

June 2008 Newsletter

Contents

Survey Results • 1
 Summer Camps • 1
 Programming News • 2
 June Programs • 3 & 4
 July Programs • 4
 August Programs • 4
 Adult Athletics Champs • 5
 Youth Athletics Champs • 6
 Adult Racquets Champs • 6
 Adult Bowling Champs • 7
 Youth Bowling Champs • 7

Hours

May 5–October 5
 Monday–Friday • 6am–9pm
 Saturday • 8am–6pm
 Sunday • Closed

Closures

Hall Of Fame Game Day
 Monday, June 16

Independence Day
 Friday, July 4

Hall Of Fame Induction
 Saturday–Monday, July 26–28

Repair Week
 Monday–Sunday, August 25–31

Labor Day
 Monday, September 1

Contact Us

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



Annual Survey Results

Thank you to everyone who completed our annual member survey. We are pleased with the overall ratings and the additional comments will be very helpful as we plan for the upcoming year. Overall ratings and satisfaction with each area is as follows: Adventure, 93%; Health, Fitness & Racquets, 91%; Aquatics, 90%; Front Desk, 95%; Athletics, 93%; Maintenance/Facilities, 93%. Comments included many compliments on the Sports Center's role in the community and family life, the clean facility, and the quality of staff and programming. Suggestions included some easy fixes and other more difficult facility related changes. Several ideas on programming, vending machine food, new summer camp sign-up procedures and information for the website are or have been addressed. More difficult is the need for a larger Fitness Center with stretching area, a room dedicated to yoga, and updated locker rooms including family locker rooms with more lockers. We appreciate your ratings and comments and hope you will continue to give us feedback at anytime.

Summer Camps 2008

There is still time to sign up for our Summer Camps! Don't wait—most camps are close to being filled! Stop by the Main Desk or call 547-2800 to sign up for a camp. Brochures and registration forms can be downloaded at www.clarksportscenter.com/summer_camps/ or picked up in the Main Lobby area. The following is a list of adventure and sports camps still available as of May 28 (call for the most up to date list):

Adventure Camps

Adventure Day Camp • Adirondack Canoe Trip • Adirondack Slide Hike Trip • Advanced Rock Climbing Trip • Explorers Camp • Mountain Biking Camp • Outdoor Leadership Camp • Science Camp • Storytelling Camp

Sports Camps

Baseball Camp • Bowling Camp • Cheerleading Camp • Competitive Swim Camp • Golf Camp • Intermediate Soccer Camp • Soccer Training Camp • Super Juniors Soccer Camp • Tennis Camp • Volleyball Camp



Pugliese Day

On March 5, over 50 children enjoyed bowling, pizza, drinks, and snacks as part of the Sports Center's annual Angelo Pugliese Bowling Day. The free bowling day is dedicated to the memory of Angelo Pugliese, long time employee of the ACC Gym bowling alley and youth bowling supporter.

Programming News

Swim Team Awards

On April 6, awards were presented to members of The Clark Sports Center Sharks Swim Team. Each swimmer received a participation patch with a print out of their performances this season. Two awards were presented to the male and female rookies of the team and to the outstanding male and female swimmers. Recipients of the rookie trophies were Michaela Marmorato and Philip Wasson. Anna Kramer and Sean Mebust received the outstanding swimmer awards. Anna and Sean will also have their names engraved on the plaque that resides in the Sports Center trophy case. Thanks to all the swimmers, coaches, and parents for a successful season!

Squash World Champions Visit

On Saturday, March 22, The Clark Sports Center was honored to host a once-in-a-lifetime world championship caliber squash exhibition. Squash legend and former world champion David Palmer defeated former collegiate champion John Musto in three hard-fought games in front of an awe-inspired crowd of local players and fans. Many thanks go out to both pros for their time, generosity, and camaraderie!



Left to right: Peter Pollock, World Open Champion David Palmer, Jim Bell, Collegiate Champion John Musto, and Robert Holmes

A Reminder For Pet Owners

Please curb your dog! The melting of snow revealed a multitude of dog waste on our playing fields. Please remember to use the dog waste stations located around our campus to help keep our playing fields clean for our children.

