

Newsletter September 2009

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Hours

September 8–October 4, 2009

Monday–Friday • 6am–9pm

Saturday • 8am–6pm

Sunday • Closed

October 5, 2009–May 2, 2010

Monday–Friday • 6am–9:30pm

(Pool closes at 9:00pm)

Saturday • 8am–9:00pm

Sunday • 9am–6:00pm

(Adults only 9am–1pm)

Closures

Repair Week

Monday–Sunday,

August 31–September 6

Labor Day

Monday, September 7

Thanksgiving Day

Thursday, November 26

Contact Us

Phone • (607) 547-2800

Fax • (607) 547-4100

www.clarksportscenter.com



Check out our newly redesigned website at www.clarksportscenter.com!

Vis Vires II Strongman Competition

The Sports Center's second annual Vis Vires Outdoor Strongman Competition was held on Saturday, August 22. Despite the morning rain, nine male and female athletes competed in the event, completing seven different unique physical challenges, including this year's new event, the Canoe Pull and Drag. Other events included the Tire Toss, Log Clean and Press, Keg Walk, Farmer's Carry, Tire Flip and Heavy Object Carry, and Crucifix Hold. The results of the competition for each athlete are as follows:

Men • Josh Wood, 1st Place 195 lbs. & Under; Marcus Wuliamee, Tie 2nd Place, 195 lbs. & Under; Eric Coe, Tie 2nd Place, 195 lbs. & Under; Jason Crippen, 3rd Place, 195 lbs. & Under; Dan Agnese, 1st Place, 195–231 lbs.; Mike Clark, 1st Place, 232–260 lbs.; Ken Stanford, 1st Place, 261 lbs. & Over.

Women • Laura Delay, 1st Place; Andi Lyons, 2nd Place.



Pool Will Reopen On Monday, September 14

The pool is closed through Saturday, September 12 for cleaning, repair and improvements. The pool will reopen on Monday, September 14 at 6:00am.

Store Sale!

Sports Center tees and camp tees are on sale now! Also, our Thorlo tennis socks are 50% off! Visit the Main Desk for these savings and many other great deals!

Goodbye to our oldest member: Ed Walsh passed away on Friday, August 14 at the age of 96! Ed was a regular here, working out 3 times a week. His smile and his easy way brightened everyone's day. He was an inspiration to us all and will be missed.

3 On 3 Basketball Tournament • Monday, October 12, 8am–6pm

The Sports Center's first annual 3 On 3 Youth Basketball Tournament is set for Columbus Day, Monday, October 12! The tournament features three divisions: 4–6 grade, 7–9 grade, and 10–12 grade. 10 boys and 10 girls teams in each division will play in separate double elimination brackets. Entry forms and waiver forms can be downloaded from our website on the tournament page at www.clarksportscenter.com/events/3on3/. The registration fee is \$60 per team of 4 players (\$15 per person). Space is limited, so be sure to register early. Questions can be directed to Scott Whiteman by calling 547-2800.

Upcoming Programs

September Programs

Elementary School Night • Saturday, September 19, 6:00–9:00, pickup by 9:30. Pizza, cartoons, gym floor fun, swimming, floats, and bowling! The Sports Center will be open after hours for just elementary school youth (grades K–5)! Sign up at the Main Desk! \$4 members, \$6 non-members.

October Programs

Fall & Winter Swim Lessons • Session One starts October 5 and runs until December 11. Lessons are free for members and are held after school 3:00 to 3:30pm. No registration is necessary.

Preschool Swim Lessons will start October 5. Registration begins September 14. Due to the high demand, Preschool Swim Lessons will require a fee of \$10 for members per child and \$20 for non-members per child (payment is due by September 25). Call the Main Desk to register and complete payment. Classes will be offered during the following days and times:

- 6–17 months (with a parent): Saturdays, 9–9:30am.
- 18–35 months (with a parent): Saturdays, 9–9:30am.
- 3 years old: Mondays, 11:15–11:45am and Saturdays, 9:30–10:00am.
- 4 & 5 years old: Tuesdays, 6–6:30pm, Thursdays, 2–2:30pm, and Saturdays, 9:30–10:00am.

Long Distance Swim • Swimmers can look forward to the next Long Distance Swim for adults and youth to start October 5.

