

ClarkSportsCenter

December Newsletter 2010

Upcoming Programs: **Pages 2-3** • Adventure: **Page 4**
Aquatics: **Page 4** • Athletics: **Page 5** • Bowling: **Page 6**
Racquets: **Page 6** • Health & Fitness: **Page 7**

Paul Lambert Receives Fetterman Award

A few poems and many heartwarming words were shared at the Otesaga Hotel on Monday, November 1st during Paul Lambert's luncheon to receive his award as this year's recipient of the Sports Center's Fetterman Award. The award is given yearly to a community member who is dedicated to serving local youth, especially in the area of athletics, in memory of Patrick C. Fetterman, long-time associate director of The Clark Sports Center.

Clark Foundation Executive Director Doug Bauer formally presented the award to Paul in front of a crowd of family, friends, and past award recipients. Paul's numerous accomplishments include coaching the CCS boy's varsity basketball team to two Center State titles, serving as president of the Cooperstown Little League, umpiring youth baseball, coaching youth baseball and football, and he was inducted into the Cooperstown Central School Athletic Hall of Fame (2008) and the Hartwick College Athletic Hall of Fame (1997).

As a coach, Paul was known for instilling discipline, respect, and sportsmanship into the players he mentored. He also served as Cooperstown's Elementary School Principal and Superintendent and later directed The Clark Foundation Scholarship Office. The track oval and football field at the Cooperstown High School bear his name in his honor.

The award presentation video can be viewed by visiting our YouTube channel at www.youtube.com/user/clarksgym.

Special Holiday Membership Rates!

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.

7 Day Punch 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 for all membership rates.



Clark Sports Center Director Dion Wade, Paul Lambert, and Clark Foundation Executive Director Doug Bauer at the Otesaga Hotel on November 1st.

Past Fetterman Award Winners • 2009: Brenda Wedderspoon-Gray; 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 Question!

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 Tennis Center open, and how many courts does it have?

Answer for the September 2010 Newsletter: The Main Desk moved from the center of the Lobby to its current location in the year 2001.



Clark Sports Center Facility Hours

Through May 2011 • Monday–Friday: 6:00am–9:30pm
(Pool closes at 9:00) • Saturday: 8:00am–9:00pm
Sunday: 9:00am–6:00pm (Adults only 9:00–1:00)

Closures

CSC Christmas Party • **Closing at 6:00pm Saturday, December 11**
Christmas Eve Day • **Friday, December 24**
Christmas Day • **Saturday, December 25**
New Year's Eve Day • **Friday, December 31**
New Year's Day • **Saturday, January 1**

Contact Us

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

Upcoming Programs

December Programs

Fall Swim Lessons end December 11. **Winter Preschool & Grade School Swim Lessons** will run January 3–March 12. See page 4 for more information.

Preschool Christmas Party • Tuesday, December 21, 9:30–11:00am. Bring a snack to share. Punch will be provided. Don't forget: Santa arrives at 10:00am!

Movie Night In The Pool! • Friday, December 10. Movie starts at 7:00pm, purchase tickets from the Main Desk. \$4 for members and \$6 for non-members.

Family Float Night • December 17, 7:00–8:30pm. Free for members.

January Programs

Gore Mountain Ski Shuttle • January 8, 6:30am to 8:00pm. Meet at the Sports Center. Check ski conditions at goremountain.com. \$20 for members, \$25 for non-members (plus the cost of your personal lift ticket). Sign up at the Main Desk.

Indoor Community Ropes Course • January 12, 5:00–8:00pm. Meet in the Main Lobby. \$10 for members, \$15 for non-members. Sign up at the Main Desk.

Movie Night In The Pool! • January 15. Movie starts at 6:30pm, purchase tickets from the Main Desk. \$4 for members and \$6 for non-members.

Adventure Movie Night • January 21, starting at 7:00pm in the Conference Room. Free for members.

Ice Climbing Clinic • January 29, 7:00am–6:00pm. Ages 13 and over (youth must be accompanied by an adult). \$25 for members, \$50 for non-members. Sign up at the Main Desk.

