

Newsletter March 2009

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Hours

March 1–May 3

Monday–Friday • 6am–9:30pm
(Pool closes at 9pm)

Saturday • 8am–9pm

Sunday • 9am–6pm

(Adults only 9am–1pm)

May 4–October 4

Monday–Friday • 6am–9pm

Saturday • 8am–6pm

Sunday • Closed

Closures

Easter Day

Sunday, April 12

Memorial Day

Monday, May 25

Contact Us

Phone • (607) 547-2800

Fax • (607) 547-4100

www.clarksportscenter.com



2009 Girls Fetterman Basketball
Tournament Champions!



Goodbye Chuck Hamilton!
Chuck Hamilton, Executive Director of
The Clark Foundation, is seen
surrounded by Sports Center staff.

Q & A With Newly Appointed Director Dion Wade

Dion Wade officially started his tenure as the 8th Clark Sports Center Director on January 16. Dion brings to our organization a wealth of experience in fitness, recreation, and sports. He attended undergraduate school at Trinity University in San Antonio and received his masters degree in educational leadership from the University of Central Florida at Orlando. Before moving to Cooperstown in 2008, Dion served as Assistant Director of Facilities for the Division of Recreational Sports at the University of Texas at Austin. The next time you're in the Sports Center, be sure to stop by and say hello!



Clark Sports Center Director Dion Wade

What do you think are the strengths of The Clark Sports Center?

People. Many people on the full-time staff have over 20 years of experience and everyone has tremendous creativity and attention to detail. The part-time staff has a enormous amount of respect for their jobs and does whatever is needed to make The Clark Sports Center better. The members are also a great asset to this facility with a wide range of backgrounds and whose phenomenal personalities keep this place thriving.

What areas of the Sports Center are you looking to improve upon?

My goal for The Clark Sports Center is for us to continue to serve the many different areas of the community and find ways to make our programs even better than they already are.

How do you think the Sports Center positively affects the Cooperstown community?

The Clark Sports Center serves as a community builder, fitness facility, after-school activities center, and athletic center; all of which serve to make a happier and healthier community. It serves all ages and many different areas throughout the county so there is something here for everyone to enjoy.

What are your favorite sports?

Basketball and football. I grew up as a huge Chicago Bulls fan, but realized that I was just a Michael Jordan fan soon after he retired. After taking a couple of years to decide on a new team, I have since become a San Antonio Spurs fan and will remain that way for life. I also have to admit that I am an Atlanta Falcons fan even though they have never had back to back winning seasons.

What sports did you play growing up?

I played football and bowled while I was growing up. I started out playing football in 5th grade as an offensive and defensive tackle, but by 8th grade had moved to playing wide receiver and defensive back. I started bowling when I was 8 years old and continued on a league until I was 16. My high score is 236.

What interests do you have outside of the Sports Center (hobbies, interests, etc.)?

I love playing sports, especially basketball, football, bowling, and softball. I am also a big fan of the Nintendo Wii which gives me the chance to be good at sports like tennis and golf. I have a few shows that I like to watch on television as well: 24, Heroes, House, the Office, and 30 Rock to name a few.

Upcoming Programs

March Programs

Family Wellness Lecture Series • March 4, 7:00pm, in the Conference Room. "Joint & Back Issues." Earn money off of your membership by attending! Free for members and non-members.

Family Float Night • March 13, 7:00–8:30pm. Bring your own floats or use ours! Free for members.

Middle School Night • March 13, 9:00–10:30pm. Youth in grades 6, 7, and 8 can enjoy snacks, watch movies, and have fun at their own after hours pool party. \$2 members, \$4 non-members.

Movie Night In The Pool • March 7 (Oliver & Company) and 28 (Teenage Mutant Ninja Turtles), starts at 7:00pm. \$2 members, \$4 non-members.

Session 3 Swim Lessons • Swimming lessons for all ages will run from March 23 to May 23. Pre-schoolers require registration, which starts on March 16. Sign up at the Main Desk.

After School Kids Kayaking In The Pool • Monday through Friday, 3:00–4:00pm or 4:00–5:00pm, March 23 to March 27. 6 youth per session. Sign up starting March 2 in the Aquatics Office.

After School Kids Pool Programs • 4:00–5:00pm, March 30–June 12 (no programs during school holidays or vacations; sign-ups start March 2 for junior lifeguards and photography in the Aquatics Office).

