

ClarkSportsCenter

June Newsletter 2011

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

Monster Bench Press Competition Results

The Clark Sports Center held its annual Monster Bench Press Competition on Saturday, April 9. A record number of participants—68—turned out for the event. Thank you to all of this year's participants for making the competition a continued success! The first place winners for the major lifting categories were:

- Men's Overall Raw Lift 1st Place:** Joe Vasile (425 lbs.)
- Men's Overall Shirted Lift 1st Place:** John Bogart (705 lbs.)
- Women's Overall 1st Place:** Melanie May (165 lbs.)
- Team Lift Event 1st Place:** Island Fitness (1,645 combined lbs.)
- Rep-Off 1st Place:** Justin Chase (28 reps of 225 lbs.)

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



2011 Monster Bench Award Winners



Winners of the Team Lift Event: Island Fitness (1,645 lbs. benched)

First Annual Just “Du” It Duathlon Results

On Sunday, May 15, The Clark Sports Center held its first annual Just “Du” It Run-Bike-Run Duathlon. The first running portion of the event took place on the Sports Center grounds through our trails, totaling 3.35 miles. For the biking portion, athletes traveled 18 miles on Route 33 to Milford, then back to the Sports Center by way of Route 166 and Route 52 over Murphy Hill. After participants completed their bike route, they completed a second run on the same course at the Sports Center—but in reverse—for another 3.35 miles. Athletes could complete the event solo or as part of a team, with one team member running and the other biking. A total of 44 competitors braved wet race conditions for our first event. The first place winners for the major competitive categories were:

- Overall Male 1st Place:** Dereck Treadwell, 1:36:01
- Overall Female 1st Place:** Elizabeth Treadwell, 2:01:44
- Overall Mixed Team 1st Place:** Deborah Miller & Chris Eldred, 2:07:40
- Overall Male Team 1st Place:** John Saphier & Scott Maclachlan, 2:12:15
- Overall Female Team 1st Place:** Dawn Siebuhr & Rebecca Stone, 2:52:26

Visit www.clarksportscenter.com/events/duathlon/ to see the complete race results and view all of the photos from the race!



Elizabeth Treadwell (Overall Female 1st Place) & Dereck Treadwell (Overall Male 1st Place)

Clark Sports Center Facility Hours

June 1–October 2 • Monday–Friday: 6:00am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed

Closures

Memorial Day • Monday, May 30
Independence Day • Monday, July 4
Induction Weekend • Saturday July 23–Monday, July 25
Repair Week • Monday, August 29–Sunday, September 4
Labor Day • Monday, September 5

Contact Us

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

Upcoming Programs

June Programs

Kid's Triathlon Club Race • Saturday, June 4, 10:00am. Race starts and ends at the Sports Center. The pool will be closed 9:30 to 11:00am for the race.

Whitewater Kayaking Introduction • Saturday, June 4. 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.

Summer 7 on 7 Soccer League • Starts Sunday, June 5. Visit our website for the full schedule.

Swing By Choice Low Ropes Course Event • Tuesday, June 7, 3:30 to 5:00pm. Sign up at the Main Desk. Ages 12+. Free for members.

Outdoor Community Ropes Course Event • Wed., June 8, 4:30pm. Meet in Main Lobby. Sign up at Main Desk. Ages 12+. \$15 members, \$20 non-members.

Little Falls After School Climbing • Thursday, June 9, 3:30–7:30pm. Sign up at Main Desk. Ages 12+. Free for members, \$15 for non-members.

End Of School Events! • Join us after early dismissal during the last week of school for fun kid's events! June 20: Kid's Tournament Day. June 21: Indoor Pool Day with belly-flop and cannonball contests. June 22: Outdoor Games & Barbecue Day. June 23: Outdoor Water Slide Day. All of the events are free for members (non-members must pay for a Day Guest Pass) and are open to grades K–6. Visit our website for event details!



Boy's & Girl's High School Hoops Basketball Leagues • Boy's League plays Mondays 6:00 to 10:00pm and starts June 20. The Girl's League starts June 22 and plays Wednesdays, 6:00 to 10:00pm. The league fee is \$250 per team. To register your team, contact Scott Whiteman by calling 547-2800.

