

### Brenda Jaeger Receives Fetterman Award



Brenda Jaeger and Miss Jane Forbes Clark at the Otesaga Hotel on September 17<sup>th</sup>.

*“She teaches through example, shows good sportsmanship, enjoys what she does, and has always been interested in helping children with a positive experience.” ~ Miss Clark*

Kind words and memories were shared at the Otesaga Hotel on Monday, September 17, during Brenda Jaeger’s luncheon to receive her 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.

Miss Clark formally presented the award to Brenda in front of a crowd of family, friends, and past award recipients. Brenda’s numerous accomplishments include: Middle/high school physical education teacher at Cooperstown Central School for 23 years; coached volleyball, track, and field hockey; Coordinator for the Outward Bound program at CCS; Girl’s Athletic Association Advisor; developed a new curriculum for the school’s physical education classes by focusing on non-traditional activities, such as circus arts, fly fishing, 7<sup>th</sup> and 8<sup>th</sup> grade adventure programs, fencing, ice climbing, and much more. She was also named Teacher of the Year in 2009 by the Rotary Club.

**Past Fetterman Award Winners** • 2011: Bruce Andrews; 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.



#### 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.

#### Clark Sports Center Facility Hours

November through May 2013 • Monday–Friday: 5:30am–9:30pm  
(Pool closes at 9:00) • Saturday: 8:00am–6:00pm  
Sunday: 8:00am–6:00pm (Adults only 8:00–12:00)

#### Closures

Christmas Eve Day • Monday, December 24  
Christmas Day • Tuesday, December 25  
New Year’s Eve Day • Monday, December 31  
New Year’s Day • Tuesday, January 1

#### Contact Us

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



# Upcoming Programs

## December Programs

**Fall Swim Lessons** end December 8. **Winter Preschool & Grade School Swim Lessons** will run January 7–March 23. Registration begins December 10.

**Indoor Community Ropes Course** • December 12, 6:00–9:00pm. Meet in the Main Lobby. Free for members, \$15 for non-members. Sign up at the Main Desk.

**Preschool Christmas Party** • Tuesday, December 18, 9:30–11:00am. Bring a snack to share. Punch will be provided. Don't forget: Santa arrives at 10:00am!

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

**Community Movie Night** • Saturday, December 22. The Family Movie *Home Alone* starts at 6:30pm on the Gym Floor. Admission is free. Non-members must have a signed waiver on file at the Main Desk. Youth under 18 must have a parent sign in & leave an emergency contact number. Children below the age of 10 must have a parent with them.

## January Programs

**Ice Climbing Clinic** • January 12, 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.

**Indoor Community Ropes Course** • January 16, 6:00–9:00pm. Meet in the Main Lobby. Free for members, \$15 for non-members. Sign up at the Main Desk.

**Community Movie Night** • Saturday, January 19. The Family Movie *Indian in the Cupboard* starts at 6:30pm on the Gym Floor. Admission is free. Non-members must have a signed waiver on file at the Main Desk. Youth under 18 must have a parent sign in & leave an emergency contact number. Children below the age of 10 must have a parent with them.

**Gore Mountain Ski Shuttle** • January 26, 6:30am–8:00pm. Meet at the Sports Center. Check ski conditions at [goremountain.com](http://goremountain.com). Free for members, \$50 for non-members (plus the cost of your personal lift ticket). Sign up at the Main Desk.

## February Programs

**Ice Climbing Clinic** • February 9, 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.

**Indoor Community Ropes Course** • February 13, 6:00–9:00pm. Meet in the Main Lobby. Free for members, \$15 for non-members. Sign up at the Main Desk.

**Community Movie Night** • Saturday, February 16. The Family Movie *Bedknobs & Broomsticks* starts at

## 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 26–30, January 21, and February 18–22.

### Pool

5:30–10:00am: Adult swim.

10:00–11:00am: Open swim.

11:00am–1:00pm: Adult swim.

1:00–4:00pm: Open swim.

4:00–5:00pm: Swim team.

5:00–6:00: Adult swim.

6:00–9:00pm: 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 19-21)

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.

6:30pm on the Gym Floor. Admission is free. Non-members must have a signed waiver on file at the Main Desk. Youth under 18 must have a parent sign in & leave an emergency contact number. Children below the age of 10 must have a parent with them.