- Mondays: Second Year Junior Lifeguards
- Tuesdays: Water Baseball
- Wednesdays: First Year Junior Lifeguards
- Thursdays: Underwater Photography
- Fridays: Double Float Fridays

April Programs

Family Wellness Lecture Series • April 1, 7:00pm, in the Conference Room. "Exercise Ideas In & Out Of The Gym." Earn money off of your membership by attending! Free for members and non-members.

Kids Triathlon Club • Starts April 21! The Club is open to boys and girls ages 8–14 who wish to learn the competitive aspects of swimming, biking, running, and the transitions between each. Sign up in the Aquatics Office starting April 1.

Elementary School Night • Friday, April 3, 7:30–10:15, pickup by 10:30. Pizza, cartoons, gym floor fun, swimming, floats, and bowling! Fun just for elementary school youth (grades K–5)! Sign up at the Main Desk! \$2 members, \$4 non-members.

April Programs Continued

Movie Night In The Pool • April 4 (Madagascar 2) and 25 (Hoodwinked), starts at 7:00pm. \$2 members, \$4 non-members.

May Programs

Summer Swim Lessons • Registration for Sports Center member summer swim lessons starts Monday, May 4 and ends Saturday, May 30. Class space may be limited, especially in the beginning levels, so be sure to sign up early. Summer lessons will run from June 29 to August 7.

Pool Rentals • Beginning May 9, the pool is available for group rentals on Saturday nights, 6:00 to 8:00pm. We will provide tables, chairs, floats, music, and lifeguards. You provide food and refreshments. Waivers are required for all participants. The cost is \$150 with a non-refundable deposit required at the time of reservation. June 6, July 4 and July 25 are not available. Please call the Pool Office to make a reservation by calling 547-2800.

June Programs

Moving Up Night • On Saturday, June 6, 6:00–8:00pm, the pool will be open to all 4th graders moving to 5th grade and 5th graders moving to 6th grade. Come enjoy free snack and beverages! It's your night to celebrate!

Clark Sports Center Open House Sunday, March 29, 1:00–5:00pm

The Clark Sports Center will be hosting an Open House on Sunday, March 29 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!



Upcoming Programs

Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0-5)	Sept. 9-June 4 Tues, Wed, Thurs	9:00-10:30am	None	Free for members
Kids Day (Grades K-6)	Sept. 10- June 3 Wednesday	3:00-5:00pm	None	Free for members
Gymnastics Session II	March 23-April 24 Mondays & Fridays	K-3 • 3:30-4:15 4-12 • 4:15-5:30	Feb, 16-Mar. 20	\$65 Members \$90 Non-members
Little Tots Tumbling Program New Youth Program!	April 27-June 1 Mondays & Fridays	3 Yrs • 2:00-2:30 4 Yrs • 2:45-3:15 K-2 • 3:30-4:30	March 1-April 17	\$50 Members \$75 Non-members
Co-ed Adult Monday & Wednesday Softball Leagues	Mon. • May 4-Aug. 17 Wed. • May 6-Aug. 19	6:00-9:00pm for both leagues	Begins March 2	\$400 per team
Summer 7 On 7 Soccer League	June 28-Aug. 23 Sundays	4:00-8:00pm	Begins May 1	\$100 per team
Monday Boys & Wednesday Girls High School Hoops Leagues	Mon. • June 24-Aug. 5 Wed. • June 22-Aug. 3	6:00-10:00pm for both leagues	Begins May 1	\$250 per team

Adventure Outings and Programs

Program	Days & Time	Fee
Open Climbing Wall Open until May 1 (All ages)	Tuesdays, Wednesdays, and Thursdays, 3:30-8:00pm • Saturdays, 1:00-4:00pm	Free for members
Indoor Community Ropes Course (Sign up at the Main Desk)	March 18 Starts at 6:00pm • Ages 12 and older	\$10 Members \$15 Non-members
Outdoor Community Ropes Course (Sign up at the Main Desk)	April 29 and May 27 Starts at 4:30pm • Ages 12 and older	\$15 Members \$20 Non-members
After School Kids Kayaking (Open to youth 12 and older)	March 23 to March 27 • Monday through Friday 3:00-4:00pm or 4:00-5:00pm • 6 per session	Free for members \$50 Non-members
After School Adventures (Open to youth K-12)	Mondays, 3:30-4:30pm • Meet in the lobby (On snow days, activities will run 1:00-3:00pm and must have a minimum of 10 participants)	Free for members
Little Falls After School Climbing (Open to youth 12 and older)	April 21, May 15, and May 19 3:00-7:30pm	Free for members \$15 Non-members
Climbing in the Gunk's (Open to youth 12 and older)	May 16 • Meet in the lobby at 7:30am Head down to Peterkill State Park in the World Famous Gunk's! All equipment and necessary instruction included on great rock!	\$25 Members \$35 Non-members
Whitewater Kayaking Introduction (Open to youth 12 and older)	May 30 • Meet in the lobby at 7:30am Half day of flat water, eat lunch on the road to a local river, and practice the basics of ferrying and eddy turn maneuvers. All equipment provided.	\$30 Members \$50 Non-members

