

# ClarkSportsCenter

## March Newsletter 2012

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## 8th Annual Patrick C. Fetterman Memorial Basketball Tournament

On January 14th and 15th, 12 teams competed in this year's Fetterman Basketball Tournament. The girls teams consisting of Clark Sports Center, Schenevus, Ilion, Perkiomen Valley, Cobleskill and New Hartford took the floor Saturday with Perkiomen Valley capturing first place and Clark Sports Center girls taking second. Alex Blomstrom of Perkiomen Valley was named MVP.

Sunday, the Clark Sports Center, St. Johnsville, Ilion, Cobleskill, Broadalbin-Perth and Cazenovia boy's teams competed. The Cazenovia boys took home first place and Clark Sports Center placed second. Kevin Stalder of Cazenovia was named MVP.



Clark Sports Center 6th Grade Girls Basketball



Fetterman Tournament Girls Champion: Perkiomen Valley



Clark Sports Center 6th Grade Boys Basketball



Fetterman Tournament Boys Champion: Cazenovia

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### Clark Sports Center Facility Hours

March 5–May 6 • 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 7–October 7 • Monday–Friday: 6:00am–9:00pm  
Saturday: 8:00am–6:00pm • Sunday: Closed

### Closures

Easter Day • Sunday, April 8  
Memorial Day • Monday, May 28

### Contact Us

# Upcoming Programs

## March Programs

**Private Swim Lessons** • Contact Matt Phillips to schedule lessons, 547-2800, ext. 114.

**Free Community Movie Night** • Saturday, March 10. The Family Movie (*Puss in Boots*) starts at 7:00pm on the Gym Floor. Non-members must have a signed waiver on file at the Main Desk.

**Session Three Swim Lessons** • Begins on March 26 and run to May 26. Registration for Preschool Lessons will start March 12 at the Main Desk.

**Indoor Community Ropes Course** • Wednesday, March 14, 5:00 to 8:00pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$15 for non-members.

## April Programs

**Kids Kayaking in the Pool** • Tuesday–Thursday, April 17–19, 4:00 to 5:00pm. Learn basic kayaking and safe boating skills. Register at the Main Desk, March 19–April 6. There is only one session, consisting of 6 participants. Open to youth 12 and older. Free for members, \$50 for non-members.

**Open Pool for Kayakers** • Tuesday–Thursday, April 17–19, 7:00 to 9:00pm. Open to youth 16+. Boats MUST be clean before they are brought into the Pool. You must RSVP to reserve a spot. For more information, and to RSVP, please call the Adventure Office at 547-2800, ext. 126.

**Junior Lifeguards (Returning and New Jr. Guards)** • Sign up for Junior Guards starting March 1 at the Aquatics Office! Meets Wednesdays, April 18–May 30, 3:30 to 5:00pm. Open to ages 10–14.

An American Red Cross Program for youth that provides a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of the Red Cross Lifeguard Training Course. Objectives of the course include: Prevention, Fitness, Response, Leadership and Professionalism.

Prerequisites for this course include: Ability to swim the front crawl for 25 yards continuously while breathing to the front or side. Ability to tread water for 1 minute using arms and legs. Ability to submerge and swim a distance of 10 feet underwater.

**Kid's Triathlon Club** • Sign up at the Aquatics Office starting April 2! Tuesdays & Thursdays, 4:00 to 5:00pm, starting April 24. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 8–14. Meeting on April 19 with practices starting April 24.

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

**Rock Climbing Clinic at Little Falls** • Saturday, April 14, 9:00am to 3:00pm. Sign up at the Main Desk. Free for members, \$30 for non-members.



## Monster Bench Competition

**Saturday, April 7 • Weigh-ins: 9:30am**

**Rules: 11:00am • Competition: 11:30am**

Our annual lifting competition is returning this year with our popular Rep-Off and Team Event! Divisions are available for men, women, and youth. Event brochure and registration forms can be downloaded at [www.clarksportscenter.com/events/monster-bench/](http://www.clarksportscenter.com/events/monster-bench/).

Questions may be directed to event director Doug McCoy by calling 547-2800 or email at [mccoyd@clarksportscenter.com](mailto:mccoyd@clarksportscenter.com).

## May Programs

**Summer Camp Sign-ups** • Sports Camps, member sign-ups, Monday, May 7. Adventure Camps, member sign-ups, Saturday, May 12. Sports Camps and Adventure Camps for all non-members, Saturday, May 19.

**Little Falls After School Climbing** • Wednesday, May 2, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

**Rock Climbing Clinic at Little Falls** • Saturday, May 19, 9:00am to 3:00pm. Sign up at the Main Desk. Free for members, \$30 for non-members.