Summer Swim Lessons • Starting June 27. Registration is required for all swimmers. Grade school age youth meet 8:15–8:55am for all levels. Ages 6–35 months meet Thursdays, 3-year-olds meet Wednesdays, and 4-year-olds meet Tuesdays. All preschool ages meet 11:15 to 11:45am on their designated days. For questions, please contact Matt Phillips by calling 547-2800.

July Programs

Outdoor Community Ropes Course Event • Wed., July 13, 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 members, \$20 non-members.

Vis Vires Outdoor Strongman Competition • Sat., July 30. Weigh-ins at 10:00am, rules review and competition starts at 11:00am. For event information, visit www.clarksportscenter.com/events/vis-vires/.

Outdoor Kickball Tournament • Sat., July 30, 8:00am to 5:00pm. Register by July 15. For event information, visit www.clarksportscenter.com/events/kickball/.

August Programs

Outdoor Community Ropes Course Event • Tuesday, August 9, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.

Bowling Alley & Pool Rentals

Rent our Bowling Alley during the summer months on Monday, Wednesday, and Thursday nights, 6:00–9:00pm! We provide unlimited games, scorecards, shoes, bowling balls, music, lights, tables, and chairs—you will need to provide food and refreshments for your guests. The cost for the rental is \$150. Call Barry Gray at (607) 547-2800 for more information and to make a reservation!



The Pool is available for your group on Saturday nights, 6:00–8:00pm, July 9 to Oct. 1. 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 Brenda Wedderspoon-Gray at 547-2800 to make a reservation today!



Upcoming Programs



Vis Vires Strongman Competition

**Saturday, July 30 • Weigh-ins: 10:00am
Rules and Competition Start: 11:00am**

Our fourth 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/!



Marketing Director Wins Awards

Zachary Winnie, The Clark Sports Center's Marketing Director, received two Publication Awards from the New York State Recreation and Park Society on March 30 at the Turning Stone Resort & Casino in Verona, NY. In the Promotional Brochures category, Zach was recognized for his brochure for The Clark Sports Center's 2010 Summer Camps. In the Flyers and Posters category, Zach was recognized for his work on the 10th Annual Coop Loop 5k Run & Walk Flyer. This is the second year in a row that Zach has won Publication awards through the New York State Recreation and Park Society! A PDF of the Summer Camp brochure can be found at www.clarksportscenter.com/camps or to view the Coop Loop flyer, visit www.clarksportscenter.com/events/coop-loop/. More information about the New York State Recreation and Park Society can be found at www.nysrps.org/.

Outdoor Kickball Tournament!

Saturday, July 30 • 8:00am–5:00pm

Our first annual tournament will feature two divisions: 8 adults teams (18+ and out of school) and 8 youth teams (7–12 grades). Register your team by July 15 by calling Scott Whiteman at 547-2800. Registration forms and tournament details can be downloaded at www.clarksportscenter.com/events/!

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 Awards

On March 31, The Sports Center presented awards to members of the 2010–2011 Sharks Swim Team. Coaches presented each swimmer with a folder that included a team photo, season meet performance, participation certificate and a Gold's team photo.

Awards presented • Most Improved: Jimmy Anania and Grace Heneghan; Rookies of the Year: Matt Burch and Claire Nolan; 110% Award: Ted Mebust and Heidi Edmonds; Sportsmanship Award: Simon Valetutto and Eden Griger; Dryland Training Award: Marcus Oestman and Eden Griger ; Overall Top Swimmers: Spencer O'Bryan and Lindsay Harloff.

Pool News & Notes

Outdoor Movie Nights on our new inflatable movie screen are coming this summer! Look for posters and information on our website soon.

Private Swim Lessons will not be offered this summer. Private lessons will begin again in the Fall.

Waterfront Lifeguard Training will be offered August 15–19. Information will be posted on our website and in the summer schedule.

