



Monster Bench Press Competition Results

The Clark Sports Center held its annual Monster Bench Press Competition on Saturday, April 7. A record number of participants—89—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:** James Phraner (500 lbs.)
- Men's Overall Shirted Lift 1st Place:** Rich Putnam (855 lbs.)
- Women's Overall 1st Place:** Tina Putnam (115 lbs.)
- Team Lift Event 1st Place:** Muscles in Motion (1,645 combined lbs.)
- Rep-Off 1st Place:** Shawn Petronella (31 reps of 225 lbs.)

Clark Sports Center Facility Hours

May 7–October 7 • Monday–Friday: 6:00am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed

Closures

Hall of Fame Classic • Saturday, June 16
Independence Day • Wednesday, July 4
Induction Weekend • Saturday July 21–Monday, July 23
Repair Week • Monday, August 27–Sunday, September 2
Labor Day • Monday, September 3

Contact Us

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



Upcoming Programs

June Programs

Whitewater Kayaking Introduction • Saturday, June 2. 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+. Free for members, \$50 for non-members.

Summer 7 on 7 Soccer League • Starts Sunday, June 3. Visit our website for the full schedule.

End Of School Events! • Join us after early dismissal during the last week of school for fun kid's events! June 19-21: Indoor Pool Day with belly-flop and cannonball contests, Outdoor Olympic Games, and Outdoor Water Slide & Barbecue Day. Event days to be determined. 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 18. The Girl's League starts June 20 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 • June 25 through August 3. Registration is required for all swimmers. Grade school age youth meet 8:15-8:55am for all levels. Ages 6-18 months meet Thursdays, 19-35 months meet Wednesdays, 3-year-olds meet Tuesdays, and 4-year-olds meet Mondays. 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

Canoe – Paddle Around Otsego Lake • Monday, July 2, 10:00am to 3:00pm. Learn paddling strokes, T-Rescues and more. Take a dip at three-mile and have lunch. All equipment provided by the Sports Center. Please bring a lunch and water, shoes, towel and sunscreen. Sign up at the Main Desk. Ages 10-16. Free for members, \$20 non-members.

Rock Climbing at Little Falls • Tuesday, July 3, 10:00am to 3:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 non-members.

Rock Climbing • Tuesday, July 10, 7:00am to 6:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 non-members.

Outdoor Community Ropes Course • Wednesday, July 11, 10:00am to 2:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 non-members.

Canoe – Paddle Around Otsego Lake • Monday, July 16, 10:00am to 3:00pm. Learn paddling strokes, T-Rescues and more. Take a dip at three-mile and have lunch. All equipment provided by the Sports Center. Please bring a lunch and water, shoes, towel and sunscreen. Sign up at the Main Desk. Ages 10-16. Free for members, \$20 non-members.

Outdoor Community Ropes Course • Tuesday, July 24, 4:00pm to dark. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 non-members.

August Programs

Outdoor Community Ropes Course • Tuesday, August 7, 10:00am to 2:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

Rock Climbing • Wednesday, August 8, 7:00am to 6:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 non-members.

BASE Race • Saturday, August 11, registration begins at 8:00am and the race begins promptly at 10:00am. The National Baseball Hall of Fame and Museum and The Clark Sports Center are teaming up to bring a pair of road races – a family-style 5K fun run and a competitive 10K for racing enthusiasts. Non-refundable entry fee received on or before July 15, 2012: \$25/single registration, \$50/family registration. Registration fee on the day of the race: \$35/single registration, \$60/family registration.

Blue Mountain Hike • Monday, August 13, 7:00am to 7:00pm. Blue Mountain Hike in the Adirondacks. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

Outdoor Community Ropes Course • Thursday, August 16, 4:00pm to 8:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

The Pool is available for your group from 6:00-8:00pm on 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, floats and lifeguards. You provide refreshments and waivers. Groups must have 1 adult per 10 children. Reservations must be made at least two weeks in advance. The cost is \$150 for two hours, with a \$25 non-refundable deposit required at the time of your booking. Dates available: June 23, July 7, 14, 28, August 4, 11, 18, September 8, 15, 22, 29 and October 6.



Upcoming Programs



Duathlon

Saturday, June 9 • Race Begins at 10:30am

Registration begins at 9:00am. Pre-register by mail or in person at the Sports Center. Entrants who pre-register will receive a commemorative T-shirt. Entrants registering on the day of the race will receive a T-shirt if available.

\$35 for a single duathlete on or before June 8 or \$45 on June 9.

\$55 for a duathlon team on or before June 8 or \$65 on June 9.

For more information, please visit www.clarksportscenter.com or contact Doug McCoy by calling (607) 547-2800, or email mccoyd@clarksportscenter.com.



Vis Vires V Strongman Competition

**Saturday, July 28 • Weigh-ins: 10:00am
Rules and Competition Start: 11:00am**

Our fifth 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/.

