

# ClarkSportsCenter

## June Newsletter 2010

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### Monster Bench Press Competition Results

The Clark Sports Center held its annual Monster Bench Press Competition on Saturday, April 10. A record number of participants—48—turned out for the event. Thank you to all of this year's competitors for making the competition a continued success!

The first place winners for the major competitive categories were:

Men's Overall Raw Lift 1<sup>st</sup> Place: Brandon McEwan (450 lbs.)

Men's Overall Shirted Lift 1<sup>st</sup> Place: Chris Byrnes (370 lbs.)

Women's Overall 1<sup>st</sup> Place: Beth Lesko (130 lbs.)

Team Lift Event 1<sup>st</sup> Place: Iron Attic (995 combined lbs.)

Rep-Off 1<sup>st</sup> Place: Jim Van Allen (40 reps of 225 lbs.)

Visit [www.clarksportscenter.com/events/monster-bench/](http://www.clarksportscenter.com/events/monster-bench/) to download a PDF of the complete results and view photos from the meet!



Monster Bench Award Winners 2010



NYSRPS President Jeff Myers and Zach Winnie

### Assistant Marketing Director Wins Award

Zachary Winnie, The Clark Sports Center's Assistant Marketing Director, received a Publication Award from the New York State Recreation and Park Society on March 23 at the Saratoga Hilton in Saratoga Springs. The award recognized his brochure for the Sports Center's 2009 Vis Vires II Outdoor Strongman Competition. A PDF of the brochure can be found at [www.clarksportscenter.com/events/vis-vires/](http://www.clarksportscenter.com/events/vis-vires/), and more information about New York State Recreation and Park Society can be found at [www.nysrps.org/](http://www.nysrps.org/).



Winners of the Team Lift Event: Iron Attic (995 lbs. benched)

### 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 current full time staff person of The Clark Sports Center has been employed the longest? How many years has he or she been here?**

Answer for the March 2010 Newsletter: Geof Childs was the first director of the current Clark Sports Center facility when it opened in 1986. He was our director until 1992.

### Clark Sports Center Facility Hours

June 1–October 3 • Monday–Friday: 6:00am–9:00pm

Saturday: 8:00am–6:00pm • Sunday: Closed

### Closures

Memorial Day • Monday, May 31

Independence Day • Sunday, July 4

Induction Weekend • Saturday July 24–Monday, July 26

Repair Week • Monday, August 30–Sunday, September 5

Labor Day • Monday, September 6

### Contact Us

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

# Upcoming Programs

## June Programs

**Kid's Outdoor Dodgeball Tourney** • Tuesday, June 1, 3:30–5:30pm. Sign up at the Main Desk. Free for members.

**Girl's Travel Basketball** will be practicing on the Gym Floor starting June 1 to prepare for a national-level tournament in July. The Gym Floor will be closed 3:00 to 5:00pm every Tuesday and Thursday through July 6.

**Kid's Triathlon Club Race** • Saturday, June 5, 10:00am. Race starts and ends at the Sports Center. The pool will be closed 9:30 to 11:00am for the race.

**Moving Up Night in the Pool** • Saturday, June 5, 6:00 to 8:00pm. The Pool will be open with snacks and floats to all 4<sup>th</sup> graders moving up to 5<sup>th</sup> grade and all 5<sup>th</sup> graders moving up to 6<sup>th</sup> grade! Free for members.

**Whitewater Kayaking Introduction** • Saturday, June 12, meet in the Main Lobby at 7:30am. Half a day of flat water, eat lunch on the road to a local river, then practice the basics of ferrying and eddy turn maneuvers. Sign up at the Main Desk. Ages 12+. \$30 for members, \$50 for non-members.

### Swing By Choice Low Ropes Course Event

Tuesday, June 15, 3:30 to 5:00pm. Sign up at the Main Desk. Ages 12+. Free for members.

### Outdoor Community Ropes Course Event •

Wednesday, June 16, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.

**Summer Swim Team Stroke Clinics** • Starts June 23. A different stroke will be highlighted every week through July 21 for youth swimmers with previous swim team experience. Emphasis will be placed on body position, pull, kick, and breathing. The clinic meets every Wednesday, 4:00 to 5:00pm.