**Outdoor Community Ropes Course** • Wednesday, May 16, starting at 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

**CPR/AED Recertification** • Monday, May 21 and Tuesday, May 22, 5:30 to 8:30pm (must attend both nights). \$50 members or \$80 non-members. Sign up at the Main Desk by May 15.

**Waterfront Lifeguard Training Recertification (Includes CPR/AED & First Aid)** • Monday–Thursday, May 21–24, 5:30–8:30pm (must attend each night). \$85 for members or \$115 for non-members. Sign up at the Main Desk by May 15.



# Upcoming Programs

**Little Falls After School Climbing** • Wednesday, May 23, 3:30 to 7:30pm. Sign up at the Main Desk. Free for members, \$15 for non-members.

## June Programs

**Kid's Triathlon Club Race** • Saturday, June 2, 10:00am. Race starts and ends at the Sports Center.

**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.

## Swim Stroke Clinic

Our Stroke Clinic is designed to give you a stroke 'analysis' from our certified American Red Cross Water Safety Instructors. Using video recording equipment (in and out of the water) your strokes will be filmed and analyzed. Instructors will give you tips on how to improve your strokes and work with you to make your stroke more efficient.

Please complete a Swim Stroke Clinic form found online at [www.clarksportscenter.com](http://www.clarksportscenter.com) and leave it with the front desk or drop it off to the pool office. Our staff will contact you to set up a time convenient to both parties.



## 2<sup>nd</sup> Annual "Just Du It" Duathlon

**Saturday, June 9 • Individual or Teams**  
**Registration: 9:00am • Race: 10:30am**

We will be holding our second run-bike-run duathlon on Saturday, June 9! Athletes may compete solo or as a team (one biker and one runner). Youth 14 and older may take part in the running portion of the team event (must be 18+ to bike). Event brochure, registration forms, and duathlon rules can be downloaded at [www.clarksportscenter.com/events/duathlon/](http://www.clarksportscenter.com/events/duathlon/).

Questions may be directed to event director Doug McCoy by calling 547-2800, ext. 111 or email at [mccoyd@clarksportscenter.com](mailto:mccoyd@clarksportscenter.com).

## Athletics Upcoming Spring Programs & Leagues

Program	Days	Time	Registration	Fee
Girl's Volleyball (Grades 3-6)	April 30-June 8 Monday, Friday	Grades 3-4: 3:15-4:00pm Grades 5-6: 4:00-4:45pm	April 1-April 30 Meeting April 30	Free for members
Gymnastics (Ages 4-5)	March 12-April 13 Monday, Friday	Ages 4-5: 2:00-2:45pm	February 1-March 12 Meeting March 12	\$50 member \$75 non-member
Gymnastics Levels 1 & 2 (Grade School)	March 12-April 13 Monday, Friday	Level 1: 3:00-4:15pm Level 2: 4:15-5:30pm	February 1-March 12 Meeting March 12	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3-6)	April 3-May 17 Tuesday, Thursday	3:00-5:00pm	March 14-29 Meeting March 29	Free for members
Boy's Summer High School Hoops League	June 18-August 13 Monday	6:00-10:00pm	May 1-June 1	\$250 per team
Girl's Summer High School Hoops League	June 20-August 8 Wednesday	6:00-10:00pm	May 1-June 1	\$250 per team
Monday Competitive Softball (Ages 18+, coed, 8 teams)	April 30-August 20 Monday	6:00-9:00pm	Starts Feb. 27 Meeting April 9	\$400 per team
Wednesday Recreational Softball (Ages 18+, coed, 8 teams)	May 2-August 22 Wednesday	6:00-9:00pm	Starts February 27 Meeting April 13	\$400 per team
Coed Sunday Soccer (Ages 18+, coed, 8 teams)	July 1-August 12 Sunday	4:00-8:00pm	Starts May 1 Meeting May 30	\$100 per team

# Aquatics News



The Clark Sports Center Sharks Swim Team had a terrific 2011–2012 swim season. Coach Kristen Griger was joined this year again by Coaches Lindsey Bailey, Matt Phillips, Bayla Akulin and Sally Zaengle. They welcomed back 41 returning swimmers this season and added 15 new swimmers to the roster. The Sharks held practice five days a week, with returning swimmers required to attend three practices each week and developmental swimmers attended two practices each week. All swimmers took to the pool

on Wednesday afternoons, a great time to check out the fun and talent of 56 competitive youth swimmers from the balcony of the pool. The Clark Sports Center Sharks' season included 11 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 Schoharie. A full team roster, records and more can be found at our website.

