

ClarkSportsCenter

December Newsletter 2011

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Special Holiday Membership Rates!

College students who are home during winter break can add the Fitness Center for just \$20! 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.

Bruce Andrews Receives Fetterman Award



Clark Sports Center Director Dion Wade and Bruce Andrews at the Otesaga Hotel on September 28th.

Kind words were shared at the Otesaga Hotel on Wednesday, September 28, during Bruce Andrews' 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.

The Clark Sports Center Director, Dion Wade, formally presented the award to Bruce in front of a crowd of family, friends, and past award recipients. Bruce's numerous accomplishments include coaching Cooperstown Central School: Boys Varsity Basketball, Girls Varsity Basketball, Assistant Varsity Track, and Junior High and Varsity Football leading him to win Daily Star Coach of the Year in 1992. He also held coaching positions for Junior High, Junior Varsity and Varsity Football, and Boys Varsity Track at Richfield Springs Central School. In 2001 his Varsity Track Team went on to win a Class D Sectional Championship.

Other athletic groups Bruce has devoted his time to include the Oneonta, Rome and ACC Gym Boys and Girls Summer Basketball Leagues, the Golden Valley Tournament, the Joe L. Green Tournament, and the Inaugural Dick White Basketball Camp.

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

Past Fetterman Award Winners • 2010: Paul Lambert; 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.

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Clark Sports Center Facility Hours

Through May 2012 • 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 10**
Christmas Eve Day • **Saturday, December 24**
Christmas Day • **Sunday, December 25**
New Year's Eve Day • **Saturday, December 31**
New Year's Day • **Sunday, January 1**

Contact Us

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

Upcoming Programs

December Programs

Fall Swim Lessons end December 10. **Winter Preschool & Grade School Swim Lessons** will run January 9–March 17. See page 4 for more information.

Preschool Christmas Party • Tuesday, December 20, 9:30–11:00am. Bring a snack to share. Punch will be provided. Don't forget: Santa arrives at 10:00am!

Community Movie Night • Saturday, December 17. The Family Movie (*Mr. Popper's Penguins*) starts at 7:00pm and the Adult Classic Movie (*National Lampoon's Christmas Vacation*) begins at 9:00pm on the Gym Floor. You must be 18 or older to attend the Adult Classic Movie. Admission is free. Non-members must have a signed waiver on file at the Main Desk.

Indoor Community Ropes Course • December 21, 5:00–8:00pm. Meet in the Main Lobby. Free for members, \$15 for non-members. Sign up at the Main Desk.

January Programs

Gore Mountain Ski Shuttle • January 21, 6:30am–8:00pm. Meet at the Sports Center. Check ski conditions at goremountain.com. Free for members, \$50 for non-members (plus the cost of your personal lift ticket). Sign up at the Main Desk.

Indoor Community Ropes Course • January 18, 5:00–8:00pm. Meet in the Main Lobby. Free for members, \$15 for non-members. Sign up at the Main Desk.

Community Movie Night • Saturday, January 21. The Family Movie starts at 7:00pm and the Adult Classic Movie begins at 9:00pm on the Gym Floor. You must be 18 or older to attend the Adult Classic Movie. Admission is free. Non-members must have a signed waiver on file at the Main Desk.

February Programs

Ice Climbing Clinic • February 4, 7:00am–6:00pm. Ages 13 and over (youth must be accompanied by an adult). Free for members, \$50 for non-members. Sign up at the Main Desk.

Cross-Country Ski Race • Please see page 3 for details.

Community Movie Night • Saturday, February 18. The Family Movie starts at 7:00pm and the Adult Classic Movie begins at 9:00pm on the Gym Floor. You must be 18 or older to attend the Adult Classic Movie. Admission is free. Non-members must have a signed waiver on file at the Main Desk.

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

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 26–January 2, January 16, and February 20–24.

Pool

6:00–10:00am: Adult swim.

10:00–11:00am: Open swim.

11:00am–1:00pm: Adult swim.

1:00–4:00pm: Open swim.

4:00–5:30pm: Swim team.

5:30–6:30: 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.–Sun., January 14–15)

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.

Ice Climbing Clinic • February 18, 7:00am–6:00pm. Ages 13 and over (youth must be accompanied by an adult). Free for members, \$50 for non-members. Sign up at the Main Desk.

March Programs

Basic Winter Climbing Skills • March 3, 7:00am–6:00pm. Free for members, \$50 for non-members. Sign up at the Main Desk.

Community Movie Night • Saturday, March 10. The Family Movie starts at 7:00pm on the Gym Floor. You must be 18 or older to attend the Classic Movie. Admission is free. Non-members must have a signed waiver on file at the Main Desk.