Senior Walk

Since November 5, over 50 senior citizen walkers have been taking laps on our running track on Mondays, Wednesdays, and Fridays. The program officially finished on May 2, with all participants walking a combined 2,033 miles for a daily average of 78 miles. Tony Corso walked the most miles with 170, and walker Bernice Loudon participated the most days. We will see you again this fall for more Senior Walk!



Gymnastics Program

Youth Gymnastics has completed it's spring session. Participants learned to tumble, walk the balance beam, jump the horse, and use the uneven parallel bars from instructors Shelley Putnam and Dwaine Sharatt. We look forward to seeing everybody again in the fall!



Pound by Pound Results

Congratulations to the 77 Sports Center members and staff who lost a combined 708 pounds! Participants averaged 9.2 pounds of weight loss per person. The biggest "loser" was Aaron Saxer, our Assistant Aquatics Director, who lost 40.8 pounds. Ken Quarty and Kaitlyn Breiten were each a winner of an iPod Shuffle and Bob Pierro won the weekly weigh-in raffle. Great job everyone!

Membership Rate Changes

There will be a slight increase in our membership rates effective July 1, 2008.



June Programs

Summer swimming lessons registration will start Monday, June 2 and run until Friday, June 20. Lessons will be offered for Levels 1 through 6 and preschoolers. If your child is 4 or 5 and is enrolled in kindergarten for the fall of 2008, they are no longer considered preschoolers. Sign up takes place in the Aquatics Office. Class space may be limited, especially in the beginning levels and preschool level, so be sure to sign up early. Summer lessons will run Monday through Friday, June 30 to August 8, at the following times:

- Levels Shallow 2, 3 and 4: 11:15–11:45am
- Levels 1, Deep 2, 5 and 6: 11:55am–12:25pm
- 18–35 months: Tuesdays, 11:15–11:45am
- 3 year olds: Wednesdays, 11:15–11:45am
- 4 year olds: Thursdays, 11:15–11:45am

Little Falls Rock Climbing • The Adventure Department will be bringing youth to Little Falls to rock climb on June 3 and 10. We meet in the Main Lobby and leave at 3:30 and return around 7:00pm. All ability levels are welcome to join, youth must be 10 or older. Free for members, \$20 for non-members.

Double Float Fridays • June 6 and 13.

Kids Triathlon Club Race • Saturday, June 7 at 10:00am at the Sports Center. 39 children have been practicing swimming, biking, running, and transitions since April. The pool area will be closed 9:30–11:00am. Come out and watch and cheer on all of the participating athletes!

Moving Up Night • On Saturday, June 7, 6:00 to 8:30pm, the pool will be open to all 4th graders moving to 5th grade and 5th graders moving to 6th grade. Come enjoy free snacks, beverages, music, and floats! It's your night to celebrate!

Mixed Doubles Tennis Tournament • June 2–6. All playing levels are welcome to take part! Division A will feature experienced players and Division B will feature non-experienced players. Sign up at the Fitness Center Desk.

Shanty Cliff Rock Climbing • Saturday, June 14, 7:00am to 6:00pm. \$20 for members, \$30 for non-members.

Singles Tennis Tournament • June 16–20. All playing levels are welcome to participate! Division A will feature experienced players and Division B will feature non-experienced players. There will be both a men's pool and a women's pool. Sign up at the Fitness Center Desk.

Pool Rental For Groups & Parties

New this summer! Are you looking for a place to have a birthday party or do you have a large group looking for something to do? Use our pool area! The pool will be available from 6:00 to 8:00pm Saturday evenings throughout the summer. Your group will have exclusive use of the pool only (no other areas of the Sports Center will be open). We will provide tables, chairs, music, floats, and two lifeguards. You will provide refreshments and waiver forms. Groups can be a maximum of 32 participants, with a ratio of one adult for every 8 school age children. Reservations must be made at least two weeks in advance. The cost is \$150 for two hours, with a non-refundable \$25 deposit required at the time of your booking. Any member making a reservation will receive a \$25 credit on your next membership bill. We only have seven Saturdays available, so call and make a reservation now! Dates available: June 14, June 28, July 12, July 19, August 2, August 9, and August 16.