## Pool Schedule Changes March 19

Beginning March 19, the Sports Center's Sharks Swim Team will have concluded their winter season. Adult lap swimming will be held 5:00–6:30pm, Monday–Thursday and 5:00–7:00pm on Fridays. After school Open Swim will be held 3:30–5:00pm. Beginning April 18, Open Swim on Wednesdays will be 3:30–4:00pm.

## Pool Rental

Our pool is available for rental on Saturday nights, 6:00–8:00pm, beginning May 12. The cost is \$150 (\$200 if guests are non-members) with a non-refundable \$25 deposit due at the time of the reservation. Please call Brenda at 547-2800, ext. 103, to reserve a date.

## Summer Swim Lessons

Registration for Summer Swim Lessons will begin on May 7 and end on May 26. Class space may be limited, especially in the beginning levels. The Summer lessons will run from June 25 to August 3.

## 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 Matt Phillips at 547-2800, to schedule an appointment.

## Indoor Triathlon Series (December – April)

Become a triathlete in 60 minutes! Our Indoor Triathlon Series is a fun challenge that appeals to everyone, seasoned triathletes to first-timers. All of the action takes place in one convenient, weatherproof location, The Clark Sports Center! The race consists of a 10 minute swim in our Lap Pool, 30 minutes on our Spinning bikes on the Gym Floor, and 20 minutes on our Indoor Running Track.

**Upcoming Races:** Friday, March 16, and Saturday, April 21. Check-in at 5:30pm, race begins at 6:00pm. Please check our website for current point standings.





# Aquatics News



## Current Point Standings (As of 03/01/12)

- 1st • Josie McDermott (34 pts)
- 2nd • Brad Feik (22 pts)
- 3rd • Freda Ready (20 pts)
- 4th • Noel Feik (15 pts)
- 4th • Krista Suojnen (15 pts)

- 6th • Janet Ratliff (14.5 pts)
- 7th • Amy McDermott (14 pts)
- 8th • Andrew Gomez (13 pts)
- 8th • Scott MacLachlan (13 pts)
- 10th • Christine McBrearty-Hulse (10 pts)

The next INdoor Triathlon will be held on March 16, at 6:00pm.

**INDOOR TRIATHLON**

# Adventure News

## High Rock Climbing Wall

We are keeping the High Rock Climbing Wall open through May 1. The current hours are: Tuesdays and Thursdays, 5:00-8:00pm, and Saturdays, 1:00- 3:00pm, and 3:30-5:00pm. Belay School is Tuesdays-Thursday at 5:30pm and Saturdays at 12:30pm and 3:00pm. All ages and experience levels are welcome. Free for members (non-members must pay for a Day Guest Pass).

# Athletics News



**Junior High Basketball Regular Season and Playoff Champs**

Front, L to R: Scott Curtis, Riley Hall, Kaitlyn Palmatier;

Back, L to R: Max Clinton, Carmen Boonan, Daniel Francis, John Stewart.



**Boys Senior Intramural Basketball Playoff & Regular Season Champs**

L to R: Josh Geci, Noah Greenblatt, Tyler Bertram, Dennis Dibble, Erik Deysenroth, Max Hinrichs, Jordan Carpenter.



**Boys Junior Intramural Basketball Playoff & Regular Season Champs**

Front, L to R: Andrew Briggs, Lucian Lytel, Gareth Austin, Andrew Bowen;  
Back, L to R: Alexander Poulson, Ian Thomas, Ryan Lansing.



**Girls Senior Intramural Basketball Playoff & Regular Season Champs**

Front, L to R: Juliet Ratliff, Nicole Lionetti, Sierra Sillaró;  
Back, L to R: Delilah Griger, Sara Fountain, Meaghan Perrino, Emilee Perez.



**Girls Junior Intramural Basketball Playoff & Regular Season Champs**

Front, L to R: Ariadne Hodgson, Meagan Schuermann, Joey Bertram;  
Back, L to R: Natalie Fountain, Emma Grover, Abby Ford, Maddy Hayes.