Indoor Community Ropes Course • March 14, 5:00–8:00pm. Meet in the Main Lobby. Free 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. 13–Feb. 16 Tues., Thurs.	11:15–11:45am	Nov. 28–Dec. 12	Free for members
Preschool Sports Academy Spring Session (Ages 4 & 5)	Feb. 28–May 17 Tues., Thurs.	11:15–11:45am	February 6–27	Free for members
Gymnastics (Ages 4 & 5)	Mar. 12–April 13 Monday, Friday	2:00–2:45pm	Feb. 1–March 12 Meeting Mar. 12	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	Mar. 12–April 13 Monday, Friday	3:00–4:15pm	Feb. 1–March 12 Meeting Mar. 12	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	Mar. 12–April 13 Monday, Friday	4:15–5:30pm	Feb. 1–March 12 Meeting Mar. 12	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	April 3–May 17 Tues., Thurs.	3:00–5:00pm	March 14–29 Meeting Mar. 29	Free for members
Preschool Play (Ages 0–5)	Sept. 13–May 31 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Kid's Day (Grades K–6)	Sept. 14–May 30 Wednesday	3:00–5:00pm	None	Free for members
Senior Walk (55+)	Nov. 2–Mar. 30 Mon., Wed., Fri.	10:00–11:00am	November 2	Free for members and non-members

Cross-Country Ski Race

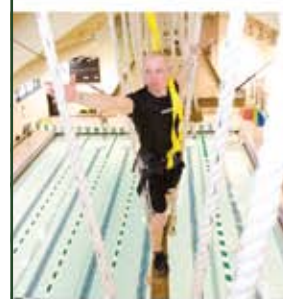
The fourth annual Cross-Country Ski Race is set for Saturday, February 11, 2012. The race will begin on the Sports Center grounds at 1:00pm. Registration on, or before, February 10 will be \$15 and registration on Race Day will be \$20 (12:00pm deadline to register on February 11). Youth ages 6–12 can 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 547-2800.

NEW!

COMMIT TO BE FIT

COMMIT TO BE FIT is a program designed to help members lose weight and live a healthier lifestyle. Beginning January 2, 2012, COMMIT TO BE FIT will have an easy to follow point system that will credit members for not just weight loss but for activities and education toward long term healthy living. The more points you earn, the better chance you have to earn membership credits. The grand prize, awarded to the participant with the highest total points, is a One Year Adult Membership. The program is a commitment to yourself to live a healthy life. You will receive a Passport to Fitness to keep track of what you eat and the activities you participate in. You will also receive weekly handouts to be added such as recipes, suggested exercises and challenges to earn point bonuses. There is a \$10 registration fee. If you complete the program, the \$10 will be credited to your membership along with any rewards for the points you have accumulated. Call The Clark Sports Center at 547-2800 for more information.

CHALLENGE YOUR LIMITS



Adventure News

Adventure Climbing Wall Schedule

Program	Days	Fee
The Bouldering Wall (Located in the Gym Floor; All ages)	Open year round (Children under 12 years of age must stay below the designated line; the wall is off limits during camps, special events and league play).	Free for members
High Rock Climbing Wall (Located in the Pool Area; All ages)	<p>During open climbing hours, anyone under the age of 12 must be under the direct supervision of an adult. Anyone 12 and older must have a belay certified partner in order to climb. In order to become belay certified, you must be at least 12 years old and participate in belay school.</p> <p>During after school hours the participants do not need to be accompanied by an adult. They can just show up to climb.</p> <p>Belay School: Tuesdays, Wednesdays and Thursdays – 5:30, Saturday – 12:30 and 3:00.</p> <p>Participants assume all risks in the use of personal climbing equipment.</p>	Free for members

Rock Wall Hours

Please check online at www.clarksportscenter.com for the December Break hours.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00–3:00		Adult Climb (18+)		Adult Climb (18+)		Open Climb	
3:00–4:30		Priority Goes to: Grades K–1	Priority Goes to: Grades 2–3	Priority Goes to: Grades 4–6			
5:00–8:00		Open Climb	Open Climb	Open Climb			

During Rock Wall hours, belay certified climbers are welcome with a partner.

Aquatics News

Cooperstown 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: December 6, December 20, January 19 and January 24. 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 12. You can download the full results from www.clarksportscenter.com. **Reminder:** Practices are held 4:00–5:30 Monday through Friday. The pool is closed to all other activities during this time.