Adventure Programs and Outings

Program	Days	Fee
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 16 and October 21 Starts at 5:00pm	\$15 members \$20 non-members
Open Climbing Wall (All ages)	Starts October 1 • Tuesdays and Wednesdays, 3:30–5:30pm ; Thursdays, 3:30–8:00pm; Saturdays, 1:00–4:00pm	Free for members
Adirondack Rock Climbing (Sign up at the Main Desk)	September 19 and October 24 8:00am–6:00pm	\$30 members \$50 non-members
White Water Kayaking Clinic (Sign up at the Main Desk)	October 3, 8:00am–6:00pm	\$30 members \$50 non-members
Little Falls Climbing (Ages 10 to 15; Sign up at the Main Desk)	September 15, October 6, and October 29 3:30–7:30pm	Free for members \$20 non-members

October Programs Continued

Movie Nights In The Pool • 6:30pm, Saturday, October 17. \$4 for members, \$6 non-members.

Halloween Family Float Night • 7:00–8:30pm, Friday, October 30. Free for members.

November Programs

Coop Loop 9 • The 9th Annual Coop Loop 5k Run starts at 12:30pm on Sunday, November 1. It is a rain or shine event. Participants of all ages will run through the streets of Cooperstown, starting and finishing at The Clark Sports Center. Registration by October 30 is \$15, or \$20 on October 31 or November 1. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800 for more information.



Family Fun Organized Game Nights • 6:00–9:00pm, Saturdays, November 7, December 5, January 9, February 6, and March 6. Looking for something to do this Fall and Winter? Come to the Sports Center with friends and family for games on our Gym Floor! We will be offering unique and fun games such as badminton, pickle ball, floor hockey, kickball, matt ball, capture the flag, and others! Free for members.



Upcoming Programs

Youth Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Starts September 15 Tuesdays	10:30–11:00am	None	50¢ per game for child and adult members

Elementary & Middle School League (Grades 3–8)	Nov. 6–Apr. 9 Fridays	3:00–5:00pm	October 1–31	\$40
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Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Men's Monday League	Sept. 14–Mar. 22 Mondays	6:00–9:00pm	September 14	\$10 per night

Women's Tuesday League	Sept. 15–Mar 23 Tuesdays	6:00–9:00pm	September 15	\$10 per night
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Men's Wednesday League	Sept. 9–Mar. 24 Wednesdays	6:00–9:00pm	September 9	\$11 per night
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Women's Thursday Afternoon League	Sept. 10–Mar. 25 Thursdays	1:00–3:00pm	September 10	\$5 per day
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Senior Citizen Bowling (Ages 55+)	Starts September 15 Tuesdays	9:00–10:30am	None	\$1 members \$3 non-members (Per game)
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Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Women's Doubles Tennis League A & B Divisions	Sept. 9–Oct. 28 Wednesdays	5:30–8:00pm	Until Sept. 9	\$25 members \$35 non-members

Men's Racquetball League A & B Divisions	Oct. 5–Dec. 14 Mondays	5:00–9:00pm	Starts Sept. 8	\$25 members \$35 non-members
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Mixed Racquetball League	Oct. 8–Dec. 17 Thursdays	5:00–9:00pm	Starts Sept. 8	\$25 members \$35 non-members
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Women's Racquetball League A & B Divisions	Oct. 7–Dec. 16 Wednesdays	5:00–9:00pm	Starts Sept. 8	\$25 members \$35 non-members
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Men's Squash League A & B Divisions	Oct. 7–Dec. 16 Wednesdays	5:00–9:00pm	Starts Sept. 8	\$25 members \$35 non-members
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Women's Squash League A & B Divisions	Oct. 8–Dec. 17 Thursdays	5:00–9:00pm	Starts Sept. 8	\$25 members \$35 non-members
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Open Table Tennis Night	Starting Oct. 6 Tuesdays	5:00–9:00pm	None	Free for members
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Upcoming Programs