February Programs

Gore Mountain Ski Shuttle • February 5, 6:30am to 8:00pm. Meet at the Sports Center. Check ski conditions at goremountain.com. \$20 for members, \$25 for non-members (plus the cost of your personal lift ticket). Sign up at the Main Desk.

Indoor Community Ropes Course • February 9, 5:00–8:00pm. Meet in the Main Lobby. \$10 for members, \$15 for non-members. Sign up at the Main Desk.

Family Float Night • February 11, 7:00–8:30pm. Free for members.

Movie Night In The Pool! • February 12. Movie starts at 6:30pm, purchase tickets from the Main Desk. \$4 for members and \$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 23–January 2, January 17, and February 21–25.

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 15–17)

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.

Middle School Night • February 19, 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.

March Programs

Basic Winter Climbing Skills • March 5, 7:00am to 6:00pm. \$15 for members, \$50 for non-members. Sign up at the Main Desk.

Movie Night In The Pool! • March 12. Movie starts at 6:30pm, purchase tickets from the Main Desk. \$4 for members and \$6 for non-members.

Indoor Community Ropes Course • March 23, 5:00 to 8:00pm. Meet in the Main Lobby. \$10 for members, \$15 for non-members. Sign up at the Main Desk.



Upcoming Programs

Adult and Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Sports Academy Winter Session (Ages 4 & 5)	Dec. 14–Feb. 24 Tues., Thurs.	11:15–11:45am	Nov. 29–Dec. 13	Free for members
Preschool Sports Academy Spring Session (Ages 4 & 5)	Mar. 1–May 19 Tues., Thurs.	11:15–11:45am	February 7–28	Free for members
Gymnastics (Ages 4 & 5)	Mar. 11–April 15 Monday, Friday	2:00–2:45pm	Feb. 1–March 11 Meeting Mar. 11	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	Mar. 11–April 15 Monday, Friday	3:00–4:15pm	Feb. 1–March 11 Meeting Mar. 11	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	Mar. 11–April 15 Monday, Friday	4:15–5:30pm	Feb. 1–March 11 Meeting Mar. 11	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	April 5–May 17 Tues., Thurs.	3:00–4:15pm	March 14–30 Meeting Mar. 30	Free for members
Preschool Play (Ages 0–5)	Until June 2 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Kid's Day (Grades K–6)	Until June 1 Wednesday	3:00–5:00pm	None	Free for members
Senior Walk (55+)	Until Mar. 25 Mon., Wed., Fri.	10:00–11:00am	November 1	Free for members and non-members

Pound By Pound Weight Loss Program

Sign up for our 7th annual Pound By Pound program by weighing in at the Fitness Center Desk starting January 2. Last day to weigh-in is Monday, January 17. Use the three months after you sign up 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 77 participants lose a combined total of 472.6 pounds! Our biggest loser dropped 32.3 pounds! 39 participants also lowered their body fat by an average of 2.2%. Take the weight off the way you put it on: Pound By Pound!

Adventure Rock Climbing Wall Hours

The Bouldering Wall

Located in the Gym Floor. Open to all ages and ability levels. Free for members (non-members must pay for a Day Guest Pass).

Open during normal Sports Center operating hours (Children under 12 years of age must stay below the designated line; the wall is off limits during camps, special events and league play).

High Rock Climbing Wall

Located in the Pool Area. Open to all ages and ability levels. Free for members (non-members must pay for a Day Guest Pass).

Regular Hours • Tuesdays & Wednesdays 3:30–5:30pm; Thursdays 3:30–8:00pm; Saturdays 1:00–4:00pm

Special December Hours • December 23: 1:00–6:00pm; December 27, 28, & 29: 1:00–3:00pm; December 30: 1:00–6:00pm



Adventure News



Cross-Country Ski Race

The third annual Cross-Country Ski Race is set for Saturday, February 12, 2011. The race will begin on the Sports Center grounds at 1:00pm. Registration on or before February 11 will be \$15 and registration on Race Day will be \$20 (12:00pm deadline to register on February 12). Youth ages 6–12 can race if accompanied by an adult or can build snowmen with our Adventure staff during the race! For more information about the race, contact Race Director Jim Diliberto by calling (607) 547-2800.