## March Programs

**Community Movie Night** • Saturday, March 9. The Family Movie *Honey I Shrunk the Kids* starts at 6:30pm on the Gym Floor. Admission is free. Non-members must have a signed waiver on file at the Main Desk. Youth under 18 must have a parent sign in & leave an emergency contact number. Children below the age of 10 must have a parent with them.

**Indoor Community Ropes Course** • March 20, 6:00–9:00pm. Meet in the Main Lobby. Free for members, \$15 for non-members. Sign up at the Main Desk.



# Upcoming Programs

**RETURNING!**

## 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, COMMIT TO BE FIT has 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 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

## Adult and Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Sports Academy (Ages 4 & 5)	Dec. 11–Feb. 14 Tues., Thurs.	11:15–11:45am	Nov. 26–Dec. 10	Free for members Limit 15
Preschool Sports Academy Spring Session (Ages 4 & 5)	Feb. 26–May 16 Tues., Thurs.	11:15–11:45am	February 5–25	Free for members
Little Dribblers	Nov. 28–Feb. 27 Wednesday	3:15–3:40pm	Nov. 14–Nov. 28	Free for members
Little Batters	March 6–May 22 Wednesday	3:15–3:40pm	Feb. 27–March 6	Free for members
Elite Tumbling (Advanced)	January 4–April 12 Monday, Friday	5:30–7:00pm	Nov. 1–Dec. 30 (Invite Only)	\$80 members \$160 non-members
Kid's Dodgeball League (Grades 3–6)	April 2–May 16 Tues., Thurs.	3:15–4:30pm	March 11–28 Meeting Mar. 28	Free for members
Preschool Play (Ages 0–5)	Sept. 13–May 30 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Kid's Day (Grades K–6)	Sept. 12–May 22 Wednesday	K–1 • 3:45–4:15 2–3 • 4:15–4:45 4–6 • 4:45–5:15	None	Free for members
Senior Walk (55+)	Nov. 5–Mar. 22 Mon., Wed., Fri.	10:00–11:00am	November 5	Free for members and non-members

## Cross-Country Ski Race

The fourth annual Cross-Country Ski Race is set for Sunday, December 16, 2012. The race will begin on the Sports Center grounds at 1:00pm. Registration on, or before, December 15 will be \$15 and registration on Race Day will be \$20 (12:00pm deadline to register on December 16). 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.



## Community Recreation Day

Saturday, Dec. 1

8:00am–6:00pm

Activities begin at 11:00am

Free entry for everyone!

Giveaways including a new iPod!

Opportunities for membership credits!

Free bowling and shoe rentals, 9:00am–5:00pm!



Senior Walk  
12:00–1:00pm



Group Fitness  
Classes • All Day



Health &  
Wellness Fair  
11:00am–4:00pm



Open Swim  
1:00–6:00pm



Rock Climbing  
12:30–5:00pm

# 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><b>Belay School:</b> Saturday – 12:30pm and 3:00pm. Please see Rock Wall Staff.</p> <p><b>Participants assume all risks in the use of personal climbing equipment.</b></p>	Free for members

## Rock Wall Hours

Please check online at [www.clarksportscenter.com](http://www.clarksportscenter.com) for the December Break hours.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00–4:30		After School Climb				12:30–4:00pm Open Climb	
	* Belay certified climbers are welcome with a partner.						
5:00–8:00		Open Climb	Open Climb	Open Climb			

Special holiday rock wall hours: December 26-28, 1:00–5:00pm only.

# Aquatics News

## Cooperstown High School Home Meets

The Cooperstown Boy's 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 3, December 11, January 8 and January 17. Practices are held Monday–Thursday, 7:30–9:00pm and Friday, 6:00–7:00pm.

## Lifeguard Training Course

The next course will be offered Monday–Friday, February 18–22, 8:00am–4:00pm. Participants must pass a prerequisite skills test and attend all classes. The fee for the course is \$175 for members and \$300 for non-members. Sign up at the Main Desk by February 1. A \$50 non-refundable deposit is required when signing up. Call 547-2800 for more information.