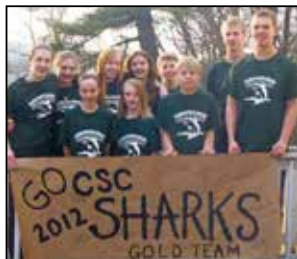
Adventure News

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 Gold Team Awards



On March 23 awards were presented to members of the swim team. Coaches presented each swimmer with a folder that included a team photo, season meet performance,

participation certificate and Gold's team photo. The following awards were presented: Most Improved Male & Female – Michael Kern & Matilda Francis; Male & Female Rookie – Ryan Hellenthal & Mikeeli Hanson; Determination Award – Alina Bischof & Will Weldon; Sportsmanship – Ellie Smith; Overall Top Swimmers – Ted Mebust & Heidi Edmonds.

Pool News & Notes

Junior Guards: Lindsey Bailey has been working with a group of children introducing them to the “world of lifeguarding” – the skills and responsibilities it takes to be a good lifeguard. The group has been meeting once a week since April.

100 Mile Swim Challenge

Therese Gigliotti, Peter Freehafer, and Angus Mackie completed the 100 mile Nile River swim from Cairo to Alexandria this winter in the pool. Congratulations to everyone on their successful journey!

Junior Livestock Show Swim

The pool will be very busy during open swim 6:30 to 9:00pm on Monday, July 9 for the Junior Livestock Show's annual pool party. No lanes will be available for lap swimming this night.

Indoor Holiday Triathlon Series Results

18-25 Age Group: Overall Winner: Josie McDermott (41 pts), Adam Richman (15pts), Andrew Gomez (13 pts); 26-30 Age Group: Freda Ready (20 pts), Krista Suoanen (15 pts); 41-45 Age Group: Noel Feik (15 pts), Christine McBrearty-Hulse (11.5 pts), Susie Knight (8.5pts), Amy VanKampen (7.5pts); 46-50 Age Group: Janet Ratliff (14.5 pts), Scott MacLachlan (13 pts); 51-55 Age Group: Brad Feik (22 pts); 56-60 Age Group: Amy McDermott (14 pts), Katie Boardman (6pts).

Adult Pool Times During Summer Swim Lessons

The summer recreation swim lessons will run from June 25 through August 3. During this time, the morning adult swim will be 6:00-8:00am. Adult swim will begin again at 12:00pm.

Kids Triathlon Race

This annual event will be held on Saturday, June 2, at 10:00am. Thirty-two children have been practicing their swimming, biking and running skills since April. The triathlon begins and ends at the Sports Center and distances vary depending on age levels. The pool area will be closed for all activities from 9:30-11:00am that day. All are welcome to watch and cheer on the participants!

School Recreation Groups

The Clark Sports Center will be welcoming many visiting schools who have chosen us to be their end of the school year “place to be”. You will see children having fun in the bowling alley, gym floor and pool. The groups will be using two lanes in the lap pool and the diving pool. Dates and times of when these groups will be visiting are as follows:

Wednesday, June 6, 10:30am-1:15pm, Thursday, June 7, 9:45am-11:15am, Friday, June 8, 11:15am-12:00pm, Monday, June 11, 9:45-1:15pm, Tuesday, June 12, 10:30am-1:15pm, Wednesday, June 13, 9:45am-1:00pm, Thursday, June 14, 10:30am-1:15pm, Friday, June 15, 9:45am-1:15pm.

Inflatable Movie Screen Rental!

Family Fun Nights/Indoor & Outdoor Events

The Movie Night includes all movie audiovisual projection equipment to host your indoor or outdoor movie event. Complete with theater delivery, set-up, removal & Clark Sports Center host.

We provide: A Clark Sports Center host that will be present during the event to oversee all technical elements. Your audience will enjoy premium HD quality projection and our intense amplified sound system that shakes and rattles the walls! Our HUGE inflatable movie screen will more than satisfy the eyes of 5, 50 or 500! Cables, cords and all wiring.

You provide: The movie and movie copyright, standard electric, gymnasium, cafeteria, lawn, hall or basement.

For more information, please contact Brenda Wedderspoon-Gray at 547-2800.

Returning in July!!! SwimAndRun

We will once again be offering our SwimAndRun races this summer. July 11 & 25, and August 8 & 22. There will be more information out soon on this program.



Athletics News

Adult League Standings

Wednesday Softball Standings

1. Cooley's Stonehouse Tavern
2. McCarthy Builders
3. (3-way tie) Northern Catskill, McManus Engineering and New York Pizzeria



Futsal League Champs
New York Central - Jeremy Bolton, Scott Bolton, Matt Metzger, Cheryl Robinson, Aradath Mockoviak, Bruce Miller, Mike Cook and Emily Bristol.



Senior Basketball League Champs
Bill Gibson, Phil Zenir, Mark Misiewicz, Mike Powers
Don Raddatz, Tim Feury and Karen Donnelly.