Aquatics News

CCS High School Home Meets

The Boy's Cooperstown Varsity Swim Team will have home meets in our pool this winter. Please note that the following dates and times are subject to change and that the pool closes 30 minutes before the meet starts then reopens 30 minutes after the meet ends. Dates: January 4 starting at 5:00pm and January 6 starting at 4:30. Practices are held Monday–Thursday 7:30–9:00pm and Friday 6:00–7:00pm.

Sports Center Sharks Swim Team

The Sharks competed in their "First Splash" on Saturday, November 13. 59 swimmers participated in 65 events throughout the day and recorded many first place finishes and excellent individual efforts. The full results can be downloaded from our website. Reminder: Practices are held Monday, Wednesday, and Thursday, 4:00–5:30pm and Tuesday and Friday 3:30–5:30pm; the pool is closed to all other activities during this time.



Swimmer of the Meet
Broc Gilbert

Lifeguard Training Course

A Spring Course will be offered Monday–Friday, February 21–25, 8:00am–3:00pm. Sign up at the Main Desk by February 6. Call 547-2800 for more information.

Winter Swim Lessons

Grade School Lessons: The Fall swim lesson session will end on December 11. The Winter Session is set to run January 3 to March 12. Remember to arrive on time—our instructors have a progression for each lesson and a limited amount of time to teach!

Preschool Lessons: Registration for Winter preschool lessons will start on December 13. Please call the Main Desk to register. Due to the high demand of preschool lessons, there is a fee of \$10 for members or \$20 for non-members. Payment is due by December 28. Reminder: The Pool is closed 11:00am–12:00pm during Saturday lessons.

Private Swim Lessons

Due to high demand, we have reorganized the Private Lessons program. We will be running lessons in three 10 week blocks, with participants only eligible for one lesson block per year to accommodate all swimmers. Block One ends December 11. Block Two will run January 3 to March 12 (sign ups for Block Two start December 13). Block Three will run March 21 to May 28 (sign ups for Block Three start March 14). Participants may also sign up for our youth or adult Group Lessons if more lessons are desired. To sign up and for more information, call 547-2800.





Kid's Dodgeball 3rd & 4th Grade Champs

Back, L to R: Matthew LoRusso, Kate Trosset, Ben Tafuro, and Braden Pullyblank; Front, L to R: Ryan Lansing, Elliot Carr, Jack Lambert, and Jesse Furnari.



Kid's Dodgeball 5th & 6th Grade Champs

Back, L to R: Owen Carr, Pierce Snyder, Anthony Birch, Rachel Carpenter, and Sean Barber; Front, L to R: Ted Mebust, Paul LoRusso, and Kyle Amsden.



Summer 7 On 7 Soccer Champs • El Nino

Back, L to R: Josh Hoag, Bob Scanlon, Alicia Sagendorf, Tariq Issa, and Amin Abdallah; Front, L to R: Hisham Abdallah, Niyo Fernandez, Jennifer Bowen, and Dee Crowell.

Athletics League Standings

Men's Slow Break Basketball Standings

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

Adult Volleyball Standings

1. Bonzai (1-0)
2. Cooperstown Bat Company (1-0)
3. Jungle Ballers (1-0)
4. MHT (1-0)

Winter Futsal League

- | | |
|-------------------------|---------------------------|
| 1. The Crew (15 points) | 3. El Nino (12 points) |
| 2. Troopers (15 points) | 4. Nicolettas (12 points) |

Girls' Senior Intramural Basketball Standings

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

Boy's Junior Intramural Basketball Standings

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

Boy's Senior Intramural Basketball Standings

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

Junior High Basketball Standings

- | | |
|----------------------|----------------------|
| 1. Maroon Team (2-2) | 3. Green Team (2-2) |
| 2. Black Team (2-2) | 4. Orange Team (2-2) |

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

7th Annual Patrick C. Fetterman Memorial Basketball Tournament

Saturday–Monday, January 15–17, 2011. Come check out the area's premiere 6th grade boy's and girl's basketball tournament!

Please note that Gym Floor will be closed 8:00am to 5:00pm each day for the tournament. The Sports Center facility will be very busy during these hours.



