 members \$50 non-members
Adirondack Winter Hiking (Sign up at the Main Desk)	Saturday, March 6 7:00am–6:00pm	\$15 members \$20 non-members
High Rock Climbing Wall (Located in the Pool Area; All ages)	Tuesdays & Wednesdays 3:30–5:30pm, Thurs- days 3:30–8:00pm, Saturdays 1:00–4:00pm	Free for members

Pound By Pound Weight Loss Program

Sign up for our 6th annual Pound By Pound program by weighing in at the Fitness Center Desk starting January 2. Last day to weigh-in is Monday, January 18. Use the next three months to have fun, exercise, get healthy, lose some pounds and receive credit on your next membership bill! You may receive credit one of two ways: have your body fat measured when you weigh-in and receive a \$5 credit for every percentage dropped or receive a \$2 credit for every pound lost (whichever is greater). Pound By Pound perks include free fitness classes, giveaways, and a member raffle. Last year we had 64 participants for the final weigh-in. They lost an average of 10.4 pounds with our biggest loser weighing in 56.8 pounds lighter! Take the weight off the way you put it on: Pound By Pound!



Aquatics News

Merit Badge Opportunities

Reserve a date for your Boys Scouts to complete requirements for their merit badges in swimming and lifesaving! The cost for each scout for members is \$12 (non-members pay \$12 plus \$5 for a Guest Day Pass with a parent or guardian signed waiver). Call Brenda Wedderspoon-Gray at 547-2800 to sign up! Available dates (8:00am–Noon for all dates): December 19, February 20, March 20, April 24, June 5, and June 12.

CCS HS Boys Swim Team

Practices are held Monday–Thursday 7:30–9:00pm and Friday 6:00–7:00pm. The pool is closed 5:00–8:00pm for home swim meets on: December 2, December 17, January 5, and January 14 (dates subject to change).

Adult Long Distance Swim

Swim 100 miles this winter from Port Pungong to Opunake, New Zealand across Ligar Bay! All swimmers will have until April 30 to finish mapping their progress. Sign up and map located in the Pool Area.

New Adult Circuit Training Class!

Try out our new Aquatics Circuit Training class for free on Sunday, January 3 10:00–10:45am or Monday, January 4 6:30–7:15pm! The winter session runs January 10–March 28 with class meeting Sundays 10:00–10:45am. \$6 per class for members.

Private Swim Lessons

Individual private lessons are currently being offered for children and adults. Call Aaron Saxer to schedule a lesson appointment. The fee for lessons is \$12 per 30 minute ticket, or a book of 10 lessons costs \$100. Please note that Private Lessons are scheduled at various times and may overlap other swim times.

Sharks Swim Team

The Sports Center's Sharks Swim Team held it's First Splash home swim meet on Saturday, November 14. Our 88 swimmers participated in a total of 65 events throughout the day, earning many first place wins and outstanding team and individual efforts. Full results can be downloaded from our website at www.clarksportscenter.com. Practices are held 4:00–5:30pm, Mondays–Fridays. The pool is closed to all other activities during this time.

Lifeguard Training Courses

The Aquatics Department will be offering two Lifeguard Training Courses this winter. The first course will run January 4–January 19. The second course will run February 15–22. Both courses are \$140 for members or \$190 for non-members and require a \$50 deposit when signing up at the Main Desk. For dates and times of the classes and more information, please call Brenda Wedderspoon-Gray at 547-2800.

Adventure News

Cross-Country Ski Race

The second annual Cross-Country Ski Race is set for Saturday, February 6, 2010. The race will begin on the Sports Center grounds at 1:00pm. Registration before the race (through February 5) will be \$15 and registration on Race Day will be \$20. Youth ages 6 to 12 can race if accompanied by an adult or build snowmen with our Adventure staff during the race! For more information about the race, contact Jimmy Diliberto, Adventure Department Director and Race Director, by calling (607) 547-2800.