Summer Recreation Swim Lessons

The Sports Center is proud to again offer swim lessons to the surrounding communities' summer recreation programs. We will be instructing about 200 children per day from June 27–August 5. 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 Adult Swim will take place 6:00 to 8:00am and 12:00 to 2:00pm.**

100 Mile Swim Challenge

Therese Gigliotti, Jane Adsit, Peter Freehafer, and Angus Mackie completed the 100 mile Long Island Sound swim from Rikers Island to Fishers Island this winter. Congratulations to everyone on their successful journey!

Junior Livestock Show Swim

The pool will be very busy during open swim 6:00 to 9:00pm on Monday, July 11 for the Junior Livestock Show's annual pool party. No lanes will be available for lap swimming this night.

Athletics News

Adult League Standings

Monday Softball Standings

1. New York Pizzeria (3-1)
2. Bello Electric (3-1)
3. Reid's Barbershop (2-2)
4. Putnam Agency (0-4)

Wednesday Softball Standings

1. Springfield Tractor (2-0)
2. NYCAMH (2-0)
3. McCarty Builders (1-1)
4. Glimmerglass Opera (1-1)



Athletics News



Slow Break Basketball League Champs
 Front, L to R: Tim McGraw, Dave Bertram, Doug Lifgren;
 Back, L to R: John Dewey, Dave Peplinski, and John Lambert.



Senior Basketball League Champs
 Front, L to R: Howard Reis, Frank Miosek; Back, L to R: Tom Hohensee,
 Brian Wrubleski, Lyn Edinger, and Dave Kent.



Futsal League Champs
 Front, L to R: Ardath Mockovciak, Cheryl Robinson;
 Back, L to R: Will Nicholson, Jeremy Bolton, and Scott Bolton.



Volleyball League Champs
 Front, L to R: Gwen Snyder, Pete Kiuber; Back, L to R: Bob Snyder,
 John Dewey, Ray Holohan, and Doug Lifgren.



Kid's Dodgeball 3rd & 4th Grade Champs
 Front, L to R: Elliot Carr, Thomas Dygert, Ian Thomas, Will Friedman, Kyle Santello;
 Back, L to R: Emilie Perez, Noah Lifgren, Jackson Rodgers, and Jordan Carpenter.



Kid's Dodgeball 5th & 6th Grade Champs
 Front, L to R: Austin Audette, Dan Rudloff, Meghan Perrino, Daniel Francis, Kyle
 Amsden; Back, L to R: Tyler Columbo, Owen Carr, Anthony Birch, and Teddy Trosset.



Boy's Travel Basketball LaCava Award Winner
 Coach Nagelschmidt with Reilly Hall.



Girl's Travel Basketball LaCava Award Winner
 Coach Whiteman with Annie Hage.



Bowling News



2010–2011 Men's Monday Night League Champs
Chuck Hascup, Dennis Hascup, and Joe Senchyshyn.



2010–2011 Men's Wednesday Night League Champs
Joe Allison, Gerry Gage, Sharky Nagelschmidt, and Greg Lippitt.



2010–2011 Women's Tuesday Night League Champs
Dawn Mindurski, Betty Staffin, Laura Jane Alexander, and Doree VanTassel.



2010–2011 Women's Thursday Afternoon League Champs
Eileen Barown, Marion Madison, and Mary Durso.



2010–2011 Elementary & Middle School League Champs
Zach Brown, Noah Greenblatt, and Teddy Trosset.

Bowling Alley Rentals

Rent our Bowling Alley during the summer months on Monday, Wednesday, and Thursday nights, 6:00–9:00pm! We provide unlimited games, score-cards, shoes, bowling balls, music, lights, tables, and chairs—you will need to provide food and refreshments for your guests. The cost for the rental is \$150. Call Barry Gray at (607) 547-2800 for more information and to make a reservation!



Bowling League Top Bowlers 2010–2011

League	High Average	High Game	High Series
Monday Men's	Chuck Hascup • 212	Chuck Hascup • 289	Chuck Hascup • 769
Tuesday Women's	Betty Staffin • 171	Betty Staffin • 237	Betty Staffin • 578
Wednesday Men's	Mike Staffin • 212	Cliff Coleman, Mike DeSimone Jr., Steve Cannistra • 300 games	Mike DeSimone, Jr. • 771
Thursday Women's	Marion Madison • 158	Marion Madison • 215	Marion Madison • 573
Elem. & Middle School	Kyle Amsden • 130	Noah Greenblatt • 205	Noah Greenblatt • 487

Health & Fitness News

Group Fitness Summer Session

The next class session begins July 5 and ends August 27. Look for the new schedule to be uploaded to our website at 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 27 to July 2 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 the Fitness Center Desk.

