

# ClarkSportsCenter

## March Newsletter 2010

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Men's Awards: Gary Toombs (1<sup>st</sup>), Mark Gobel (2<sup>nd</sup>) & Thomas Cassidy (3<sup>rd</sup>)



Women's Awards: Emily Stein (1<sup>st</sup>), Sue Knight (2<sup>nd</sup>) & Andrea Ulrich (3<sup>rd</sup>)

## 2<sup>nd</sup> Annual Cross-Country Ski Race Results

The Clark Sports Center held its second annual Cross-Country Ski Race on Winter Carnival Weekend, Saturday, February 6. The event, held on the Sports Center grounds, drew 21 adult and 4 youth skiers despite the unusual lack of snow. We look forward to seeing all race winners and participants next year for our new annual Winter Carnival tradition! More race photos can be found page 2 and on-line at [www.clarksportscenter.com/events/cross-country-ski-race/](http://www.clarksportscenter.com/events/cross-country-ski-race/).

Name	Bib #	Start	End	Result
Gary Toombs	16	0:09:30	0:23:25	0:13:55
Mark Gobel	9	0:06:00	0:20:50	0:14:50
Thomas Cassidy	19	0:11:00	0:26:51	0:15:51
Bill Kerr	6	0:04:30	0:21:40	0:17:10
Mike Hodgeman	21	0:12:00	0:29:22	0:17:22
Philip Prince	17	0:10:00	0:28:05	0:18:05
Holger Loewenday	11	0:07:00	0:26:17	0:19:17
Neil Toombs	7	0:05:00	0:24:28	0:19:28
Rodney Robinson	8	0:05:30	0:25:28	0:19:58
Emily Stein	10	0:06:30	0:28:33	0:22:03
Susie Knight	5	0:04:00	0:26:05	0:22:05
Andrea Ulrich	12	0:07:30	0:30:58	0:23:28
Elisabeth Lesko	1	0:02:00	0:26:05	0:24:05
Deb Dolan	18	0:10:30	0:35:46	0:25:16
Sarah Shuder	14	0:08:30	0:37:50	0:29:20
Kim Jastremski	2	0:02:30	0:33:05	0:30:35
Rejoice Jula	13	0:08:00	0:41:53	0:33:53
Eric Mooney	4	0:03:30	0:44:17	0:40:47
Lisa Mooney	3	0:03:00	DNF	DNF
Alice MP Collins	20	0:11:30	DNF	DNF
John Towsich	15	0:09:00	DNF	DNF

### Ages 11 & Under Division

Joseph Peterson • Age 11      Molly Mooney • Age 11  
 Kelly Mooney • Age 9      Reilly Mooney • Age 6

## Sports Center Trivia Question!

Test your knowledge with our new Clark Sports Center Trivia question! Submit your answer to the Main Desk and you might win a prize!



### Who was the first director of our current facility?

Answer for the December 2009 Newsletter: The first Alfred Corning Clark Gymnasium opened in 1891. It became obsolete and was demolished in the 1920's. The new ACC Gym opened in 1930 sporting such improvements as a swimming pool and bowling alleys. That site is now part of The Baseball Hall of Fame. Our current facility opened in October of 1986 and was renamed The Clark Sports Center in 1995.

## Clark Sports Center Facility Hours

March 1–May 2 • Monday–Friday: 6:00am–9:30pm  
 (Pool closes at 9:00pm) • Saturday: 8:00am–9:00pm  
 Sunday: 9:00am–6:00pm (Adults Only 9:00am–1:00pm)

May 3–October 3 • Monday–Friday: 6:00am–9:00pm  
 Saturday: 8:00am–6:00pm • Sunday: Closed

### Closures

Easter Day • Sunday, April 4  
 Memorial Day • Monday, May 31

### Contact Us

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

# Upcoming Programs

## March Programs

**Junior Lifeguards** • Sign up for Junior Guards starting March 1 at the Aquatics Office! The program will run April 7 to June 4, 4:00 to 5:00pm. New guards meet Wednesdays and second and third year guards meet on Fridays.

**Adirondack Winter Hiking** • Saturday, March 6, 7:00am to 6:00pm. Sign up at the Main Desk. \$15 for members, \$20 for non-members.

**Family Fun Organized Game Night** • Saturday, March 6, starting at 6:00pm. Free for members.

**Movie Night in the Pool** • Saturday, March 6, starting at 6:30pm. \$4 for members, \$6 for non-members.

**Healthy Cooking Demo** • Thursday, March 11. Demos and free samples throughout the day with Bassett Chef Brian Wrubleski. Free for members.

