

# March 2008 Newsletter

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## Hours

*March 1–May 4*  
Monday–Friday • 6am–9:30pm  
(Pool closes at 9pm)  
Saturday • 8am–9pm  
Sunday • 9am–6pm  
(Adults only 9am–1pm)

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

## Closures

*Easter Day*  
Sunday, March 23

*Memorial Day*  
Monday, May 26

*Hall Of Fame Game Day*  
Monday, June 16

## Contact Us

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

## Member Survey

Inside this newsletter is our annual member satisfaction survey. Please take a moment to fill it out and return to the Main Desk or mail it back to us by April 1. We want to read your ratings and comments so that we may understand how to better serve you and your family! Your feedback will allow us to make changes that will benefit all members and guests. Members who drop off the survey to the Main Desk will receive a free gift!

## Fetterman Junior Basketball Memorial Tournament



Brooke Liner warms up before a game

The Clark Sports Center held its fourth annual Patrick C. Fetterman Junior Basketball Memorial Tournament on January 19, 20 and 21. Twelve teams from Central New York and Vermont competed in the tournament for youths in the 6<sup>th</sup> grade and below.

The tournament, started in 2005, has quickly become a beloved tradition for the Sports Center, parents, and youths in the Cooperstown community. The tournament was named in honor of The Clark Sports Center's long-time Associate Director and founder of the junior basketball program, Pat Fetterman.

History repeated itself this year as the Oneonta girl's and the St. Ann's boy's teams each won for the second year in a row. In the girl's Monday championship game, Oneonta defeated second place Fort Plain by a score of 41 to 33. Mariah Ruff led the charge over Fort Plain with

22 points and took home her second consecutive MVP award. The boy's Monday championship game featured a hard fought, high scoring match with St. Ann's topping Norwich 42 to 35. Sam Brochu was the MVP with 15 points. Matt Sutton from Norwich set a record 21 points in the game, and also set the record for points scored over the course of the tournament with 57 points.



Peter Resnick looks to shoot against Norwich



St. Ann's championship team

their first two opponents, Cobleskill (22-16) and Ilion (40-10), but fell short in the semifinals to boy's tournament runner-up Norwich (38-22) on Monday. Cooperstown's Brooke Liner and Peter Resnick took home All-Tournament Team awards for their outstanding play during the tournament.

Cooperstown boys and girls teams were able to advance to the semifinals played on Monday. Cooperstown girls started off slowly, losing their morning game on Saturday to Cobleskill (26-18), but quickly rebounded by winning their next two games in the afternoon versus Duanesburg (17-7) and Ilion (19-4). The girl's team lost during their semifinal game against tournament winner Oneonta with a score of 41 to 21.

Cooperstown boys quickly advanced by defeating



Oneonta's championship team

## Open House • Sunday, March 30, 1:00–5:00pm

The Clark Sports Center will be hosting an Open House on Sunday, March 30 from 1:00 to 5:00pm. Admission is free for all non-members, so be sure to bring a friend and show them what the Sports Center is all about! Free activities will include swimming, high wall climbing, red pin bowling, rock 'n bowl, group fitness classes, gym floor activities, and racquets. Non-members who join during our Open House receive 10% off their first payment. Come try us out—it's free!







## CSC Sharks Swim Team

The 67 members of The Clark Sports Center swim team have been performing very well this season. The team hosted the other Central Valley Teams in the "First Splash" in November and Delhi in February. Having only two home meets, the team has traveled to Amsterdam, Canajoharie, Gloversville, and Johnstown for their other meets. Swimmers have improved their best times and achieved various national time standards. Coaches Kristen Griger and Deb LeCates have dedicated a tremendous amount of time to help these swimmers have a successful season!

## March Programs

### Session Three Swim Lessons

Swimming lessons for all ages will run from March 17 to May 24. Preschoolers require registration, which starts March 10. Sign up at the Main Desk.

### Family Float Night • March 14

### Movie Nights • March 8 and 22

### Adult Laps

On March 17, the Sports Center swim team concludes their winter season. Adult lap swimming will take its place from 5:00–6:30pm Monday through Thursday and 5:00–7:00pm on Fridays.