Bowling News

Adult Bowling League Standings

Men's Monday League Standings

High Game: Chuck Hascup • 280
High Series: Chuck Hascup • 749

Women's Tuesday League Standings

High Game: Tammara Gage • 239
High Series: Tammara Gage • 608

Men's Wednesday League Standings

High Game: Greg Lippitt • 278
High Series: Reid Nagelschmidt • 723

Women's Thursday League Standings

High Game: Marion Madison • 197
High Series: Marion Madison • 521

Youth Bowling League Standings

Elementary & Middle School Standings

High Game: Teddy Trosset • 182
High Series: Kyle Amsden • 395

Preschool Bowling

Parents can bring their children, ages 3 to 5 who are not yet in school, to the Sports Center 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 for a reduced fee! The cost is \$1 for members or \$3 for non-members for all you can bowl including shoe rental. Come out and make new friends, enjoy music from the 1940's through the 1960's, and have some fun!

Racquets News

Women's Tennis League Champions



Women's "A" Doubles Fall Tennis Champs

Sarah Livingston & Ellen Tillapaugh



Women's "B" Doubles Fall Tennis Champs

Rose McCabe & Samantha Carr

Men's "A" Racquetball Standings

1. Tom Hohensee (3–0) 3. Gene Oestman (4–1)
2. Bob Donnelly (2–0) 4. Tom Minich (2–1)

Men's "B" Racquetball Standings

1. Tom Shieber (4–0) 3. Gary Goodwin (2–3)
2. Adam Jordan (4–0) 4. Brian Williams (0–4)

Mixed Racquetball Standings

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

Mixed Squash Standings

1. Chris Hammond (1–0) 3. Gene Oestman (0–0)
2. Maureen Kuhn (0–1) 4. Gwen Snyder (0–0)



Coop Loop Top Female and Top Male Finishers
Samantha Fanion and Mike Rutledge

Group Fitness Winter Session

The next class session begins January 3 and ends February 27. Preferred enrollment begins December 13 and open enrollment begins December 20. Limited classes will be offered during the holiday break, December 26–January 2. Look for more information on www.clarksportscenter.com in the coming weeks.

Group Fitness Continuing Ed

On Saturday, November 13, our Group Fitness instructors participated in a day long continuing education workshop held at the Sports Center that was led by Carol Murphy, an internationally recognized instructor and trainer. Carol was named the 2010 IDEA Fitness Instructor of the Year and is the owner and Fitness Director of Fit Life in Rochester, NY. She has decades of experience and leads fitness conferences and conventions across the world.



Sports Center Group Fitness staff posing with Carol Murphy

Coop Loop 10 Results

The Clark Sports Center held its tenth annual Coop Loop 5k Run and Walk on Sunday, November 7. Schenevus native Mike Rutledge repeated his 2009 win to finish first overall with a time of 16 minutes and 48 seconds. Samantha Fanion crossed the line at 21 minutes and 55 seconds to finish first for all female runners. Full race results for all 219 runners and walkers, race video, and race photos can be found on our website at www.clarksportscenter.com/events/coop-loop/.

Top 5 Male Finishers

Place	Name	Hometown	Time
1	Mike Rutledge	Schenevus	16:48
2	Kevin Faller	Fly Creek	17:06
3	Conner Boyle	Milford	18:48
4	Toby Wilcox	Fly Creek	18:52
5	Nicholas Fanion	Cooperstown	18:57

Top 5 Female Finishers

Place	Name	Hometown	Time
23	Samantha Fanion	Cooperstown	21:55
24	Sara Breiten	Cooperstown	21:59
25	Heidi Edmonds	Cooperstown	21:59
26	Rachel Bliss	Cooperstown	22:26
28	Anne Killian-Russo	Cooperstown	22:50

Monster Bench Press Competition

Our annual Bench Press Competition will take place on Saturday, April 9, 2011. Weigh-ins begin at 9:30am, with the competition starting at 11:00am. 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 8 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.



What's Inside:

Coop Loop Results • Fetterman Award Recap
Winter Leagues & Programs • Fall League Photos



Fetterman Award winners at the Otesaga Hotel on Monday, November 1st 2010

Contact Us

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

Return Service Requested

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



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