**Adult Organized Game Night** • Saturday, March 13, starting at 6:00pm. Free for members.

**Middle School Night in the Pool** • Saturday, March 13, 9:00–10:30pm. After hours event with movies, floats, snacks and fun just for youth in grades 6 to 8. \$4 for members, \$6 for non-members.

**Kid's March Madness Basketball** • Friday, March 19. Basketball contests 9:00am–12:00pm, then lunch and games on TV 12:00–5:00pm. Free for members.

**Family Float Night in the Pool** • Saturday, March 19, 7:00 to 8:30pm. Free for members.

**Movie Night in the Pool** • Saturday, March 20, starting at 6:30pm. \$4 for members, \$6 for non-members.

**Indoor Community Ropes Course** • Wednesday, March 24, 5:00 to 8:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$10 for members, \$15 for non-members.

**Kids Kayaking in the Pool** • Monday–Friday, April 12–16, 3:00–4:00pm or 4:00–5:00pm. Learn basic kayaking and safe boating skills. We have new kayaks for this year! Register for one time session at the Main Desk, open to youth 12 and older. Free for members or \$50 for non-members.



## April Programs

**Diving Club Show** • Thursday, April 1, 4:00pm. Watch the culmination of our diver's hard work and effort learning techniques and fundamentals.

**Kid's Triathlon Club** • Sign up at the Aquatics Office starting April 5! Tuesdays and Thursdays, 4:15 to 5:00pm, starting April 27. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 8 to 14. Meeting on April 27 with practices starting April 29.

**Movie Night in the Pool** • Saturday, April 10 starting at 6:30pm. \$4 for members, \$6 for non-members.

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

**Little Falls After School Climbing** • Thursday, April 29, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

## May Programs

**Adventure Gear Swap** • Saturday, May 1, 10:00am to 4:00pm, in the Conference Room. Bring in your unused gear to swap with other climbers and bikers for something new! Free for members.

**Kid's Kickball** • Tuesday, May 4, 3:30 to 5:00pm. Sign up at the Main Desk. Free for members.

**Zipline** • Tuesday, May 4, 3:30 to 5:00pm. Sign up at the Main Desk. Ages 12+. Free for members.

**Little Falls After School Climbing** • Thursday, May 13, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

**Climbing in the Gunks** • Saturday, May 15, meet in the Main Lobby at 7:30am. Ride down with us to Peterkill State Park in the world famous Gunks! All equipment and instruction included. Sign up at the Main Desk. Ages 12+. \$25 for members, \$35 for non-members.

**Outdoor Community Ropes Course** • Wednesday, May 19, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. \$15 for members, \$20 for non-members.

**Little Falls After School Climbing** • Thursday, May 27, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

## June Programs

**Kid's Outdoor Dodgeball Tourney** • Tuesday, June 1, 3:30–5:30pm. Sign up at the Main Desk. Free for members.

**Kid's Triathlon Club Race** • Saturday, June 5, 10:00am. Race starts and ends at the Sports Center.



# Upcoming Programs

## June Programs Continued

**Moving Up Night in the Pool** • Saturday, June 5, 6:00 to 8:30pm. The Pool will be open with snacks and floats to all 4<sup>th</sup> graders moving up to 5<sup>th</sup> grade and all 5<sup>th</sup> graders moving up to 6<sup>th</sup> grade! Free for members.

**Little Falls After School Climbing** • Thursday, June 10, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

**Whitewater Kayaking Introduction** • Saturday, June 12, 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.

## High Rock Climbing Wall

The High Rock Climbing Wall is open until May 1. The Wall hours are: Tuesdays and Wednesdays 3:30–5:30pm, Thursdays 3:30–8:00pm, and Saturdays 1:00–4:00pm. All ages and abilities are welcome. Free for members.