### After School Swim

There will be open swimming Monday, March 17 to Friday, March 28 from 4:00 to 5:00pm. Starting March 31, programs will be happening during this time slot. Check the Aquatics schedule for open swimming times.

## Adult Long Distance Swim Club

On November 5, 18 swimmers left San Antonio, Puerto Rico for their 100 mile journey to Cabazas de San Juan. As of February 6, a few of these swimmers are close to the half way mark, but many still have much of the journey left. Along the way, swimmers have learned many interesting facts about Puerto Rico. They will have until April 27 to finish the trip and get to Cabazas de San Juan where they can rest and relax! Congratulations to all those who put in a great effort!

## Moving Up Night

On Saturday, June 7, 6:00 to 8:30pm, the pool will be open to all 4<sup>th</sup> graders moving to 5<sup>th</sup> grade and 5<sup>th</sup> graders moving to 6<sup>th</sup> grade. Come enjoy free snacks and beverages! It's your night to celebrate!

## April Programs

**Kids Triathlon Club** will hold a meeting on April 22. The club is open to boys and girls ages 8–14. Practices are on Tuesdays and Thursdays, 4:15–5:00pm. Participants will learn the competitive aspects of swimming, biking, running, and event transitions. The club race will be held at the Sports Center on June 7 at 10:00am. Sign up in the Aquatics office.

**Jr. Lifeguards** • Wednesdays, April 23–June 4. Meeting on April 9 at 4pm in the pool. Ages 11–14.

**Movie Nights** • April 12 and 26

**Double Float Fridays** • Fridays, April 4–June 6 (except April 11 and 18).

**Family Float Night** • April 4

**Private Lessons** • Tuesdays, 4–5pm. Call the Pool at 547-2800 to sign up. \$10 for a half-hour lesson.

**Middle School Night** will be held in the pool on Friday, April 4, 9:30 to 11:00pm. This after hours event is open to students in grades 6–8. Enjoy the rock slide, floats, music, a movie, and snacks! \$2 members, \$4 non-members.

## Pool Safety & Healthy BBQ Tips

Learn about home pool safety before opening your pool for the summer to ensure that your family will be safe. Famed chef of Bassett Food Services, Brian Wrubleski, will be barbecuing food and presenting healthy barbecuing advice as well. The program will be held on Saturday, May 17, 9:00am to 1:00pm.

## Summer Swim Lessons

Registration for Sports Center member summer swim lessons starts Monday, June 2 and ends Friday, June 20. Class space may be limited, especially in the beginning levels, so be sure to sign up early. Summer lessons will run from June 30 to August 8.



Arleen Clark and Dave Chase



Mike Davis and Barry Gray

## Senior Bowling

Come out and join other bowlers for Tuesday Senior Bowling! Bowling is an excellent source of exercise, fun, and is a great opportunity to socialize. The popular morning activity is open to all seniors 55 and older for just \$1 for members and \$3 for non-members, including shoe rental. Senior Bowling takes place every Tuesday, 9:00am to 10:30am.

## Angelo Pugliese Bowling Day

Come to the bowling alley after school on Wednesday, March 5, 3:00 to 5:00pm and enjoy free bowling, snacks, and drinks. Open to grades 1-12. The free bowling day is dedicated to the memory of Angelo Pugliese, long time employee of the ACC Gym bowling alley.

## Helen Tirrell Memorial Tourney Results

Place	Names
1	Arleen Clark and Dave Chase
2	Janice Eichler and Barry Gray
3	Marion Madison and Ed Kukenberger

Men's High Game w/HDCP: Shane Lum (320)

Men's High Series w/HDCP: Keith Dickison (897)

Women's High Game w/HDCP: Cynthia McCartney (338)

Women's High Series w/HDCP: Arleen Clark (900)

## Winter Carnival Bowling Tourney Results

Place	Names
1	Mike Davis and Barry Gray
2	Ben Kelly and Dave Chase, Sr.
3	Anna Sams and Willis Monie

Youth High Game w/HDCP: Ryan Huggins (246)

Youth High Series w/HDCP: Ryan Huggins (671)

Adult High Game w/HDCP: Barry Gray (289)

Adult High Series w/HDCP: Barry Gray (770)

## Summer Bowling League



Registration has started for the Summer Mixed No-Tap Bowling League. Registration runs until May 31,

with league play starting June 3 and ending August 5. League meets Tuesday nights, 6:15 to 8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members or \$7 for non-members. For more information and to sign up, contact Barry Gray by calling 547-2800.

