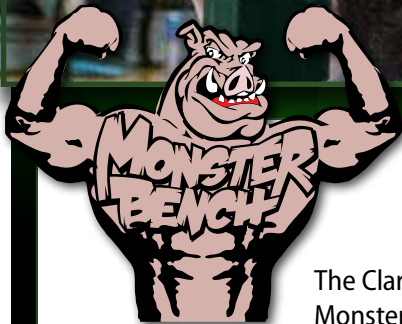




James Phraner
550lb. Raw Lift



Monster Bench Press Competition Results

The Clark Sports Center held its annual Monster Bench Press Competition on Saturday, April 7. Seventy-three participants 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 (550 lbs.)
- Men's Overall Shirted Lift 1st Place:** Rich Putnam (900 lbs.)
- Women's Overall 1st Place:** Hannah Baker (140 lbs.)
- Overall Team Raw:** Grandma's House
- Overall Team Shirted:** Gorilla Pack
- Rep-Off 1st Place:** Rich Putnam (40 reps of 225 lbs.)

Clark Sports Center Facility Hours

May 6–October 6 • Monday–Friday: 5:30am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed

Closures

Independence Day • **Thursday, July 4**
Induction Weekend • **Saturday July 27–Monday, July 29**
Repair Week • **Monday, August 26–Sunday, September 1**
Labor Day • **Monday, September 2**

Contact Us

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



Upcoming Programs



Electronic Free Day

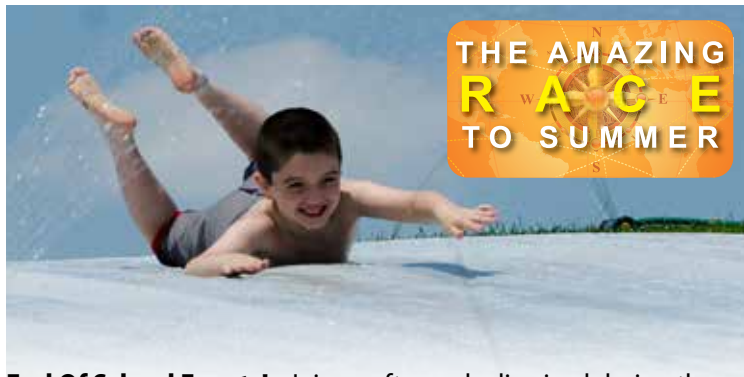
We have seen an explosion of electronic game use after school by elementary age children to the point of children themselves requesting an electronic free day. As a result, Wednesday, June 5, will be an electronic free day at The

Clark Sports Center. If your child is using an electronic device other than a cell phone to call home he/she will be asked to put it away and be encouraged to participate in programming.

June Programs

Whitewater Kayaking Introduction • Saturday, June 8. 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 2. 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 18-20: Compete in The Clark Sports Center's own Amazing Race to Summer! All of the events are free (non-members must have a signed waiver form) 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 Wednesdays, 5:30 to 9:30pm and starts June 19. The Girl's League starts June 17 and plays Mondays, 5:30 to 9:30pm. The league fee is \$250 per team. To register your team, contact Scott Whiteman by calling 547-2800, ext. 109.

Summer Swim Lessons • June 24 through August 2. Registration is required for all swimmers. **School-age and pre-school swim lessons are for Clark Sports Center members only.** 6-35 months old (with parent) 12:00-12:30pm, Mondays and Tuesdays. 3 and 4 year olds (without parents) 12:00-12:30pm, Wednesdays and Thursdays. For questions, please contact Matt Phillips by calling 547-2800, ext. 117.

July Programs

Outdoor Community Ropes Course • Wednesday, July 10, 4:00pm to dark. 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 24, 10:00am-2:00pm. 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 • Wednesday, 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.

BASE Race • Sunday, 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 will join forces again for the second annual BASE Race – a family-style 5K fun run and a competitive 10K for racing enthusiasts. Non-refundable entry fee received on or before August 10: \$25/single registration, \$50/family registration. Registration fee on the day of the race: \$40/single registration, \$65/family registration. Register online or at The Clark Sports Center.