## Monster Bench Press Competition

**Saturday, April 10 • Weigh-ins: 9:30am  
Rules: 11:00am • Competition: 11:30am**

Our annual competition is returning this year with new weight classes, the return of the Team Event, shirted and non-shirted men's and women's divisions, and the popular Rep-Off competition! Event brochure and registration forms can be downloaded at [www.clarksportscenter.com/events/!](http://www.clarksportscenter.com/events/)

Athletics Program	Days	Time	Registration	Fee
Girl's Volleyball (Grades 3–6)	May 3–June 11 Monday, Friday	Grades 3–4 • 3:15–4:00pm Grades 5–6 • 4:00–4:45pm	April 1–May 1 Meeting May 3	Free for members
Gymnastics (Ages 4–5)	March 12–April 30 Monday, Friday	Ages 4–5 • 2:00–2:45pm	Feb. 1–March 12 Meeting March 12	\$50 member \$75 non-member
Gymnastics Levels 1 & 2 (Grade School)	March 12–April 30 Monday, Friday	Level 1 • 3:00–4:15pm Level 2 • 4:15–5:30pm	Feb. 1–March 12 Meeting March 12	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	April 6–May 18 Tuesday, Thursday	3:00–5:00pm	March 15–April 1 Meeting April 1	Free for members
Little Tots Tumbling (Ages 3, 4 & Grades K–2)	May 3–June 7 Monday, Friday	Age 3 • 2:00–2:30pm Age 4 • 2:45–3:15pm Grades K–2 • 3:30–4:30pm	March 1–May 1 Meeting May 3	\$50 member \$75 non-member
Boy's Summer High School Hoops League	June 28–August 16 • Monday	6:00–10:00pm	Starts May 1	\$250 per team
Girl's Summer High School Hoops League	June 30–August 11 • Wednesday	6:00–10:00pm	Starts May 1	\$250 per team
Preschool Sports Academy (Ages 4–5)	March 2–May 20 Tuesday, Thursday	11:15–11:45am	Feb. 8–March 1	Free for members
Coed Monday Softball (Ages 18+, 8 teams max.)	May 3–August 23 Monday	6:00–9:00pm	Starts March 1 Meeting April 12	\$400 per team
Coed Wednesday Softball (Ages 18+, 8 teams max.)	May 5–August 25 Wednesday	6:00–9:00pm	Starts March 1 Meeting April 14	\$400 per team
Coed Sunday Soccer (Ages 18+, 8 teams max.)	July 4–August 29 Sunday	4:00–8:00pm	Starts May 3 Meeting June 25	\$100 per team



# Aquatics News



## 2009–2010 Clark Sports Center Sharks Swim Team

The Clark Sports Center Sharks Swim Team had a successful 2009-2010 swim season. Coaches Debbie LeCates and Kristen Griger welcomed back 53 returning swimmers this season and added 35 new swimmers to the roster. The program continued to grow while coaches LeCates and Griger finished their 6<sup>th</sup> and 5<sup>th</sup> seasons, respectfully. The Sharks held practice five days a week, with returning swimmers required to attend three practices each week and developmental swimmers attending two practices

each week, and all 88 swimmers taking to the pool on Wednesday afternoons. The Clark Sports Center Sharks' season included 12 meets throughout the Adirondack region culminating in Gold Championships in mid-March. The team is a member of and competes in the Central Valley Swim League, which includes teams from Amsterdam, Canajoharie and Delhi. A full team roster, a list of current Sharks records, and home meet photos can be found at [www.clarksportscenter.com](http://www.clarksportscenter.com).

## Pool Schedule Changes March 22

Beginning March 22, the Sports Center's Sharks Swim Team will have concluded their winter season. Adult lap swimming will be held 5:00–6:30pm Monday through Thursday and 5:00–7:00pm on Fridays. After school Open Swim will be held 3:30–5:00pm Monday, Tuesday, and Thursday, and 3:30–4:00pm on Wednesday and Fridays.

## Pool Safety & Rules Reminders

- Please remember that the Pool balcony is not an area to change your children for swim lessons or open swims. Wet floors on the balcony are a major safety hazard. Please take the time to use the appropriate locker room for changing.
- Spectators must use the balcony to observe classes, meets, and other programs.
- Be sure to arrive to swim lessons on time to ensure your child's progression of skills in each class.

## Swim Lessons: Session Three

Session Three of Swim Lessons begin on March 22 and run to May 28. Registration for Preschool Lessons starts March 15 at the Main Desk. Special Note: There will be no lessons on Saturday, May 29. For more information about lessons, please contact Aaron Saxer, Swim Lessons Coordinator, by calling 547-2800.

## Summer Swim Lessons

Registration for Summer Swim Lessons will begin on May 3 and run to May 29. Class space may be limited, especially in the beginning levels, so be sure to sign up early. Summer Lessons run June 28 to August 6.