## Preschool Bowling

Preschool Bowling is available for children ages 3 to 5 every Tuesday morning, 10:30 to 11:00am. The price for unlimited bowling for an adult and child, with shoe rental, is 50¢.



## Current Bowling League Standings

Adult Leagues	High Average	High Game	High Series
Monday Night Men's League	Keith Dickison (198)	Keith Dickison (279)	Keith Dickison (718)
Tuesday Night Women's League	Cynthia McCartney (174)	Betty Staffin (233)	Cynthia McCartney (596)
Wednesday Night Men's League	Barry Gray (213)	Mike Staffin (300)	Joe Curcio, Jr. (761)
Thursday Afternoon Women's League	Marion Madison (153)	Marion Madison (206)	Eileen Barown (569)

Youth Leagues	High Average	High Game	High Series
Elementary League	Jeremy Davidson (143)	Dominick Zeh (195)	Jeremy Davidson (498)
Middle School League	Teddy Trosset (108)	Reilly Hall (163)	Scott Curtis (382)



# Winter Carnival Free Throw & 3-Pt Winners



Elementary Boys  
1<sup>st</sup> • Tyler Bertram



Middle School Boys  
1<sup>st</sup> • Chris Buchanan



High School Boys  
1<sup>st</sup> • Tommy Redding



Elementary Girls  
1<sup>st</sup> • Jennifer Flynn



Middle School Girls  
1<sup>st</sup> • Brooke Liner



Adult Free Throw & 3-Pt  
1<sup>st</sup> • Walker Herman



# Sharky's Preschool Christmas Party

Santa took a time-out from his busy toy-making schedule to visit the Sports Center the morning of December 20. Preschoolers put on their best Christmas sweaters and widest smiles to win extra nice points from Santa before the big day (and perhaps a few more presents under the tree as well). Children enjoyed holiday snacks, mountains of cookies, and punch. A big thank you goes out to all parents, children, and Mr. and Mrs. Claus who came to celebrate the holiday at the Sports Center!

# Current Athletics League Standings

League	First Place	Second Place
Winter Futsal	The Crew	The Troopers
Slow Break Basketball	Cooley's	Church & Scott
Fast Break Basketball	Today's	OGD
Adult Dodgeball	Purple Cobras	Average Joes
Adult Volleyball	Bonzai	A-Team

# Girls Basketball

The last day of Girls Intramural Basketball is on Friday, March 7. All are welcome to come out and watch the championship game and congratulate the girls on a season well played.



# Boys Intramural Basketball Winners

Duke • 3<sup>rd</sup> and 4<sup>th</sup> Grade



Top, left to right: Josh Nicholson, Max Clinton, Carmen Booan, Teddy Trosset. Bottom, left to right: Scott Curtis, Kyle Amsden, and Ethan Russell

Heat • 5<sup>th</sup> and 6<sup>th</sup> Grade



Top, left to right: Max Lang, Ken Eldred, Peter Resnick, Joseph Harmon. Bottom, left to right: Jason Cadwalader, Mike Perrino, Jack Donnelly, Caleb Pollock



## Spring Athletics Programs

### Gymnastics Session II

Three sections of instructional youth gymnastics—4 and 5 years old, Level I, and Level II—all begin starting March 28 and run until May 23. Registration for each runs until Friday, March 28. Gymnastics meets Mondays and Fridays. Ages 4 and 5 meet at 2:00pm, Level I at 3:00pm, and Level II at 4:15pm. The fee for 4 and 5 year olds is \$50 for members and \$75 for non-members. The fee for Level I and II is \$80 for members and \$110 non-members. Sign up by calling 547-2800.



### Senior Walk

Come in out of the cold and walk your worries away! Senior Walk takes place every Monday, Wednesday, and Friday, 10:00am to 11:00am. The program is free for all seniors with no membership required. We chart your progress and how many laps you have completed while you socialize with friends!