Summer Camps • June 24–August 23. Don't forget to sign up for summer Sports and Adventure Camps!

The Pool is available for your group from 6:30–8:30pm 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 22, 29, July 6, 13, 20 and August 3, 10, 17, 24. Please contact Matt Phillips at 547-2800, ext. 117, to make your reservation.



Upcoming Programs



Duathlon

Saturday, June 8 • 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 7 or \$50 on June 8.

\$60 for a duathlon team on or before June 7 or \$75 on June 8.

For more information, please visit www.clarksportscenter.com or contact Doug McCoy by calling 547-2800, ext. 111, or email mccoyd@clarksportscenter.com.



Vis Vires VI Strongman Competition

**Saturday, August 3 • Weigh-ins: 10:00am
Rules and Competition Start: 11:00am**

Our sixth 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 \$15 price break! For details on practice nights, call Doug McCoy at 547-2800, ext. 111. 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, ext. 126, to book your adventure today!

Aquatics News

Sharks Swim Team Awards



On April 6 awards were presented to members of the swim team. Coaches presented each swimmer with a folder that included a team photo, season meet performance, and participation certificate. The following awards were presented: Most Improved Male & Female – Ryan Hellenthal & Rebecca Marmorato; Male & Female Rookie – Liam Spencer & Grace Brennan; Sportsmanship – Gareth Austin & Alina Bischof; Overall Top Swimmers – Will Weldon & Tessa Griger.

Kids Triathlon Race

This annual event will be held on Saturday, June 1, at 10:00am. Thirty-eight 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!

Friday Outdoor Movie Nights!

We're going outside, again!! Outdoor movie nights on the Sports Center's front lawn.

The Sports Center will be showing their annual outdoor movies on their inflatable movie screen starting this June. Movie nights are scheduled for June 28, July 12 & 19, and August 9 & 23 (dates are subject to change).



Adult Pool Times During Summer Swim Lessons

The summer swim lessons will run from June 24 through August 2. During this time, the morning adult swim will be 5:30-8:00am. Adult swim will begin again at 12:00pm.

Junior Livestock Show Swim

The pool will be very busy during open swim 6:30 to 9:00pm on Monday, July 8 for the Junior Livestock Show's annual pool party. No lanes will be available for lap swimming this night.

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:

Monday, June 3, 9:30am-1:00pm

Tuesday, June 4, 9:30am-1:30pm

Wednesday, June 5, 9:30am-1:30pm

Friday, June 7, 9:30am-1:15pm

Monday, June 10, 9:45-1:15pm

Tuesday, June 11, 9:30am-12:30pm

Wednesday, June 12, 9:45am-1:15pm

Thursday, June 13, 9:45am-1:30pm

Friday, June 14, 9:30am-1:30pm

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 Matt Phillips at 547-2800, ext. 117.



Adult League Standings

Wednesday Softball Standings

1. Cooley's Stonehouse Tavern (3-0)
2. McCarthy's (2-1)
3. Northern Catskill Dental (2-1)



Futsal League Champs • El Niño

Front Row, L to R: Amin Abdallah, Bob Scanlon, Johnny Fernandez
Back Row, L to R: Tariq Issa, Alicia Sagendorf, Scott Sheldon, Hisham Abdallah



Senior Basketball League Champs • Team #1

Jeff Allen, Bob Barraco, Geoff Bell, Floyd Bourne, John Dier, Doug Green,
Andy Gutierrez, Kurt Terrell, Pete Ward



Slow Break Basketball League Champs • State Farm

L to R: Jason Schiellack, Aaron Postiglione, Brad Morse, Andrew Crisman,
Graig Harris. Not pictured: Ryan Kelly, Brenton Seamen, Dan Welch



Volleyball League Champs • Jungle Ballers

Front Row, L to R: Carrie Thompson, Pete Kiuber, Wendy Kiuber
Back Row, L to R: Bob Hall, John Dewey, Bob Snyder, Ray Holohan