Slow Break Basketball League Champs
Front, L to R: Bob Hall, Matt Smith, Dave Bliss, Mike Cring, Doug Geertgens, Dion Wade.



Volleyball League Champs
Front, L to R: Doug Lifgren, Wendy Kuiber, Carrie Thompson, Gwen Snyder;
Back, L to R: Stratton Danes, Ray Holohan, Bob Snyder, John Dewey, Pete Kiuber, Bob Hall.



Kid's Dodgeball 3rd & 4th Grade Champs
Front, L to R: Ian Quinn, Sam Rhodes, Kendall Haney, Colin Devaney;
Back, L to R: Bradon Pullyblank, Ryan Lansing, Scott Feik.



Kid's Dodgeball 5th & 6th Grade Champs
Front, L to R: Isaiah Johnson, Ben Tafuro, Jordan Carpenter, Nathaniel Miller;
Back, L to R: William Friedman, Ted Mebust, Dakota Chase, Riley Brown, Noah Greenblatt.



Boy's Travel Basketball LaCava Award Winner
Coach Nagelschmidt with Pierce Snyder and Tyler Bertram.



Girl's Travel Basketball LaCava Award Winner
Coach Whiteman with Maggie Schuermann.



Bowling News



2011–2012 Men's Monday Night League Champs
Mike Kenney, Rick Howard and John Stephens.

2011–2012 Men's Wednesday Night League Champs
VFW Post 7128 - Jim Bridger, Dennis Dibble, Cubby Gage and Herbie Boyson.



2011–2012 Women's Tuesday Night League Champs
Marion Madison, Eileen Barown, Susan Newman and Donna Yerdon (missing).



2011–2012 Women's Thursday Afternoon League Champs
Eileen Barown, Marion Madison and Mary Durso.



2011–2012 Elementary & Middle School League Champs
Ben Tafuro, Riley Brown and Jason Furnari.

Bowling Alley Rentals

Rent our Bowling Alley June 25 through August 23 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!



Health & Fitness News

Group Fitness Summer Session

The next class session begins July 2 and ends August 25. 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 25 to June 30 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.



Prime Time, Aquacize and Senior Walk Party

Back L to R: Scott Whiteman, Peter Clark, Bill Clark, Carina Franck, Gerry Wong, Sally Bush, Amy Porter; Middle L to R: Grace Kull, Helen Roberts, Jane Reidhead, Liz Clark, Betty McNeil, Mary Leary, Mary Soule, Alice Stiles; Front L to R: Jeje Viek, Katherine Walters and Rose Schwalley.



Health & Fitness News



Thank You to All COMMIT TO BE FIT Participants!

Have you been hearing the buzz around town? COMMIT TO BE FIT is a new program that began on January 2 and ended on May 18, 2012. This 5 ½ month program was designed to help members lose weight and live a healthier lifestyle. Throughout the program, Sports Center members were able to earn points for working out, attending Health & Wellness seminars, turning in healthy recipes, weight loss, decreasing body fat percentages, and participating in weekly and monthly bonus challenges. The benefit of this program included an overall healthier lifestyle with the added bonus of earning membership credits!

Overall, our participants lost a total of 639.2 lbs! Participants also decreased their body fat percentage by 171.9%. All of this could not have been possible without the hard work and dedication from our members. From January 2–May 18, members were physically active for a total of 13,107.56 hours! Putting in the extra effort was a goal of this program. Our overall winner exercised for a total of 353.45 hours over the course of the program! Way to go! With 278 participants total, the overall success of this program has been tremendous and we thank you.

Looking for something to do this summer? Check out Phase 2 of COMMIT TO BE FIT, also known as Summer Boot Camp! This all new and totally unique program challenges participants over the course of the summer with various workouts. Differing from the Passport and points system of Phase 1, Phase 2 will take place from June 4–August 17 and can be achieved at your own pace. Offering modified and advanced paths for Summer Boot Camp, Phase 2 promises to be fun while offering exciting prizes. Check out our website for additional information on Phase 2!

Racquets News

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 are offering two sessions of Tennis Camp as part of our Summer Camp schedule! Session One is set for July 16–20, and Session Two will run August 20–24. Camp is open to ages 6–14 and is designed to establish solid fundamentals and basic tennis skills. Camp will be coached by Terry McKane. To sign up for a Camp, please visit the Main Desk.



Tennis League Standings

Singles

- 1- Kate Resnick
- 2- Carly Jesset
- 3- Maureen Heroux

Doubles Division 1

- 1- Georgia Frevele
- 2- Amy Porter
- 3- Kim Potts

Doubles Division 2

- 1- Cari Lifgren
- 2- Susie Knight
- 3- Ann Brown





Our Clark Sports Center staff competed in the 2012 New Balance Reach the Beach Relay in Massachusetts • May 18 & 19, 2012

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

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