## Private Swim Lessons

Private swim lessons are available for both youth and adults of all ages and ability levels. Swimmers must pay for lesson tickets at time of sign up (\$12 per 30 minute session or \$100 for a book of 10 session tickets). To sign up, call Aaron Saxer at 547-2800.

## Pool Rentals

The pool is available for your group on Saturday nights, 6:00–8:30pm, May 8–October 3. The cost for rentals is \$150 and includes tables, chairs, floats, music, and lifeguards. Call the Aquatics Department at 547-2800 to make a reservation with a \$50 deposit.



# Athletics News



## Boy's Junior Basketball Season Champs

Front, L to R: Sean Barber, Jack Lambert, David Lowenguth; Back, L to R: Dennis Dibble, Brendan Lohan, Eric Dyseroth, Ben Tafuro.



## Boy's Senior Basketball Season Champs

Front, L to R: Teddy Trosset, Trentin Carentz, Brennan Loder; Back, L to R: Tanner Clinton, Keenan Loder, Chad Carr, Gillis Summers



## Boy's Junior Basketball Playoff Champs

Front, L to R: Jesse Furnari, Elliot Carr, Scott Feik, Ryan Palmatier; Back, L to R: Matt Hulse, Mike Hage, Tom Knight



## Boy's Senior Basketball Playoff Champs

Front, L to R: Pierce Snyder, E.J. Perez, Ray Cabrera, Josh Briggs; Back, L to R: Finn Hodgins, Scott Segit, Travis Thompson, Gillis Summers



## Girl's Junior Basketball Season & Playoff Champs

Front, L to R: Juliet Ratliff, Lila Hage, Ashley Kuiber, Anya McGoldrick; Back, L to R: Mae Lowenguth, Emily Perez, Sierra Sillaro, Katie Boyle



## Girl's Senior Basketball Season & Playoff Champs

Front, L to R: Emily Rodgers, Molly Mooney, Lindsey Rathbun, Alexi Tsouvas; Back, L to R: Ciara McGoldrick, Emily Dolan, Liz Millea



## Fetterman Tournament Boy's Champion

Broadalbin



## Fetterman Tournament Girl's Champion

Norwich "A"



## Adult Winter Carnival Winners



## Three-Point

Dave Kent

# Athletics News Continued

## Athletics League Standings

### Men's Slow Break Basketball Standings

1. Colonial Pharmacy (11-1)
2. Leatherstocking Insurance (10-2)
3. Church & Scott (7-6)
4. Tobin Motors (6-6)

### Men's 50+ Basketball Standings

1. Team 3 (Allen)
2. Team 1 (Pikarsky)
3. Team 2 (Miosek)
4. Team 4 (Raddatz)

### Adult Volleyball Standings

1. Bonzai (13-0, 950 points)
2. Cooperstown Bat Company (11-2, 922 points)
3. Loose Cannon (6-7, 873 points)
4. Jungle Ballers (6-7, 842 points)

### Winter Futsal Standings

1. Yo Mama (14 points)
2. The Crew (14 points)
3. Warriors (13 points)
4. Troopers (12 points)

# Racquets News

## Racquetball League Champions



**Men's "B" Racquetball**  
Zach Winnie

**Racquets Note**  
All other racquet leagues playoffs are still ongoing. The Men's A Racquetball, Mixed Racquetball, Women's Racquetball, and Men's Squash champions will appear in the next newsletter.

### Men's "A" Racquetball Final Standings

- |                        |                        |
|------------------------|------------------------|
| 1. Tom Hohensee (15-0) | 2. Bob Donnolly (10-1) |
| 3. Tom Minich (6-4)    | 4. Shane Mattice (8-6) |

### Men's "B" Racquetball Final Standings

- |                        |                         |
|------------------------|-------------------------|
| 1. Zach Winnie (11-0)  | 2. Tom Shieber (7-3)    |
| 3. Chris Hammond (3-6) | 4. Brian Williams (3-7) |

### Mixed Racquetball Final Standings

- |                        |                         |
|------------------------|-------------------------|
| 1. Zach Winnie (8-1)   | 2. Andrea Johnson (6-2) |
| 3. Chris Chapman (6-3) | 4. Chris Hammond (2-6)  |



### Fetterman Tournament Boy's Award Winners

MVP: Vincenzo DiCaterino (Broad-Albin); Sportsmanship: Keenan Loder (Cooperstown); All-Tourney Team: Austin Brock (Broadalbin), E.J. Perez (Cooperstown), Jake Walsh (Norwich), Kevin Davis (Norwich), Steven Bergin (Ilion),