## Indoor Triathlons

Our Indoor Triathlons will take place at 6:30pm on Fridays, January 11 and March 8. 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 14 or older and each participant is required to bring a volunteer to count laps in the pool and laps on the track. Please check the website for Indoor Triathlon results.

## Little Triathletes

### Members only special event!

The first ever Little Triathlete Race will take place on December 15 at 9:30am. It is open to children ages 2-6. It's a "little" version of a real triathlon. Each age group will swim in the pool, bike, and run on the gym floor. An adult will be required in the pool with the 2 & 3 year olds. Your child's age is their age as of December 15. You may register in the pool office.

## Sports Center Sharks Swim Team

The Sharks competed in their "First Splash" on Saturday, November 10. You can download the full results from [www.clarksportscenter.com](http://www.clarksportscenter.com). **Reminder:** Practices are held 3:30-5:00, Monday through Friday. The pool is closed to all other activities during this time.



### Sarah Groff Visits The Clark Sports Center

On November 8th, USA Olympic Triathlete Sarah Groff shared words of encouragement and advice with The Clark Sports Center's Sharks Swim Team.

**Notice:** The diving pool will be closed to swimmers during the deep water Aquacize class on Mondays 5:30-6:30pm. The pool will only be open to participants in the class.



### Kid's Dodgeball 3<sup>rd</sup> & 4<sup>th</sup> Grade Champs

Front row, L to R: Jason Furnari, Lowell Wilsey, Joey Bertram, Devon Guzy. Back row, L to R: Samuel Rhodes, Christopher Ubner, Sam Grigoli, Ian Quinn.



### Kid's Dodgeball 5<sup>th</sup> & 6<sup>th</sup> Grade Champs

Front row, L to R: Michael Rudloff, Sam Lytel, Ben Tafuro, Nick Santoro, Noah Greenblatt. Back row, L to R: Michael Patryn, Jackson Rodgers, Ryan Davidson, Jon Nicholson, Cat Owens.

## Preschool Christmas Party



**Tuesday, December 18 • 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.

## 9<sup>th</sup> Annual Patrick C. Fetterman Memorial Basketball Tournament

Saturday–Monday, January 19–21, 2013. Come check out the area's premiere 6<sup>th</sup> grade boy's and girl's basketball tournament!

Please note that the 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.



## Athletics League Standings

### Men's Slow Break Basketball Standings

- |                              |     |
|------------------------------|-----|
| 1. NY Pizzeria               | 3-0 |
| 2. NY Central Mutual         | 3-0 |
| 3. Royal Chrysler            | 2-1 |
| 4. Leatherstocking Insurance | 2-1 |

### Adult Volleyball Standings

1. Lights Out
2. Shockers
3. Loose Cannon
4. Jungle Ballers

### Winter Futsal League

- |               |                      |
|---------------|----------------------|
| 1. Nicolletas | 3. NY Central Mutual |
| 2. El Niño    | 4. Unchained         |

### Girl's Senior Intramural Basketball Standings

- |                        |                       |
|------------------------|-----------------------|
| 1. Strong (Yellow) 1-0 | 3. Liberty (Blue) 0-1 |
| 2. Comets (Red) 1-0    | 4. Shock (Orange) 0-1 |

### Junior High Basketball Standings

- |                    |                   |
|--------------------|-------------------|
| 1. Orange Team 5-1 | 3. Green Team 2-4 |
| 2. Maroon Team 4-2 | 4. Black Team 1-5 |

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

## NEW! Evening Daycare



Evening Day Care will be held on Tuesdays & Thursdays in the Conference Room for members and guests who are using The Clark Sports Center. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:6, with two staff members present at all times. Snacks are provided. Diapers and bottles must be supplied and all belongings must be labeled.

Day Care is \$4.00 per hour (minimum of 30 minutes). Day Care must be paid for on the day of service.

This is in addition to our day care on Mondays, Wednesdays & Fridays, 8:30-11:30am.

# Bowling News

## NEW! 12 Week 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). Individuals may also sign up to be on a team. Bowling will start in January and end in March. For more information or to register, please see Mike DeSimone or Barry Gray in The Clark Sports Center Bowling Alley or call 547-2800, ext. 108.