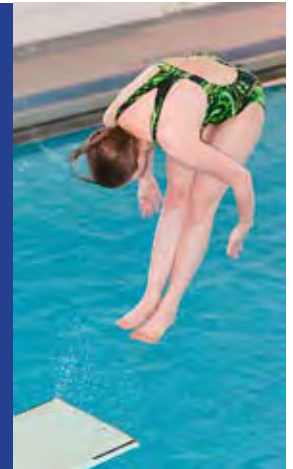
## June Programs Continued

**End Of School Events!** • Join us after early dismissal each day during the last week of school for fun kid's events like Wii Sports Day (June 21), Indoor Pool Day with bellyflop and cannonball contests (June 22), Outdoor Field Games Day (June 23), and an Outdoor Water Slide Day (June 24)! All of the events are free for members (non-members must pay for a Day Guest Pass) and are open to grades K through 6. Visit [www.clarksportscenter.com/events/no-school/](http://www.clarksportscenter.com/events/no-school/) for event details and more information!

**Summer Swim Lessons** • Starts Monday, June 28 running through August 6. Registration is required for all swimmers. Grade school age youth meet 8:15 to 8:55am for all levels. Ages 18–35 months meet Tuesdays, 3 years old meet Wednesdays, and 4 years old meet Thursdays. All preschool ages meet 11:15–11:45 on their designated days. For more information, contact Aaron Saxer, by calling 547-2800.

### Summer Diving Club

Tuesdays, 4:00–5:00pm, starting June 29 and ending August 17 (no classes July 13 or 27). The Club will be coached by Karen Caruso, Cooperstown High School diving coach from 2007–2009. The cost is \$50 for members or \$75 for non-members.



### Boy's & Girl's High School Hoops Basketball

**League** • The Boy's League meets Mondays 6:00 to 10:00pm and starts June 28. The Girl's League starts June 30 and meets Wednesdays, 6:00 to 10:00pm. The league fee is \$250 per team. To register your team, contact Scott Whiteman by calling 547-2800.

## July Programs

### Outdoor Community Ropes Course Event •

Tuesday, July 13, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.

## August Programs

### Outdoor Community Ropes Course Event •

Tuesday, August 24, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.



# Upcoming Programs & News



## Vis Vires Strongman Competition Saturday, July 31 • Weigh-ins: 10:00am Rules and Competition Start: 11:00am

Our third annual competition is back this year with a new event and popular returning events! The competition features men's and women's divisions and takes place on the Sports Center grounds. Be sure to register early and receive a \$10 price break! For details on practice nights, call Doug McCoy at 547-2800. Event brochure and registration forms can be downloaded at [www.clarksportscenter.com/events/](http://www.clarksportscenter.com/events/)!



## Sports Center Receives Award From Head Start

On Tuesday, May 18, The Clark Sports Center received an award from Head Start and Opportunities for Otsego during a formal presentation at the Otesaga Hotel. The award recognizes the Sports Center's commitment to providing physical education services to the area's Head Start program. Sharky Nagelschmidt, Val Paige, Brenda Wedderspoon-Gray, and Lindsey Bailey received the award for The Clark Sports Center.



## WiFi Available!

The Sports Center now has free WiFi internet access available for members and guests in the upstairs Main Lobby area and the downstairs Pit Area.



## Summer Camps

There's still time to sign up for our Summer Camps! Don't wait—most of our camps are close to being filled! Stop by the Main Desk or call us at 547-2800 to sign up for a camp. Camp descriptions and registration forms can be downloaded from our website at [www.clarksportscenter.com/camps/](http://www.clarksportscenter.com/camps/). The following is a list of Adventure and Sports Camps available as of May 27 (call for the most up to date list):



### Adventure Camps

Adventure Pro • Awesome Adventures • Beginner Mountain Biking • Digital Photography • Intermediate Kayak Paddling • Intermediate Mountain Biking • Rumney, NH Climbing • 3-Day Beginner Rock Climbing

### Sports Camps

Baseball • Bowling • Boy's & Girl's Basketball • Cheerleading • Competitive Swim • Diving • Golf • Intermediate Soccer • Soccer Training • Super Juniors Soccer • Tennis • Volleyball

## Adventure News



## Summer Adventure Programs

Our schedule is filling up fast! We offer a variety of outdoor programs on the Sports Center grounds and organized trips around the Northeast. Our high and low outdoor ropes challenge courses are perfect for team-building opportunities for your organization or youth group, and can be tailored to fit any age or skill level. Call us at 547-2800 to book your adventure today!

# Aquatics News



## Sharks Swim Team Award Winners

Rookies of the Year, Front, L to R: Josh Geci and Ginger Miller;  
Outstanding Swimmers of the Year, Back, L to R: Luke Zenir and Cassidy Griger.