## Winter Carnival Winners

### Youth Free-Throw & 3-Point Contest

**Boys Elementary:** Tyler Bertram

**Girls Elementary:** Ashley Kiuber

**Jr. High Boys:** Dan Francis

**Jr. High Girls:** Mallory Arthurs

**High School Boys:** Jack Donnelly

**High School Girls:** Sarah Jane Morosko



# Athletics News Continued

## Adult League Standings

### Men's Slow Break League Standings

1. Church & Scott
2. NY Pizzeria
3. Leatherstocking Insurance
4. Tri Valley

### Men's 50+ League Standings

1. Team 3 (Gibson)
2. Team 2 (Allen)
3. Team 4 (Kent)
4. Team 1 (Reiss)

### Adult Volleyball Standings

1. Bonzai
2. Loose Cannon
3. Jungle Ballers
4. Coop Bat Company

### Adult Futsal Standings

1. Nicolettas
2. Pugs
3. Coop United
4. NYCM

## Winter Carnival Winners



## Adult Free-Throw & 3-Point Contest

**Adult Free Throw Contest:** Brad Feik

**Adult 3 Point Contest:** Mark Misiewicz

## Bowling Tournament

Place	Names	Score
1	Kim and Kenny Stahl	1345
2	Dave Chase Sr. and Keith Thayer	1341
3	John and Jeremy Davidson	1280

For full results, visit [www.clarksportscenter.com/events/winter-carnival/](http://www.clarksportscenter.com/events/winter-carnival/).

# Bowling News

## Angelo Pugliese Bowling Day



Paula Pugliese, great grandchild Olivia Murdock, and Tanner Crippen.

The free bowling day took place on February 15 and is dedicated to the memory of Angelo Pugliese, long time employee of the ACC Gym bowling alley and youth bowling supporter.

## Summer Bowling League

Registration for our Summer Mixed No-Tap Bowling League starts May 1 and runs through May 31. League play begins June 5 and ends July 24. 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 the Bowling Office by calling 547-2800

## Current Bowling League Top Bowlers & Stats

League	High Average	High Game	High Series
Monday Men's	Mike Kenney • 213	Mike Kenney • 297	Mike Kenney • 769
Tuesday Women's	Cynthia McCartney • 172	Laura Coleman • 226	Cynthia McCartney • 597
Wednesday Men's	Reid Nagelschmidt • 218	Mike DeSimone Jr. • 290	Matt Curtis • 789
Thursday Women's	Marion Madison • 157	Eileen Barown • 216	Marion Madison • 539 Jan Kerr • 539
Elem. & Middle School	Austin Audette • 142	Austin Audette • 191	Austin Audette • 494





# Racquets News

## Racquets League Results

- |   |                |    |                  |
|---|----------------|----|------------------|
| 1 | Shane Mattice  | 8  | Frank Panzarella |
| 2 | Bob Donnelly   | 9  | Tom Shieber      |
| 3 | John Sparaco   | 10 | Steve Bohler     |
| 4 | John Connolly  | 11 | Ronald Lytel     |
| 5 | Art Derouin    | 12 | Ben Savoie       |
| 6 | Bob Hassman    | 13 | Trevor Hayes     |
| 7 | Charlie Kieler |    |                  |



# Health & Fitness News

## Spring Group Fitness Session

The next Group Fitness class session has begun and runs until April 29. Pre-registration special, 9 week session for 8 week price. Spring 2 Session runs April 30-June 24. (Member Appreciation Week June 25- July 1.) Download the schedule from [www.clarksportscenter.com](http://www.clarksportscenter.com) or pick one up at the Fitness Center Desk.

## Fundraising Spin Ride Held on January 22

18 riders participated in the 90 minute benefit Spinni ng ride, raising a combined \$370 and 20lbs. of food for the local Cooperstown Food Bank. The next Benefit ride will be held on Sunday, March 11, 11:00am-12:30pm.



## New classes for the Spring Session:

**Core & Calm:** Wed., 10:20-10:50am, Joann;

**Spin Core & More:** Wed., 6:30-7:30pm, Alison

# COMMIT TO BE FIT

The Clark Sports Center would like to extend a big thank you to all of our COMMIT TO BE FIT participants! This all new program has had a very successful start, with over 250 members participating. Benefits of the program include free Group Fitness classes, free Health & Wellness workshops, weekly recipes and suggested exercises, exciting weekly and monthly challenges, and earned membership credits!

Half way through this program, our members continue to be committed to living a healthy lifestyle and being active. As of February 12, COMMIT TO BE FIT participants have exercised for a total of 4,175.5 hrs, with an average of 695.75 hours per week!

If you haven't already signed up, it's not too late! Participants can sign up anytime between January 2 and May 18, for just \$10 at the Fitness Center Desk. If you earn a minimum of 50 points, you will receive your \$10 as a membership credit. Also, stay tuned for news about Phase 2 of COMMIT TO BE FIT, which will run during the summer! For questions, please visit our website or call the Fitness Center Desk at 547-2800 x116.

# CHALLENGE YOUR LIMITS



What's Inside:

Fetterman Basketball Tournament • Winter Carnival Winners  
Athletics League Champions • Upcoming Spring Programs



### 8th Annual Patrick C. Fetterman Memorial Basketball Tournament

**Contact Us**

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

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