Lifeguard Training Course

The next course will be offered Monday–Friday, February 20–24, 8:00am–3:00pm. Participants must pass a prerequisite skills test and attend all classes. The fee for the course is \$175 for members and \$225 for non-members. Sign up at the Main Desk by February 3. A \$50 non-refundable deposit is required when signing up. Call 547-2800 for more information.

Swim Stroke Workshop

Please go to www.clarksportscenter.com for information, or see page 7 in the Winter Schedule.

Winter Swim Lessons

Grade School Lessons: The Fall swim lesson session will end on December 10. The Winter Session is set to run January 9 to March 17. 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 12. Please call the Main Desk to register. Due to the high demand of preschool lessons, there is a fee of \$10. Payment is due by December 28. **Reminder:** The Pool is closed 11:00am–12:00pm during Saturday lessons.

Indoor Triathlon

Our next Indoor Triathlon will take place on Sunday, December 18. Please pre-register at the Sports Center. The race consists of a 10 minute swim in our Lap Pool, 30 minutes on our Spinning bikes on the Gym Floor, and 20 minutes on our Indoor Running Track. All participants must be 18 or older and each participant is required to bring a volunteer to count laps in the pool and laps on the track.

Turkey Triathlon Results (November 27, 2011)

Overall Male: Bob McCann

Overall Female: Colleen Donnelly

1st Place Female 45 and Under: Sally Trosset

1st Place Female 46 and Older: Monica Kelly

2nd Place Female 46 and Older: Kitt Connolly

Notice: The diving pool will be closed to swimmers during the deep water Aquacize class on Mondays 5:40–6:40pm. The pool will only be open to participants in the class.



Kid's Dodgeball 3rd & 4th Grade Champs

Front row, L to R: Ryan Lansing, Peter Hochbrueckner, Lucian Lytel
Back row, L to R: Ian Quinn, Anthony Xie, Eliot Carr



Kid's Dodgeball 5th & 6th Grade Champs

Front row, L to R: Calvin Sandler, Dakota Chase,
Nathaniel Miller, Jack Odell
Back row, L to R: Dennis Dibble, Ted Mebust,
Noah Greenblatt, Will Friedman

Preschool Christmas Party



Tuesday, December 20 • 9:30am–11:00am on the Gym Floor.
Santa arrives at 10:00am! Dress up in your holiday's best for Sharky's Annual Preschool Christmas Party! Bring a snack to share with friends and parents! Punch will be provided.

Athletics League Standings

Men's Slow Break Basketball Standings

1. Leatherstocking Insurance
2. Church & Scott
3. Tri Valley
4. Lake Monsters

Adult Volleyball Standings

1. Coop Bat Company
2. Jungle Ballers
3. Shokers
4. Bonzai

Winter Futsal League

- | | |
|----------------|---------------|
| 1. NYCM | 3. Nicolettas |
| 2. Coop United | 4. Chain Gang |

Girl's Senior Intramural Basketball Standings

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

Junior High Basketball Standings

- | | |
|-----------|----------|
| 1. Orange | 3. Black |
| 2. Maroon | 4. Green |

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

8th Annual Patrick C. Fetterman Memorial Basketball Tournament

Saturday–Sunday, January 14-15, 2012. 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.



NEW!

**Parents:
Need Time to
Prepare for
the Holiday?**

**December 17
1:00–5:00pm**

Drop your kids off at the Sports Center for a day full of activities! Open to all youth in grades K-12. Admission is free, but we will be accepting toys to be donated to Toys for Tots. Please register at the Gym Floor Desk.

Activities include: Kid's Zumba, Making Ornaments, a Christmas Movie, Dodgeball, Belly Flop Contests, Open Swim, and Red Pin Bowling.

Community Movie Night will start at 7:00pm on the Gym Floor. We will be showing *Mr. Popper's Penguins*.

Bowling News

NEW! Thursday Night Mixed Recreational Bowling League

Teams must consist of four people, two men and two women (all participants must be at least 18 years old). Bowling will start on Thursday night, January 5, 2012. Cost per week is \$10.00 per person. For more information or to register, please see Mike DeSimone or Barry Gray in The Clark Sports Center Bowling Alley or call 547-2800.