### Fetterman Tournament Girl's Award Winners

MVP: Savannah Irwin (Norwich); Sportsmanship: Katherine Carey (Norwich); All-Tourney Team: Addy Lawson (Cooperstown), Samantha Madden (New Hartford), Liz Millea (Cooperstown), Shelby Benjamin (Norwich), Danielle Migliore (Frankfort)

## Spring Tennis

The Sports Center's Tennis Center will reopen on Monday, March 29. Look for adult leagues and youth and adult tennis lessons to start soon.



### Women's Racquetball Final Standings

- |                        |                           |
|------------------------|---------------------------|
| 1. Chris Chapman (3-0) | 2. Phyllis Orlowski (3-1) |
| 3. Summer Farina (3-2) | 4. Maureen Micek (1-1)    |

### Men's Squash Final Standings

- |                       |                        |
|-----------------------|------------------------|
| 1. Frank Miosek (4-1) | 2. Chris Hammond (3-4) |
| 3. Bruce Grover (0-1) | 4. Peter Pollack (1-6) |

# Bowling News

## Winter Carnival Tournament

Place	Names	Score
1	Scott & Matt Curtis	1203
2	Nick Stearns & Barry Gray	1184
3	Dennis II & Dennis Dibble	1166

Youth High Game w/HDCP: Spencer Vann • 239  
 Youth High w/HDCP Series: Spencer Vann • 633  
 Adult High w/HDCP Game: David Clinton • 247  
 Adult High w/HDCP Series: Chet Gould • 638

## Summer Bowling League

Registration for the Summer Mixed No-Tap Bowling League has started and runs through May 31. League play begins June 1 and ends August 10. League meets every Tuesday, 6:15–8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members and \$7 for non-members. To sign up, contact Barry Gray by calling 547-2800.



**2010 Winter Carnival**  
 Matt & Scott Curtis  
 First place tournament winners with a score of 1203.



**Men's 300 Game**  
 Joe Curcio Jr. bowled his third 300 game on Dec. 30. Joe is also the only bowler to score an 800 series at the Sports Center.

## Angelo Pugliese Bowling Day

On Wednesday, February 24, dozens of children enjoyed bowling, pizza, drinks, and snacks as part of the Sports Center's annual Angelo Pugliese Bowling Day. The free bowling event is dedicated to the memory of Angelo Pugliese, long time employee of the A.C.C. Gym bowling alley and youth bowling supporter.



## Current Bowling League Standings

League	High Average	High Game	High Series
Monday Men's	Mike Kenney • 204	Ray Bennett Jr. • 279	Mike Kenney • 704
Tuesday Women's	Cynthia McCartney • 183	Cynthia McCartney • 264	Betty Staffin • 629
Wednesday Men's	Barry Gray • 214	Joe Curcio Jr. • 300	Mike Staffin • 791
Thursday Women's	Eileen Barown • 159	Rena Lull • 213	Marion Madison • 526
Elem. & Middle School	Kyle Amsden • 140	Teddy Trosset • 202	Teddy Trosset • 500

# Health & Fitness News

## Group Fitness Spring Session

The next class session begins March 1 and runs until May 2. Limited classes run April 19–25 with an additional fee. Download the schedule at [clarksportscenter.com](http://clarksportscenter.com) or pick one up at the Fitness Center Desk.

### New and Returning Group Fitness Classes!

- Cardio Kick & Sculpt** • Mon., 6:30–7:30pm, Laurie
- Spin Core & More** • Tues., 5:15–6:15pm, Amy
- Step & Sculpt** • Tues., 6:30–7:30pm, Laurie
- Express Cardio** • Wed., 4:30–5:00pm, Laurie
- Cardio Kick & Sculpt** • Wed., 5:15–6:15pm, Laurie
- Cardio Fit & Firm** • Fri., 9:45–10:45am, Karen

## Spinning Fund-raising Ride

The Health & Fitness Department held a 90 minute benefit Spinning ride on Sunday, February 21. Riders gathered in a full-capacity Group Fitness Studio to nearly \$400 for the Cooperstown Foodbank. Thank you to all of the riders who participated!





Winter Carnival Youth Free Throw Competition Winners • Saturday, February 6

### Contact Us

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

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The Clark Foundation  
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