Private Lessons Offered

Learn to swim with confidence through one on one instructor interaction! Private swim lessons will be available for adults and youth throughout the summer on Saturday mornings, 8:00–10:00am. We have many 30 minute time slots open—make an appointment by calling the Aquatics Office. Private lessons are \$10 per 30 minute session.

Long Distance Swim Club

The swimming adventures continue this summer for our adult lap swimmers! The new challenge: the Bering Strait! Fifty eight miles is the distance between Cape Dezhnev, Russia and Cape Prince Wales, Alaska. Swimmers will have 15 weeks from May 12 to August 23 to complete the journey (less than 4 miles per week). Sign up in the pool area. Earn a prize if you complete the trek!

Girls On The Run 5k Run & Walk

Sunday, June 8 will mark the 6th annual Girls On The Run 5k and 1 Mile Run and Walk at the Sports Center. The race is set to begin promptly at 2:00pm. Over 300 participants are expected for the event. Race entry forms and Sports Center waiver forms can be downloaded at www.otsegocountygotr.org or picked up in the Sports Center Main Lobby.



June Programs Continued

Summer Swim Team • Practice for the summer season will be held 4:00–5:00pm on Tuesdays, Wednesdays, and Thursdays, June 17–July 31. These practices will be open to children with previous competitive experience and who are registered with USA swimming. Remaining two lanes and diving pool will be available for open swim.

July Programs

Summer Recreation Program • The Clark Sports Center is proud to be supporting several of the surrounding communities by providing swim lessons to their summer recreation program participants. The Aquatics Department instructs about 200 children per day. About half of these swimmers will pass at least one swim level during their six week period. Safety information as well as swim skills are covered with each program. It is our goal to make sure that every child learns to swim and be safe in and around the water. The Summer Recreation Swim Lessons run Monday through Friday, June 30 to August 8. During this time, morning adult swim will be 6:00–8:00am. Adult swim will begin again at 12:30pm.

Outdoor Community Ropes Course • July 16, starting at 5:00pm. This evening course is open to all community members ages 12 and over. \$15 members, \$20 non-members. Sign up at the Main Desk.

August Programs

Outdoor Strongman Competition • The Clark Sports Center will be holding its first ever outdoor strongman competition on Saturday, August 2. Weigh-ins will start at 9:00am and competition starts at 10:30am. Events taking place are: Bench Press, Crucifix Hold, Farmer's Carry, Keg Walk, Log Clean and Press, Tire Flip, and Tire Toss. There will be both men's and women's divisions for each event. Early registration (before August 2) will be \$35, and registration on the day of the event will be \$45. Participants will receive a free muscle shirt with registration while supplies last. For more information about the event visit www.clarksportscenter.com, the Fitness Center Desk, or call 547-2800.

Outdoor Community Ropes Course • August 6, starting at 5:00pm. This ropes course event is open to all members of the community ages 12 and over. \$15 members, \$20 non-members. Sign up at the Main Desk.

Summer Group Fitness Classes

The summer Group Fitness class schedule will start Monday, June 30 and will run through August 23. Look for the new schedule in the coming weeks in the Main Lobby, downstairs outside of the Fitness Center, or at www.clarksportscenter.com.

High School Hoops Registration

Girls and Boys High School Hoops registration runs until June 25. Girls games take place on Wednesdays, 6:00 to 10:00pm, starting June 25. Boys games are on Mondays, 6:00 to 10:00pm, starting June 30. A fee of \$250 is required for each team participating. Contact Scott Whiteman at 547-2800 for more information.

Summer 7 on 7 Soccer Registration

Registration for 7 on 7 Soccer league runs until June 29. League play will begin July 6. Matches take place every Sunday, 4:00–8:00pm, until August 24. The fee for the league is \$100 per team. For more information, contact Scott Whiteman by calling 547-2800.

Cooperstown AAU Basketball

Boys AAU Basketball played home games at the Sports Center during April and May. Many of the boys had participated in our own junior basketball program only a few years ago. Tim Moakler and John Ford have been coaching the team this year.