Adult and Youth Fall League Champions



Kids Dodgeball 3rd & 4th Grade Champs

Front, L to R: Noah Lifgren, Ben Tafuro, Dennis Dibble; Back, L to R: Clayton Quinn, Pierce Snyder, Logan Haney, and Kate Trosset



Kids Dodgeball 5th & 6th Grade Champs

Front, L to R: Addy Lawson, Annie Hage, Danielle Perrino, Anthony Birch; Back, L to R: Isaac Senchyshyn, Josh Rumberger, Chad Carr, Lucas Grover, Duncan Clark, and Josh Briggs



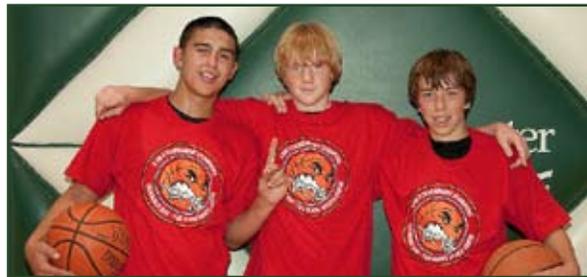
Fall Futsal Regular Season Champs • Troopers

Front, L to R: Liz Cook, Dana Harwood, Walt Schliermann, Nicole Miller, Summer Farina; Back, L to R: Al Garcia, George Goolin, Jon Cook, Joe Valentine, and Will Trask



3 On 3 Tournament Boys 10–12 Grade Champs

Eric Smith, Garrett Decker, Justin Utter, Joey Utter



3 On 3 Tournament Boys 7–9 Grade Champs

Leo Perez, Michael Rowley, Park Summers



3 On 3 Tournament Boys 4–6 Grade Champs

Mason Weir, Luke Courter, Derek Beers, Geoffrey Mattice



3 On 3 Tournament Girls 7–9 Grade Champs

Nicole Cring, Lexi Bloomfield, Summer Murdock, Maggie Hall



3 On 3 Tournament Girls 4–6 Grade Champs

Addy Lawson, Jenny Flynn, Liz Millea, Mallory Arthurs



Athletics News Continued

Athletics League Standings

Men's Slow Break Basketball Standings

1. Colonial Pharmacy (4-0)
2. Leatherstocking Insurance (2-1)
3. Tobin Motors (2-1)
4. Church and Scott (2-2)

Adult Volleyball Standings

1. Bonzai (1-0 Matches; 3-0 Games; 75 pts.)
2. Loose Cannons (1-0 Matches; 3-0 Games; 75 pts.)
3. Bobnicks (1-0 Matches; 2-1 Games; 69 pts.)
4. Snyders Bunch (0-1 Matches; 1-2 Games; 68 pts.)

Fall Futsal Final Standings

1. The Troopers (20 pts.)
2. The Crew (18 pts.)
3. El Nino (17 pts.)
4. Yo Mama (14 pts.)

Junior High Basketball Standings

1. Team #1 (3-1)
2. Team #2 (2-2)
3. Team #3 (2-2)
4. Team #4 (1-3)

Girl's Junior Intramural Basketball Standings

1. Wake Forest (2-1)
2. UCONN (2-1)
3. UNC (1-2)
4. Syracuse (1-2)

Girl's Senior Intramural Basketball Standings

1. Sting (3-0)
2. Comets (2-1)
3. Shock (1-2)
4. Liberty (0-3)

Note: Men's 50+ Basketball League standings will appear in our next newsletter.

Boy's Junior Intramural Basketball Standings

1. Michigan St. (2-0)
2. St. Johns (2-0)
3. UNC (0-2)
4. Georgetown (0-2)

Boy's Senior Intramural Basketball Standings

1. Bulls (3-0)
2. Lakers (2-1)
3. Heat (1-2)
4. Knicks (0-3)

Girls Basketball Clinic

The Athletics Department hosted a girls basketball clinic on Saturday, November 7 for all players and coaches in grades 4 through 12 as a way to unify all Cooperstown girls basketball programs. Nicole Andres, former WNBA player and ACC All Legends Team player, led over 40 girls through instruction aimed at improving individual basketball skills and fundamentals. The players took part in team building exercises to improve communication and teamwork, as well as and other fun activities such as tie-dyeing T-shirts.