Adventure News

Cross-Country Ski Race Results

Place	Name	Time	Place	Name	Time	Place	Name	Time
1	Hans Ofer	14:00	6	Doug DeLong	17:33	11	Joseph Begley	31:09
2	Bill Kerr	14:28	7	Kevin Mallery	17:54	12	George Ehrmann	58:55
3	Kurt Ofer	15:20	8	George Hovis	22:42	13	Alica Collins	DNF
4	Will Nicholson	15:23	9	Karen McShane	23:47	14	Caleb Edmonds	13:28 (DNQ)
5	Drew Porter	15:56	10	Kim Jastremski	29:22			



Aquatics News

Youth Long Distance Swim

In September, eight young swimmers began a long distance swim challenge in the pool. Their goal is to swim the distance of five local lakes—Gilbert Lake (¼ mile), Arnold Lake (½ mile), Goodyear Lake (1¾ miles), Canadarago Lake (5 miles), and Otsego Lake (9 miles). As of February, Isabella Penola and Elizabeth Russo have completed the 16.5 mile swim, and the rest are closing in. Great job swimmers!

Adult Long Distance Swim

42 swimmers started the 100 mile journey along the coast of France back in September. Janet Ratliff and Todd Mayton have completed the journey and several more are close to their destination, Monaco. Participants earn casino chips for each mile completed! At the end of the journey, there will be a Monaco style casino float night. Swimmers have until April 30 to complete the trek.



Clark Sports Center Sharks Swim Team 2008–2009

Coaches Debbie LeCates and Kristen Griger welcomed back 52 returning swimmers and added 20 new swimmers to this season's roster. The Sharks season includes five days of practice per week and 13 meets throughout the Adirondack region and will culminate in the Gold Championships in mid-March. Many thanks to the coaches, staff, parents, and swimmers who have made this season successful!

New swimmers include: Katelyn Amsden, 6, Lindsay Brown, 9, Andrew Burnham, 11, Jake Burnham, 13, Jeanne DiMaggio, 9, Kristen Dutkowsky, 15, Anna Edgington, 9, Samantha Fanion, 10, Katie Franck, 11, Megan Greene, 7, Lindsay Harloff, 12, Sarah Johnson, 6, Rebecca Marmorato, 6, Noah Mickels, 11, Isabella Penola, 11, Maggie Schuermann, 8, Amelia Sharp, 9, August Stegman, 11, Rachel Stone, 11, Kai Wasson, 7.

Returning swimmers include: Kyle Amsden, 9, Jane Auld, 11, Mary Auld, 14, Rafael Barrett, 15, David Bonderoff, 15, Lydia Edgington, 14, Caleb Edmonds, 16, Heidi Edmonds, 9, Daniel Francis, 9, Anna Greene, 9, Cassidy Griger, 14, Delilah Griger, 8, Eden Griger, 11, Tessa Griger, 10, Grace Heneghan, 11, Sarah Heneghan, 11, Carolann Hill, 17, Aaron Idelson, 12, Natalie Johnson, 9, Sylvia Johnson, 11, Megan Kern, 8, Michael Kern, 11, Margaret Knight, 10, Tom Knight, 8, Madeline Kramer, 10, Abby LeCates, 10, Grace LeCates, 9, Michaela Marmorato, 9, Todd Mayton, 16, Erik Mebust, 13, Sean Mebust, 11, Ted Mebust, 9, Sophie Miller, 11, Leland Morris, 9, Olivia Morris, 15, Jane O'Bryan, 16, Spencer O'Bryan, 14, Marcus Oestman, 14, Ian Robinson, 11, Alexandra Russo, 10, Elizabeth Russo, 11, Eli Sandler, 10, Jessie Shelton, 15, Jack Siegel, 13, Sarah Siegel, 11, Simon Valettuto, 14, Philip Wasson, 10, Colin Wilcox, 11, Thomasina Zaengle, 9, Townie Zaengle, 11, Lucas Zenir, 13, Jaime Zoltick, 12.