Adult Athletics League Champions 2007–2008



Slow Break Champs • Cooley's Stonehouse Tavern • Left to right: Dan Schallert, Matt Schuermann, Dan Hage, Dave Bertram, Sean Nelen, and Todd Murdock



Fast Break Champs • Today's Lounge • Front, left to right: Tim McGraw, Tim Osterhoudt, Doshea Gordon, John Purcell; Back, left to right: Matt Miller, Doug Lifgren, Walker Herman, and Jim Potts



Men's 50+ Champs • Team #1 • Left to right: Jeff Allen, Floyd Bourne, Dave Adsit, and John Dier • Absent: Fred Doubleday, Pat Dietz, Brent Leonard, and Bob Barraco



Volleyball Champs • Bonzai • Front, left to right: Scott Bonderoff, Sheri Holohan, Beth Lesko, Mike LaChance; Back, left to right: Matt Jones, Mike Perrino, and Chuck O'Bryan



Futsal Champs • Troopers • Front, left to right: Will Trask, Liz Cook, Nicole Miller, Jon Cook; Second row, left to right: Al Garcia, Dana Harwood, George Goolin, Walt Schliermann; Third row: Joe Valentine • Absent: Pat Sutton and Alissa Valentine



Dodgeball Champs • CCS Stingers • Front, left to right: Dan Crowell, Lindsay Hayes, Anne Reiss, Tim Hayes; Back, left to right: Dan Degner, Matt Aldrich, Buddy Lippitt, Nick Schifano, and Scott Whiteman



Girls Intramural Basketball Champions 2007–2008



Junior Champions • Front, left to right: Addy Lawson, Mae Loewenguth, and Danielle Perrino; Back, left to right: Olivia Leinhart, and Carson Haney



Senior Champions • Front, left to right: Jordian Siver, Maggie Hall, Mallory Arthurs; Back, left to right: Olivia Phillips, Katrina Gunther, and Mary Kate Murphy

Youth Travel Basketball Award Winners 2007–2008



Front, left to right: Alani Tsouvas, Rebecca Morosko, Maggie Hall, Elizabeth Millea; Back, left to right: Coach Scott Whiteman, Caitlin Briggs, Sara Jane Morosko, Brooke Liner, Ellen Vibbard, and Barbara LaCava

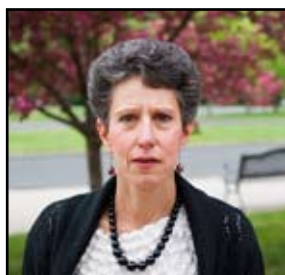


Left to right: Coach Sharky Nagelschmidt, Chris "Cheddar" Buchanan, Joe Harmon, Park Summers, Peter Resnick, and Dakota Terrell. Absent: Jack Donnelly and E.J. Perez

Adult Racquets League Champions 2007–2008



Men's Racquetball League & Club Champion • Bob Donnelly



Mixed Racquetball League Champion • Andrea Johnson



Women's Racquetball League Champion • Stacey Brotherton



Women's Racquetball Club Champion • Karen Spink



Men's Squash League & Club Champion • Robert Holmes



Women's Squash A League Champion • Maureen Kuhn



Women's Squash B League Champion • Betsy Danes

Thank you to all racquetball and squash players who participated in this year's leagues! We hope to see you again in the fall!

Adult Bowling League Champions 2007–2008



Monday Men's League Champs • Left to right: Tim Thayer, Don Murphy, and Ed Cotton • Absent: John Smirk



Tuesday Women's League Champs • Left to right: Helen McLaughlin, Maureen Kuhn, Janice Eichler, Cynthia McCartney, and Carrie Carney



Wednesday Men's League Champs • Left to right: Shane Lum, Chet Gould, Tim Gould, and Woody Morgan



Thursday Women's League Champs • Left to right: Mary Durso, Marion Madison, and Eileen Barown

Youth Bowling League Champions 2007–2008



Elementary League Champs • Left to right: Nolan Rock, Reilly Hall, and Teddy Trosset



Middle School League Champs • Left to right: Dominick Zeh and Spencer Vann



What's Inside:

Winter Program Results
Upcoming Summer Programs
Annual Survey Results



Contact Us

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

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

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