## Fetterman Tourney Award Winners

All Tournament Team awards were presented to the following players: Brooke Liner (Cooperstown), Jordan Beers (Oneonta), Morgan Loder (Cobleskill), Victoria Dettmer (Fort Plain), Haley Kilmartin (Fort Plain), Peter Resnick (Cooperstown), Jordan Gutierrez (Oneonta), Joel Wincowski (St. Ann's), Zanny Stewart (Norwich), and Michael Sutton (Norwich). The tournament MVP's were Sam Brochu (St. Ann's) and Mariah Ruff (Oneonta). The awards for sportsmanship were given to Maria DiMartin (Oneonta) and Michael Oralls (Norwich).



Left to right: Jordan Beers, Mariah Ruff, Maria DiMartin, Brooke Liner, Makaila Belden, Victoria Dettmer, and Morgan Loder

## Summer Athletics Programs

### Softball Leagues

Co-ed Adult Monday and Wednesday Softball Leagues will begin registration starting March 1. Monday's League starts May 5 and runs to August 18. Wednesday's League starts May 7 and ends August 20. Both leagues play 6:00 to 9:00pm during the summer, and both leagues require a \$400 fee per team. Sign up by calling 547-2800.



### High School Hoops

Girls and Boys High School Hoops registration runs May 1 to June 1. 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 23. 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 for 7 on 7 adult co-ed soccer league will begin on May 1. A meeting date is set for June 29. League play will begin July 6. Matches take place every Sunday, 4:00-8:00pm, until August 24. Participants must be 18 years old and out of school. The fee for the league is \$100 per team. For more information, contact Scott Whiteman by calling 547-2800.



## Pound by Pound

Our Pound by Pound program is in full swing with 248 participants. Only one month to go until final weigh-ins start March 30 and end April 14. There is still time to work off those last pounds by participating in our free group fitness classes!

March 1 • Spinning  
March 6 • Dance Step  
March 11 • Strength & Balance  
March 14 • Spinning

March 19 • Fit For Life  
March 22 • Beg. Power Yoga  
March 25 • Spinning  
March 26 • Cardio Sculpt







Bench Press Competition 2008 Award Winners

## Group Fitness Schedule

**Spring Session One • March 3–May 4, 2008**

No classes April 14–20

**Spring Session Two • May 5–June 28**

Preferred enrollment begins April 21

Open enrollment begins April 28

Pick up a schedule at the Fitness Center or by going to [www.clarksportscenter.com](http://www.clarksportscenter.com). Please remember to arrive to class on time. No admittance is allowed 5 minutes after classes start.

## Racquets League Standings

League	First Place	Second Place
Men's Racquetball	Bob Donnelly	Art Derouin
Mixed Racquetball	Andrea Johnson	Phyllis Orlowski
Women's Racquetball	Maureen Micek	Stacy Brotherton
Men's Squash	Robert Holmes	Peter Pollock
Women's Squash A	Gwen Snyder	Maureen Kuhn
Women's Squash B	Cari Lifgren	Sally Trossett

## It's Almost Tennis Time



March 31 will mark the re-opening of the outdoor tennis courts. The courts will be open from 8:00am to 8:00pm every day, with the exception of Hall of Fame Induction Day. We will be offering lessons to all ages and experience levels, summer tennis camps, and the youth tennis program in the fall. The use of the

tennis courts are free for members. Guests must pay a fee and sign a waiver form.

## Bench Press Competition

On Sunday, February 10, The Clark Sports Center held it's annual Bench Press Competition to coincide with Cooperstown's Winter Carnival. 31 lifters braved the early morning snowy weather to attend the event. The overall female winner, Wendy Slicer, weighed in at 116 pounds and was able to bench 140 pounds on her final attempt. Alexander Miller won the overall non-shirted division, weighing in at 220 pounds and lifting 385 pounds. John Bogart finished first overall in the shirted division, weighing in at 269 pounds and lifting an astounding 625 pounds. John also bested all other lifters to win the 225 pound Rep-Off event for the second year in a row, out-lifting his last year's mark of 34 reps with a new record of 36 repetitions.