Adult Bowling League Standings

Men's Monday League Standings

High Game: Mike Kenney 279
High Series: Mike Kenney 755

Women's Tuesday League Standings

High Game: Marion Madison 223
High Series: Cynthia McCartney 590

Men's Wednesday League Standings

High Game: Mike DeSimone 290
High Series: Mike DeSimone 753

Women's Thursday League Standings

High Game: Eileen Barown 201
High Series: Eileen Barown 519

Youth Bowling League Standings

Elementary & Middle School Standings

High Game: Noah Greenblatt 168
High Series: Noah Greenblatt 430

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

Summer/Fall Singles Ladder

1st: Georgia Frevele, 2nd: Teresa Drerup

Women's Doubles Fall Tennis Div I Champs

Samantha Carr & Maureen Heroux

Women's Doubles Fall Tennis Div II Champs

Kate Resnick & Peg Leon

Men's Racquetball League Standings

1. Bob Donnelly (5-0)
2. Art Derouin (3-0)
3. Frank Panzarella (2-0)



Coop Loop 11 Results

The Clark Sports Center held its eleventh annual Coop Loop 5k Run and Walk on Sunday, October 30. Josh Edmonds finished first overall for the males with a time of 15 minutes and 24 seconds, breaking the course record of 16:28 previously held by Mike Rutledge in 2009. Samantha Fanion crossed the line at 21 minutes and 13 seconds to finish first for all female runners. Full race results for all 255 runners and walkers, race video, and race photos can be found on our website at www.clarksportscenter.com/events/coop-loop/.



Coop Loop Top Male and Top Female Finishers

Josh Edmonds (15:24) & Samantha Fanion (21:13)

Top 5 Male Finishers

Place	Name	Hometown	Time
1	Josh Edmonds	Cooperstown	15:24
2	Michael Boyle	Milford	19:22
3	Ros Medvid	Cooperstown	19:49
4	Blake Elliott	Milford	19:53
5	Carlo Cuccaro	Cooperstown	20:05

Top 5 Female Finishers

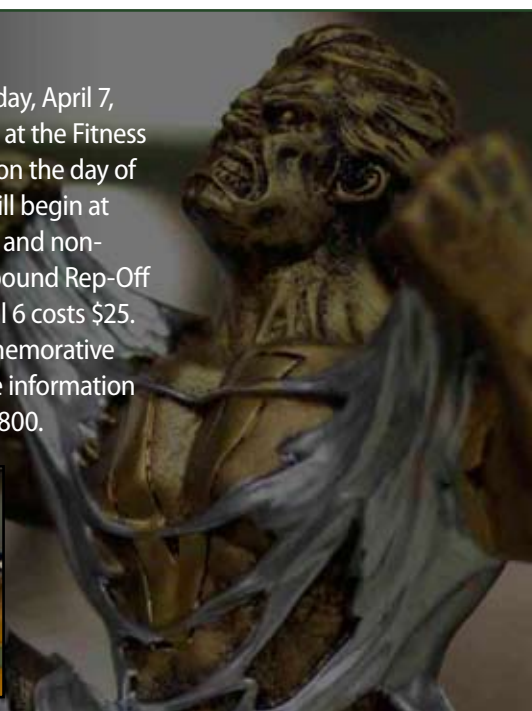
Place	Name	Hometown	Time
20	Samantha Fanion	Cooperstown	21:13
27	Nancy Potter	Cooperstown	22:24
28	Kara Arnold	New Berlin	22:36
29	JoAnne Bradt	Scottsville	22:39
32	Kristin Ratliff	Cooperstown	23:09

Group Fitness Winter Session

Limited classes will be offered during the holiday break, December 26-December 30, 2011. Winter Session begins January 2 and ends February 26. Preferred enrollment begins December 12 and open enrollment begins December 20. Group exercise is the place for fitness among friends. Improve your strength, cardiovascular fitness, flexibility and balance with the help of our expert instructors. The Clark Sports Center has a class for you! Look for more information on www.clarksportscenter.com in the coming weeks.

Monster Bench Press Competition

Our annual Bench Press Competition will take place on Saturday, April 7, 2012. Lifters may weigh-in early at any time on Friday, April 6, at the Fitness Center Desk at the Sports Center. Weigh-ins and registration on the day of the competition, April 7, will begin at 9:30am. Competition will begin at approximately 11:00am. The competition will feature shirted and non-shirted bench categories in each weight class, with the 225 pound Rep-Off event at the end of the day. Pre-registration on or before April 6 costs \$25. Registration on the day of the competition will be \$35. 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.



NEW!

C.T.C

(Cross-Train and Climb)

Reach new heights in your fitness level with this fusion class of high intensity conditioning and indoor rock climbing. The training program will focus on speed, explosiveness, agility, core strength and endurance. Following conditioning exercises, participants will be led in an in-depth introduction to rock climbing. Participants will learn how to climb, how to belay, and as the weeks progress more efficient climbing techniques. This class will give you a total body workout in a fun new way, rock climbing!

For a listing of class times, go to www.clarksportscenter.com.

What's Inside:

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



Contact Us

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

11th Annual Coop Loop, October 30, 2011

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