Boys Intramural Basketball Champions



Georgetown • 3rd and 4th Grade

Left to right: Pierce Snyder, Bobby Haggerty, Keith Barlow, and Jack Lambert



Bulls • 5th and 6th Grade

Top, left to right: Carmen Boosan, Ken Eldred, Jimmy Anania, and Jack Donnelly; Bottom, left to right: Raymond Cabrera, Max Clinton, and Connor Fay



Elementary Boys Foul Shot

1st • Jack Lambert
2nd • Reilly Hall
3rd • Tyler Bertram



Elementary Girls Foul Shot

1st • Addy Lawson
2nd • Jane Gozigan
3rd • Danielle Perrino

2009 Fetterman Basketball Tournament Girls Champions



Top: Olivia Phillips #41, Isabella Penola #23, Katie Kleban #33, Jordian Siver #30, Rebecca Morosko #51, Coach Scott White-man; Bottom: Addy Lawson #13 (Girls MVP), Mallory Arthurs #31, Jenny Flynn #21, Liz Millea #11 (All-Tournament Team)

Fetterman Tourney Award Winners



Boys All-Tournament Team

Noah Sheehan (Oneonta), Mike Oralls (Norwich), Alexander Stewart (Norwich), Ryan Crouse (ODY), Ryan Henderson (Cazenovia)

Boys MVP

Jordan Guitterez (Oneonta)

Boys Sportsmanship Award

Willie Harrison (Oneonta)



Middle School Boys Foul Shot

1st • Park Summers
2nd • Chris Buchanan
3rd • Kyle Talman



Middle School Girls Foul Shot

1st • Jordian Siver
2nd • Rebecca Morosko
3rd • Katie Kleban

Current League Standings

Winter Futsal

1st: Troopers (16pts)
2nd: Crew (15pts)
3rd: Pugs (14pts)
4th: El Nino (14pts)

Adult Dodgeball

1st: Stingers (4-0)
2nd: Noelle's Team (3-1)
3rd: Rip Torn (3-1)
4th: Dead Residents (1-3)

Adult Volleyball

1st: Cooley's (11-2)
2nd: Bonzai (11-2)
3rd: Vandelay Insur. (6-7)
4th: Easton Constr. (3-10)

Slow Break Basketball

1st: Leatherstocking (15-1)
2nd: Church & Scott (10-4)
3rd: Tobin Motors (10-4)
4th: Royal Chrysler (8-6)

Fast Break Basketball

1st: Colonial Insur. (7-1)
2nd: Today's (6-2)

3rd: SEFCU (3-5)

4th: Ommegang (0-8)



Girls All-Tournament Team

Savannah Irwin (Norwich), Taylor Williams (Norwich), Brianna Baker (Oneonta), Liz Millea (Cooperstown), Gabrielle Pacatte (Cobleskill)

Girls MVP

Addy Lawson (Cooperstown)

Girls Sportsmanship Award

Rachel Seile (Norwich)



High School Foul Shot

1st • Sam Bowen
2nd • Jeff Flynn
3rd • Issac Herman



Adult Foul Shot Winner

Mark Misiewicz

Adult 3 Point Winner

Pete Freehafer

Bowling News

Winter Carnival Bowling Tourney

Results from the February 7 and 8 Tournament are:

Place	Names and Scores
1	Spencer and John Vann • 1260
2	Kayla Eldred and Shane Lum • 1255
3	Katie and Don Murphy • 1200
4	Dominick and Bernie Zeh • 1193
5	Ben Kelly and Dave Chase Sr. • 1192
6	Reilly and Bob Hall • 1180
7	Joey Coan and Ken Ainslie II • 1169
8	Scott and Matt Curtis • 1158
9	Dennis and Dennis Dibble Jr. • 1156
10	Ryan and Ray Bennett • 1147
Youth High Game With Handicap: Spencer Vann • 248	
Youth High Series With Handicap: Keith Barlow • 701	
Adult High Game With Handicap: Shane Lum • 298	
Adult High Series With Handicap: Shane Lum • 739	

Summer Bowling League

Registration for the Summer Mixed No-Tap Bowling League has started and runs through May 31. League play will begin June 2 and end August 4. League meets on Tuesday nights, 6:15 to 8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members and \$7 for non-members. For more information and to sign up, contact Barry Gray by calling 547-2800.



Spencer and John Vann • Winter Carnival Tournament Winners

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¢.