### Female Lifting Results

Age Class	Weight Class	Place	Name
14-34	131-160	1	Carly Busse
		2	Bess Slicer
35-49	Under 133	1	Wendy Slicer
		2	Tammy Jones
35-49	131-160	1	Terri Korba
		2	Victoria Pressly
35-49	Over 160	1	Janine Sabella
50+	Under 133	1	Cathy Shults

### Male Lifting Results

Age Class	Weight Class	Shirt	Place	Name
Under 13	N/A	No	1	Thomas Slicer
14-34	166-181	No	1	Eric Haley
			2	Josiah Haley
14-34	182-198	No	1	Alex Zoeller
			2	Joe Polisen, Jr.
			3	Phil Pohl
14-34	199-220	No	1	Alexander Miller
			2	Dan Senif
35-49	149-165	No	1	Curt Terrano
35-49	166-181	No	1	Tom Harris
35-49	199-220	No	1	Mike Cring
35-49	243-275	No	1	Steven Antczak
35-49	Over 275	No	1	GX Cramatte
50+	149-165	No	1	Robert Cseh Sr.
			2	Joe Polisen, Jr.
50+	166-181	No	1	Bob Cseh Jr.
50+	199-220	No	1	G. Woodbury
50+	221-242	No	1	Alfred Kirby
14-34	199-220	Yes	1	Rusty Lewis
14-34	221-242	Yes	1	Aaron Bogart
35-49	133-148	Yes	1	Chris Byrnes
35-49	243-275	Yes	1	John Bogart

## Extreme After School Adventure

Extreme Adventure will take you to your limits! This after school club meets on Mondays and Fridays at 3:30pm. Youths ages 9 to 12 will meet on Mondays and youths ages 13 to 16 will meet on Mondays and Fridays. Join us in sledding, snowshoeing, kayaking, geocaching, rappelling, and climbing on the outdoor ropes course! In April, the 13-16 age group will take a weekend trip to the Adirondacks! Visit the Main Desk to sign up!



## After School Indoor Rock Climbing

Push yourself to try a new and exciting experience and test your climbing skills on the high rock wall! All ages are welcome to join in the fun. Meet us in the pool area every Tuesday, Wednesday, and Thursday, 3:30 to 5:00pm. All climbing equipment and shoes are provided. No fee for members.



## After School Kayaking

Youths ages 12 and over will be able to practice their kayaking skills after school in the pool. The program runs from April 7 to April 30 and meets on Mondays or Wednesdays, 4:00 to 5:00pm. Free for members, \$50 for non-members.

## Open Kayaking

Practice rolling and improving your kayaking skills before the season starts! Thursdays, 8:00-9:30pm, March 20, March 27, and April 3. Free for members.

## Whitewater Kayak & Canoe Clinics

The Adventure Department will be providing clinics for kayakers and canoers who wish to get into paddling sports. The whitewater kayaking clinic will be held Friday through Sunday, April 25 to 27. The canoe clinic will be held Friday through Sunday, May 2 to May 4. Each clinic costs \$100 for members and \$140 for non-members. Participants are provided with footwear, wetsuits, spray jackets, paddles, kayaks, and canoes. Call 547-2800 to sign up and for more information.

## Indoor Community Ropes

The Adventure Department will be holding indoor community ropes courses (located above the pool) on March 19 and April 16 at 6:00pm. Wear comfortable athletic clothing. Must be 12 or older to participate. \$10 members, \$15 non-members. Sign up at the Main Desk by calling 547-2800.



## Outdoor Community Ropes

The Adventure Department will be holding an outdoors community ropes course on May 21, weather permitting. Wear comfortable athletic clothing. Must be 12 or older to participate. \$15 members, \$20 non-members. Must be 12 or older to participate. Sign up at the Main Desk by calling 547-2800.



## Little Falls After School Climbing

Learn the basic techniques of moving on vertical walls at our favorite location in Little Falls, New York. Trips will take place on March 18 and April 15, 3:00 to 7:00pm. \$5 for members, \$7 for non-members.

## Family Paddle & Picnic

Join us on Saturday, May 31 for an outdoor Family Paddle and Picnic. We will be canoeing on a local river from 11:00am to 4:00pm. Halfway through the paddle, we will stop to eat a picnic along the riverside. All age groups and experience levels are welcome to join this easy afternoon paddle! \$10 for members, \$15 for non-members. Call 547-2800 to sign up and for more information.





### What's Inside:

Winter Program Results  
Upcoming Spring & Summer Programs  
Fetterman Basketball Tournament



### Contact Us

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

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