## Summer Recreation Swim Lessons

The Sports Center is proud to again offer swim lessons to the surrounding communities' summer recreation program participants. We will be instructing about 200 children per day from June 28 to August 6. Over half of these youth will pass one or more swim levels during their six weeks. We also teach pool safety to ensure each youth learn to swim and be safe in and around the water.

During these dates Open Laps will take place 6:00 to 8:00am and Adult Swim will start at 12:00pm.

## Summer Adult Swim Group

The Aquatics Department is searching for swimmers and triathletes who may be interested in taking part in an adult swimming group that would have group workouts and monthly stroke clinics. If you are interested, please contact Brenda Wedderspoon-Gray by calling 547-2800.

## 100 Mile Swim Challenge

Anne Webster, Therese Gigliotti, Jane Adsit, Todd Mayton, Peter Freehafer, Angus Mackie, Armin Sommer, Marty Nagy and Aaron Saxer completed the 100 mile swim across Ligar Bay from Port Puponga to Opunake, New Zealand this winter. Congratulations to everyone on their successful journey!

## Pool Rentals For Your Group!

The pool is available for your group on Saturday nights, 6:00–8:00pm, June 26–October 2. The cost for rentals is \$150 with a \$25 deposit due at booking and includes tables, chairs, floats, music, and lifeguards. A maximum of 30 youth can be accommodated. Members will receive a \$25 credit on their next membership bill! Call the Aquatics Department at 547-2800 to make a reservation today!

## Junior Livestock Show Swim

The pool will be very busy during open swim 6:00 to 9:00pm on Monday, July 12 for the Junior Livestock Show's annual pool party. No lanes will be available for lap swimming this night.

# Athletics News



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

Front, L to R: Tyler Bertram, Ted Mebust, Logan Haney; Back, L to R: Matthew Hulse, Ben Tafuro, Alex Poulson, Clayton Quinn; Absent: Mya Hodgins.



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

Front, L to R: Kyle Amsden, Carmen Booan, Chad Carr, Scott Segit; Back, L to R: Scott Curtis, Dan Ralston, Eli Sandler, Addy Lawson, Liz Millea.

# Athletics News



## Slow Break Basketball Playoff Champs

Front, L to R: Dave Bertram, Joe Dimauro, Doug Lifgren, Dave Peplinski; Back, L to R: John Lambert, Tom Craig, John Dewey, Tim McGraw, and Matt Cring.



## Slow Break Basketball Regular Season Champs

Front, L to R: Bob Langdon, Aaron Postiglione, Adam Jordan; Back, L to R: Jason Schiellack, Graig Harris, and Andrew Crisman.



## Boy's Travel Basketball Award Winners

L to R: Tyler Bertram (Rookie Award), Reilly Hall (5<sup>th</sup> Grade MVP award), E.J. Perez (LaCava Award), and Noah Hecox (Most Improved Player Award). Absent: Keenan Loder (LaCava Award) and Carmen Booan (Rebounding Award).



## Winter Futsal Regular Season Champs

L to R: Scott Bolton, Jeremy Bolton, Cheryl Robinson, Will Nicholson, and Mike Cook. Absent: Matt Metzger.



## Girl's Travel Basketball Niagara Tourney Champs

Front, L to R: Addy Lawson, Alexi Tsouvas, Liz Millea, Jenny Flynn, Katyln Palmatier, Maria Noto; Back, L to R: Coach Scott Whiteman, Mallory Arthurs, Caroline Gozigan, Ciara McGoldrick, Olivia Baker. Absent: Caroline Leonard.



## Volleyball Champs

Front, L to R: Sheri Holohan, Matt Schuermann, Mike LaChance, Beth Lesko; Back, L to R: Chuck O'Bryan, Mike Perrino, Scott Bonderoff, and Georgia Frevele.

## Athletics League Standings

### Monday Softball Standings

1. Reid's Barbershop (5-0)
2. Bello Electric (4-1)
3. Putnam Agency (3-1)
4. Parker Excavating (2-3)

### Wednesday Softball Standings

1. Springfield Tractor (4-0-1)
2. Chico's Bail Bonds (3-1)
3. Subway (3-3)
4. Ommegang/Inn At Coop (3-3)



## Men's 50+ Basketball Champs

Front, L to R: Mike Powers, Bill Gibson, Mike Pikarsky, Doug Geertgens; Back, L to R: Tom Hohensee, Kim Stockwell, Dan Zdanowicz, and Dave Kent.