Bowling News

Adult Bowling League Standings

Men's Monday League Standings

- High Game: Ed Kukenberger • 259
High Series: Ed Cotton • 698

Women's Tuesday League Standings

- High Game: Betty Staffin • 234
High Series: Betty Staffin • 606

Men's Wednesday League Standings

- High Game: Dave Chase, Jr. • 288
High Series: Mike Staffin • 728

Women's Thursday League Standings

- High Game: Eileen Barown • 202
High Series: Eileen Barown • 522

Youth Bowling League Standings

Elementary & Middle School Standings

- High Game: Kyle Amsden • 182
High Series: Kyle Amsden • 457

Preschool Bowling

Parents can bring their children, ages 3 to 5 who are not yet in school, to bowl on Tuesdays, 10:30–11:00am. One child is 50¢ for unlimited bowling and shoe rental. Parents can bowl for an additional 50¢. Bumpers and ramps are available.

Senior Citizen Bowling

Senior Citizens can bowl every Tuesday morning, 9:00–10:30am. Cost for members is \$1 and \$3 for non-members for all you can bowl including shoe rental. Make new friends, enjoy music from the 1940's through the 1960's, and have some fun!



Health & Fitness News

Record Breaking Coop Loop 9

The Clark Sports Center held its 9th annual Coop Loop 5k Run and Walk on Sunday, November 1. This year's race featured a spectacular finish by race veteran Mike Rutledge, who broke the previous men's course record by 9 seconds with a time of 16 minutes and 28 seconds. Mike also set the previous men's record that had stood since 2002. Nicole Andres led the women's field with a finishing time of 21:00. Full race results for all 125 participants and a list of the award winners can be downloaded from our website at www.clarksportscenter.com/events/coop-loop/.



Nicole Andres & Mike Rutledge

Monster Bench Press Competition

Our annual Bench Press Competition will take place on Saturday, April 10, 2010. Weigh-ins begin at 11:00am, with the competition starting at 1:00pm. The competition will feature bench shirt and non-bench shirt categories in each weight class, with the 225 pound Rep-Off event at the end of the day. Pre-registration on or before April 9 costs \$20. Registration on the day of the competition will be \$30. Commemorative T-shirts will be given to the first 50 registered lifters. For more information about the competition, contact Doug McCoy by calling 547-2800.

Group Fitness Winter Session

The next group fitness class session begins January 4 and runs until February 28. Preferred enrollment begins December 14 and open enrollment begins December 21. Look for Zumba for ages 9 to 90 to return to Sundays! Classes will be limited December 26-30 and January 2-3. For an up to date schedule and class changes, visit www.clarksportscenter.com.



Racquets News



Women's "A" Tennis Champs
Georgia Frevele & Sheri Holohan



Women's "B1" Tennis Champs
Nicole Norwick & Maureen Heroux



Women's "B2" Tennis Champs
Samantha Carr & Beth Lesko

Men's "A" Racquetball Standings

1. Tom Hohensee (7-0)
2. Bob Donnolly (6-0)
3. Scott Curtis (5-1)
4. Tom Minich (4-2)

Men's "B" Racquetball Standings

1. Zach Winnie (6-0)
2. Tom Shieber (4-2)
3. Chris Hammond (3-3)
4. Brian Williams (2-5)

Mixed Racquetball Standings

1. Zach Winnie (6-0)
2. Andrea Johnson (3-2)
3. Chris Chapman (2-2)
4. Chris Hammond (1-3)

Women's Racquetball Standings

1. Phyllis Orlowski (2-0)
2. Chris Chapman (2-0)
3. Maureen Micek (1-0)
4. Dottie Gebbia (0-1)

Men's Squash Standings

1. Scott Curtis (3-0)
2. Peter Arquin (3-1)
3. Frank Miosek (2-1)
4. Chris Hammond (2-3)

What's Inside:

Fall League Champs • Fetterman Award Recipient
Winter Events, Leagues, and Programs



Clark Sports Center Staff Training Day • September 27, 2009

Contact Us

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

Return Service Requested

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