Senior Citizen Bowling

Come out and join other bowlers for Tuesday Senior Bowling! Bowling is an excellence 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, 9:00–10:30am.

Angelo Pugliese Bowling Day

On Wednesday, February 25, over 50 children enjoyed bowling, pizza, drinks, and snacks as part of the Sports Center's annual Angelo Pugliese Bowling Day. The free bowling day is dedicated to the memory of Angelo Pugliese, long time employee of the ACC Gym bowling alley and youth bowling supporter.

Current Bowling League Standings

Adult Leagues	High Average	High Game	High Series
Monday Night Men's League	Mike Kenney • 201	Mike Kenney • 279	Mike Kenney • 759
Tuesday Night Women's League	Cynthia McCartney • 182	Cynthia McCartney • 235	Cynthia McCartney • 638
Wednesday Night Men's League	Barry Gray • 211	Barry Gray • 279	Barry Gray • 794
Thursday Afternoon Women's League	Marion Madison • 153	Gerry Kranitz • 207	Gerry Kranitz • 578
Youth Leagues	High Average	High Game	High Series
Elementary & Middle School League	Teddy Trosset • 143	Teddy Trosset • 180 Raymond Cabrera • 180	Teddy Trosset • 470

Health & Fitness News

Bench Press Competition

Our annual Bench Press Competition will take place on Saturday, March 7, 2009. Weigh-ins begin at 11:00am, with the competition starting at 1:00pm. The competition will feature bench shirt and non-bench shirt categories in each weight class. The 225 pound Rep-Off event will be returning this year. Pre-registration before March 7 costs \$20. Registration on the day of the competition will be \$30. T-shirts will be given to the first 50 registered lifters.

Fundraising Spinning Rides

Two special Spinning rides (one 90 minutes and one two hour) held around the holidays raised \$165 for the Cooperstown Foodbank. Thank you to all riders who participated!



New Group Fitness Schedule & Classes!

The next Group Fitness schedule will begin on Monday, March 9. There will be no classes April 13-19. Schedules can be downloaded at www.clarksports-center.com or picked up at the Fitness Center Desk.

Sunday Zumba • 1:30-2:30pm. Open to ages 9-90. (Participating youth under the age of 14 need to be accompanied by an adult. Limit of 2 youth per adult).

Core & Calm • Mondays, 4:30-5:00pm

Core Express • Thursdays, 11:00-11:30am

Express Workout • Thursdays, 4:30-5:00pm



Racquets News

Racquetball and Squash Regular Season League Standings

Men's A Racquetball

- 1st: Bob Donnelly (13-1)
- 2nd: Tom Hohensee (13-1)
- 3rd: Bob Hassman (8-6)
- 4th: Al Garcia (6-8)

Mixed Racquetball

- 1st: Andrea Johnson (10-4)
- 2nd: Tom Minich (8-0)
- 3rd: Bennett Sandler (7-4)
- 4th: Tom Shieber (5-1)

Men's Squash

- 1st: Mark Rathbun (10-0)
- 2nd: Mitul Kanzaria (10-2)
- 3rd: Peter Arquin (8-2)
- 4th: Bruce Grover (7-1)

Women's B Squash

- 1st: Betsy Danes (3-1)
- 2nd: Teresa Drerup (3-1)
- 3rd: Ellen Tillapaugh (2-1)
- 4th: Bridget Bertram (0-1)

Men's B Racquetball

- 1st: Bennett Sandler (13-1)
- 2nd: John Connolly (10-2)
- 3rd: Tom Shieber (9-3)
- 4th: Zach Winnie (7-7)

Women's Racquetball

- 1st: Summer Farina (7-0)
- 2nd: Candice Hassman (4-2)
- 3rd: Maureen Micek (3-2)
- 4th: Jeanne Dewey (1-5)

Women's A Squash

- 1st: Maureen Kuhn (10-0)
- 2nd: Gwen Snyder (7-2)
- 3rd: Phyllis Orlowski (5-4)
- 4th: Katy Haseley (4-6)

Racquets League Champs

Note: Mixed Racquetball, Men's Squash, and Women's A & B Squash Champions to appear in our next newsletter.



Men's "A" Racquetball
Tom Hohensee



Men's "B" Racquetball
John Connolly



Women's Racquetball
Summer Farina



The Tennis Center will reopen on March 30. Look for adult leagues and youth tennis programs to start soon.

What's Inside:

Winter League & Program News
Upcoming Spring & Summer Programs
Fetterman Basketball Tournament



Fetterman Basketball Tournament 2009

Contact Us

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