## Adult Bowling League Standings

### Men's Monday League Standings

High Game: Rich Anderson Jr. 278  
High Series: Mike Kenney 718

### Women's Tuesday League Standings

High Game: Cynthia McCartney 243  
High Series: Cynthia McCartney 598

### Men's Wednesday League Standings

High Game: Reid Nagelschmidt 300  
High Series: Reid Nagelschmidt 753

### Women's Thursday League Standings

High Game: Eileen Barown 213  
High Series: Eileen Barown 547

## Youth Bowling League Standings

### Elementary & Middle School Standings

High Game: Trey Wilfeard 213  
High Series: Austin Audette 471

## 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. Parents can bowl for free. Bumpers and ramps are available.

## Senior Citizen Bowling

Senior Citizens can bowl every Tuesday morning, 9:00-10:30am and Wednesday afternoon, 1:00-2:30pm 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!



## 300 Game!

Reid Nagelschmidt bowled his first ever 300 game on November 7, during the men's Wednesday night bowling league.

Congratulations!

# Racquets News

## Fall Tennis Results

### Women's Fall Singles

**Div I** - 1st: Georgia Frevele, 2nd: Carly Jesset

**Div II** - 1st: Carina Franck, 2nd: Maureen Heroux

**Div III** - 1st: Meg Subik, 2nd: Jan Scrafford

### Women's Fall Doubles



**Div I Champs**  
Teresa Drerup & Kim Potts



**Div II Champs**  
Carina Franck & Kim Jastremski

## Racquets Night



Racquets night will be held in March date and time TBA). There will be a combined tournament of Racquetball, Squash, Badminton and Table Tennis. Please contact Rich Jantzi for more information.

Tennis, racquetball and squash lessons available December 20 through February 1.

## Coop Loop 12 Results

The Clark Sports Center held it's twelfth Annual Coop Loop 5K Run/Walk on Sunday, October 28. There were 192 participants. Top Male runner was Josh Edmonds, Cooperstown (15:44). Top female was Samantha Fanion, Cooperstown (19:41), breaking the women's course record of 19:52, previously held by Merle Myerson in 2001. Full race results for all runners and walkers, and race photos can be found on our website at [www.clarksportscenter.com/events/coop-loop/](http://www.clarksportscenter.com/events/coop-loop/).



**Coop Loop Top Male and Top Female Finishers**  
Josh Edmonds (15:44) & Samantha Fanion (19:41)

### Top 5 Male Finishers

Place	Name	Hometown	Time
1	Josh Edmonds	Cooperstown	15:44
2	Matt LoPiccolo	Oneonta	17:49
3	Shane Harrington	Mt. Vision	18:14
4	Charles Hollister	Cooperstown	18:32
5	Zach Whitney	East Meredith	19:08

### Top 5 Female Finishers

Place	Name	Hometown	Time
8	Samantha Fanion	Cooperstown	19:41
10	Megan O'Conner	Syracuse	19:51
15	Shannon Cutting	Hamilton	20:28
20	Kristin Ratliff	Cooperstown	21:06
24	Heidi Edmonds	Cooperstown	21:26



## 90 Minute Foodbank Spinning Benefit Ride

Don Raddatz, Alison Kubis and 15 others participated in a 90 minute Spinning ride to benefit the Cooperstown Foodbank on Sunday, November 18. They raised \$536 and 25Lbs of food for the donation.

## Monster Bench Press Competition

Our annual Bench Press Competition will take place on Saturday, April 6, 2013. Lifters may weigh-in early at any time on Friday, April 5, at the Fitness Center Desk at the Sports Center. Weigh-ins and registration on the day of the competition, April 6, 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 5 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! Aqua Zumba



Integrating the Zumba formula and philosophy with traditional aqua fitness, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's Cardio conditioning, body-toning, and most of all, fun & invigorating!

## Group Fitness Winter Session

Limited classes will be offered during the holiday break, December 26-December 30, 2012. Winter Session begins January 2 and ends February 24. 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! For information on what to do with your group fitness class tickets, please see the Health & Fitness desk.

# BREAKING NEWS!

AS OF DECEMBER 26, 2012 ALL **HEALTH & FITNESS CLASSES**  
WILL BE **INCLUDED** IN THE BASE MEMBERSHIP FEE!

For more information, please contact the Health & Fitness Department.



**Contact Us**

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

**Return Service Requested**

The Clark Foundation  
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