Kid's Dodgeball 3rd & 4th Grade Champs

Front Row, L to R: Spencer Lewis, Liam Ford, Lowell Wilsey, Kaitlyn Finch
Back Row, L to R: Derek Moore, George Danes, Sam Grigoli, Chris Savoie



Kid's Dodgeball 5th & 6th Grade Champs

Front Row, L to R: Ryan Palmatier, Alex Poulson, Jack Lambert, Scott Feik, Sam Lytel
Back Row, L to R: Kaitlin Curtis, Sierra Stalzer, Ryan Davidson, Isaiah Johnson, Ben Tafuro



Boy's Travel Basketball LaCava Award Winner
Coach Nagelschmidt with Jack Lambert.



Girl's Travel Basketball LaCava Award Winners
Coach Whiteman with Emilie Perez and Kate Trosset.



Bowling News



2012–2013 Bowling League Champs

Men's Monday Night

Rich Anderson, Sr.
John Stephens
Dennis Hascup

Women's Tuesday Night

Capri's
Christine Bell
Andrea Johnson
Connie Jastremski
Katie Sebastian

Men's Wednesday Night

Gerry Gage, Sr.
Reid Nagelschmidt
Mike Kenney
Sharky Nagelschmidt

Women's Thursday Afternoon

Eileen Barown
Mary Durso
Marion Madison

Elementary & Middle School

Riley Brown
Trent Cooper
Ethan Lichtman

Bowling Alley Rentals

Rent our Bowling Alley June 24 through August 22 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, ext. 108, for more information and to make a reservation!



Health & Fitness News

Group Fitness Summer Session

The next class session begins July 1 and ends August 24. We will have limited classes June 24–29. 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.

Health & Fitness News

COMMIT TO BE FIT Participants!

Look for this year's **brand new Phase 2!** Beginning Monday, July 1, a newly remodeled Phase 2 of COMMIT TO BE FIT will begin! This phase will run July 1–October 31. Collectively, all participants will try to reach a goal of 3,000 hours of physical fitness. Fill out a card for every 5 hours you workout, then drop it off at the Fitness Center Desk. This progress will be measured on the COMMIT TO BE FIT bulletin board. We know Summer is a busy time of year, so for Phase 2, anything goes! Take your dog for a walk, mow the lawn, take a Spinning class – anything and everything counts! This program is free and only open to members. For more information, please contact Doug McCoy at 547-2800, ext. 111.

June Personal Training Special

Purchase a book of 10 Personal Training tickets and receive two FREE tickets.

Looking For a New Class to Try?

Zumba Toning (Tuesday Limit 25) • Using lightweight, maraca-like Toning Sticks, Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create calorie-torching dance fitness party.

Karate (Monday Limit 20, Thursday Limit 25) • Washin Ryu is a traditional style of karate that includes training in the performance of katas (forms), self defense techniques, kumites (sport sparring) and exercise associated with Karate. This highly structured class

encourages individual pace and achieving your personal best. It is taught by students of the world famous Hidy Ochiai and emphasizes nonviolence, self respect, concentration and self discipline.

Special Workshops

Beyond Bollywood (Limit 20) • 6:45-7:30, June 3, 5, 17 & 19.

Self Defense (Limit 20) • 6:45-7:45, Wednesday, June 12. Pre-register at the Health and Fitness desk.

Fundraising Spin Ride

April 21, 19 riders participated in the 90 minute benefit Spinning ride, raising \$963 for the SPCA. Thank you to all participants!

Racquets News



Racquets Tournament Results

Table Tennis

Chris Hammond

Men's Squash

Peter Pollock

Men's Racquetball

Bill Stamp

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 at 547-2800, ext. 111, or Rich Jantzi at 547-2800, ext. 125, for more information.

Spring Tennis League Standings

Singles Division I

1- Carly Jesset
2- Kate Resnick

Singles Division II

1- Maureen Heroux
2- Deanna Gable

Doubles Division A

1- Kim Potts
2- Georgia Frevele

Doubles Division B

1- Carina Franck
2- Meg Subik





The Clark Sports Center's Indoor Rock Climbing Competition • May 17, 2013

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

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