Pound by Pound Results

This year we had 67 participants take part in the final weigh-in for a combined weight loss total of 650.8 pounds! That's an average of 9.7 lbs per person. 34 participants lowered their body fat an average of 2.79%. A special congratulation goes out to Denise Wall—our biggest loser with a 53 pound weight loss! Maria Kaltenbach was the winner of our weekly raffle drawing for a free membership.



Kid's ZumbAtomic

The last class of Kid's ZumbAtomic is Wednesday, June 15 (4th, 5th & 6th Grade: 3:15–3:45pm; Kindergarten–3rd Grade: 4:00–4:30pm). Thank you to all of the kids who made the program successful this year. We hope to see you again in the Fall!



Racquets News



Men's A Racquetball League Champ & Club Championship Winner
Bob Donnelly



Men's B Racquetball League Champ
Tom Shieber



Mixed Racquetball League Champ
Zach Winnie



Men's Squash Club Championship Winner • Peter Pollack

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 again for men and women. Contact Amy Porter or Rich Jantzi by calling 547-2800 for more information and to sign up.



Tennis Camp

We've added two sessions of Tennis Camp to our Summer Camp schedule! Session One is set for July 11–15, and Session Two will run August 1–5. Camp is open to ages 6–15 and is designed to introduce tennis to the beginning player. Camp will be coached by Stacey Grady. To sign up for a Camp, please visit the Main Desk.



What's Inside:

Monster Bench Press Competition Results • Duathlon Results
Winter & Spring League Champions • Upcoming Summer Programs



Our Clark Sports Center staff competed in the 2011 New Balance Reach the Beach Relay in Massachusetts • May 20 & 21, 2011

Contact Us

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

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The Clark Foundation

ClarkSportsCenter

Adventures in Fitness Camp

Monday–Friday, June 27–August 5

9:00am–1:00pm • Boys & girls ages 10–14

Adventures in Fitness Camp will be devoted to educating youth and their families about the importance of healthy living. This camp will provide children with a fun and engaging environment to learn about nutrition and physical fitness. An interview process will be conducted prior to the start of the program.

Download the camp brochure and registration form at www.clarksportscenter.com/camps/. Questions may be directed to Rich Jantzi by calling 547-2800.



Sports Conditioning Camp

Monday–Thursday, June 27–August 18

12:00–3:00pm • Boys & girls • Grades 7–12

Sports Conditioning Camp will provide young athletes with a summer-long training program to increase endurance, build strength, and improve agility. An application and interview process will take place prior to the start of the program to assess each youth's goals and fitness level.

Download the camp brochure and registration form at www.clarksportscenter.com/camps/. Questions may be directed to Scott Whiteman or Rich Jantzi by calling 547-2800.



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Vis Vires Strongman Competition

Saturday, July 30 • Weigh-ins: 10:00am

Rules and competition start: 11:00am

Our annual Outdoor Strongman Competition is back for its fourth year! Divisions are available for men and women and we will have a new challenge this year. Event brochure and registration forms can be downloaded at www.clarksportscenter.com/events/vis-vires/.

Questions may be directed to event director Doug McCoy by calling 547-2800 or email at mccoysd@clarksportscenter.com.



Outdoor Kickball Tournament

Saturday, July 30, 8:00am–5:00pm

8 adult teams and 8 youth teams

We will be holding our first annual Outdoor Kickball Tournament on Saturday, July 30 to coincide with our Outdoor Strongman Competition! The tournament will feature 8 adult teams (18 and older and out of high school) and 8 youth teams (grades 7–12). The fee for each team is \$25 for unlimited players per team (minimum of 10 players with 3 or more of each gender on the field at all times).

Event registration form and rules can be found at www.clarksportscenter.com/events/kickball/.

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