# Bowling News

## Monday Men's League Winners

Anthony Montesano, Rich Campbell, and Ed Cotton  
(Photo not available)

## Wednesday Men's League Winners

Sharky Nagelschmidt, Greg Lippitt, Joe Allison, and Gerry Gage Sr.  
(Photo not available)

## Summer No-Tap Bowling League

League play begins June 1 and ends August 10. League meets every Tuesday, 6:15–8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members and \$7 for non-members. To sign up, contact Barry Gray at 547-2800.



## Tuesday Women's League Winners

L to R: Eileen Barown, Marion Madison, Rod's Welding (Sponsor), Donna Yerdon, and Monica Stringer.



## Elementary & Middle School League Awards

L to R: Teddy Trosset (202 High Game & 500 High Series) and Kyle Amsden (140 High Average).



## Thursday Women's League Winners

L to R: Dawn Mindurski, Marion Madison, Mary Durso, and Eileen Barown.



## 1st Place Elementary & Middle School League

L to R: Kyle Santello, Scott Curtis, and Will Harloff.



## 2nd Place Elementary & Middle School League

L to R: Ashley Robin, Daniel Francis, and Kyle Amsden.

## Bowling League Final Standings

League	High Average	High Game	High Series
Monday Men's	Mike Kenney • 204	Ray Bennett Jr. • 279	Mike Kenney • 704
Tuesday Women's	Cynthia McCartney • 183	Cynthia McCartney • 264	Betty Staffin • 629
Wednesday Men's	Barry Gray • 214	Joe Curcio Jr. • 300	Mike Staffin • 791
Thursday Women's	Virginia Higgins • 157	Virginia Higgins • 224	Virginia Higgins • 576
Elem. & Middle School	Kyle Amsden • 140	Teddy Trosset • 202	Teddy Trosset • 500

## Racquetball League Champions



**Men's Racquetball Club Champion**  
Tom Hohensee



**Men's "A" Racquetball**  
Bob Donnelly



**Women's Racquetball**  
Chris Chapman



**Men's Squash**  
Chris Hammond



**Mixed Racquetball & Women's Racquetball Club Champion**  
Andrea Johnson



**Men's Squash Club Champion**  
Peter Pollock



**Women's Squash Club Champion**  
Gwen Snyder

## Spring Tennis Standings

### Men's "A" Tennis Standings

- |                         |                       |
|-------------------------|-----------------------|
| 1. Kurt Ofer (1-0)      | 2. Mark Rathbun (1-0) |
| 3. Charlie Kieler (1-0) | 4. JAI Garcia (0-3)   |

### Men's "B" Tennis Standings

- |                      |                       |
|----------------------|-----------------------|
| 1. Adam Jordan (4-0) | 2. Phil Andrews (4-1) |
| 3. Zach Winnie (3-2) | 4. Frank Harte (2-0)  |

### Women's "A" Tennis Standings

- |                             |                        |
|-----------------------------|------------------------|
| 1. Sheri Holohan (20-3)     | 2. Noelle Hage (33-17) |
| 3. Ellen Tillapaugh (38-20) | 4. Pat Hanft (16-13)   |

### Women's "B1" Tennis Standings

- |                             |                        |
|-----------------------------|------------------------|
| 1. AnnBritt Hodgins (38-13) | 2. Maggie Kuch (21-12) |
| 3. Carina Franck (27-22)    | 2. Nalini Hage (18-15) |

### Women's "B2" Tennis Standings

- |                         |                           |
|-------------------------|---------------------------|
| 1. Cari Lifgren (32-15) | 2. Kim Jastremski (14-9)  |
| 3. Ann Brown (22-26)    | 4. Michelle Adsit (16-21) |

## Summer Tennis Leagues

The Sports Center's Men's and Women's Summer Tennis Leagues will start in early July and run for eight weeks. We will run Singles and Doubles Leagues and hope to hold a mixed gender event or tournament. Contact Amy Porter or Adam Jordan by calling 547-2800 for more information.



## Health & Fitness News

### Group Fitness Summer Session

The next class session begins July 5 and ends August 28. Look for the new schedule to be uploaded to our website at [www.clarksportscenter.com](http://www.clarksportscenter.com) about a week before the Summer Session begins. Hard copies can be picked up outside of the Fitness Center Desk.

### Free Group Fitness Classes!

A customer appreciation week will run June 28 to July 3 that will offer free classes and refreshments for Sports Center members! Classes during this week will be limited. A schedule of classes will be posted to our website and at Fitness Center Desk.





Girl's Travel Basketball Parents vs. Girls Game • Wednesday, April 15

### Contact Us

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

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