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 15–June 3 Tues., Wed., Thurs.	9:00– 10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 6–Dec. 10 Tues., Thurs.	11:15– 11:45am	Sept. 8–Oct. 5	Free for members
Kid's Day (Grades K–6)	Sept. 16– June 2 Wednesday	3:00– 5:00pm	None	Free for members
Gymnastics (Ages 4 & 5)	Sept. 11–Oct. 19 Monday, Friday	2:00– 2:45pm	Aug. 3– Sept. 11 Meeting Sept. 11	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	Sept. 11–Oct. 19 Monday, Friday	3:00– 4:15pm	Aug. 3– Sept. 11 Meeting Sept. 11	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	Sept. 11–Oct. 19 Monday, Friday	4:15– 5:30pm	Aug. 3– Sept. 11 Meeting Sept. 11	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	Sept. 15–Oct. 27 Tues., Thurs.	3:00– 5:30pm	Sept. 8–Sept. 10 Meeting Sept. 10	Free for members
Junior High Basketball (Grades 7 & 8)	Nov. 5–Dec. 18 Thurs., Fri.	5:30– 8:00pm	Oct. 1–Oct. 28 Meeting Oct. 30	Free for members
Boy's Junior Intramural Basketball League (Grades 3–4)	Nov. 3–Feb. 4 Tues., Thurs.	3:00– 3:30pm	Oct. 1–Oct. 28 Meeting Oct. 29	Free for members
Boy's Senior Intramural Basketball League (Grades 5–6)	Nov. 3–Feb. 4 Tues., Thurs.	3:30– 5:00pm	Oct. 1–Oct. 28 Meeting Oct. 29	Free for members
Girl's Junior Intramural Basketball League (Grades 3–6)	Nov. 2–Feb. 8 Monday, Friday	3:15– 4:45pm	Oct. 1–Oct. 29 Meeting Oct. 30	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Fall Futsal	Oct. 11–Dec. 20 Sundays	5:30–9:30pm	Sept. 8–Sept. 25 Meeting Sept. 30	\$100 team
Slow Break Basketball	Nov. 2–Mar. 15 Mondays	6:00–10:00pm	Sept. 8–Oct. 9 Meeting Oct. 19	\$425 member team ;\$675 non-member team; \$60 non- mem. on member team
Men's 50+ Basketball	Nov. 4–Mar. 24 Wednesdays	6:30–8:30pm	Sept. 8–Oct. 16 Meeting Oct. 21	\$100 member team; \$200 non-member team; \$60 non- mem. on member team
Adult Volleyball	Nov. 17–Mar. 23 Tuesdays	6:00–9:30pm	Sept. 8–Oct. 30 Meeting Nov. 10	\$100 member team; \$250 non-member team; \$60 non- mem. on member team
Adult Dodgeball	Jan. 15–Apr. 23 Fridays	5:30–8:00pm	Nov. 16–Dec. 30 Meeting Jan. 8	\$100 team
Senior Walk (55+)	Nov. 2–Mar. 26 Mon., Wed., Fri.	10:00–11:00am	November 2	Free for members and non-members





Pool Safety Reminder

Please remember that the hallway and pool balcony are not areas to change your children for swimming. Wet floors in both areas are serious safety hazards!

Pool Rentals

The pool will be available for rent 6:00 to 8:00pm on Saturday evenings this fall. Your group will have exclusive use of the pool (*No other areas of the Sports Center will be open*). We will provide tables, chairs, music, floats, and two lifeguards. You will need to provide refreshments and waiver forms. Groups may be a maximum of 30 participants, with a ratio of one adult for every 8 school age children. Your group must leave the Sports Center by 8:30pm. The cost is \$150 for two hours, with a non-refundable \$25 deposit required at the time of booking. Any member making a reservation will receive a \$25 credit on your next membership bill. Dates available: September 26 and October 3.

Private Swim Lessons

Learn to swim with confidence through one on one instructor interaction! Private swim lessons are available for both youth and adults of all ages and ability levels. Make an appointment by calling Lindsey Bailey at 547-2800. Swimmers must pay for lesson tickets at time of sign up (\$12 per 30 min. session).

Clark Sports Center Swim Team

Practice will begin on Monday, October 26 and will run 4:00–5:30pm Monday–Friday. New swimmers will have an opportunity to try practices on October 6, 7, and 8, 4:00–5:00pm. Registration for all swimmers will be on these same days, 5:00–6:00pm. Swimmers must be Sports Center members, a level 3 swimmer or higher, and be 6–18 years old.

Kid's Triathlon Race

Despite the threat of inclement weather, the annual Kid's Triathlon was held on Tuesday, June 9. The 40 club members practiced twice a week since April covering each part of the triathlon—swimming, biking, running and the transitions—to be ready for the event. Each racer was rewarded for their accomplishment with a medal as they crossed the finish line. The clubs' focus is to promote awareness of the importance of regular exercise through fitness fun, setting and reaching goals, and family involvement. Thank you to all kids, coaches, and volunteers for another great year!

First Place Finishers

8 Years Old • Meaghan Perrino

9 Years Old • Tie Between Heidi Edmonds and Grace LeCates; Josh Briggs

10 Years Old • Samantha Fanion; Philip Wasson

11 Year Olds • Maddy Kramer; Sean Mebust

12 and Older • Jamie Zoltick; Luke Zenir

Rookies Of The Year: Ada Connors and Noah Briggs

Movie Nights Start Again!

Opening night for Movies In The Pool will be on Saturday, October 17. Movies will start at 6:30pm. Purchase movie tickets from the Main Desk. Admission is \$4 for members and \$6 for non-members with a signed waiver form.

Cooperstown Girls HS Swim Team

Through October 23, the CCS Girls Swim Team will practice Monday–Friday, 4:00–5:30pm. Beginning October 26, practice times will change to 7:30–9:00pm Monday–Thursday and 6:00–7:00 on Fridays. The pool is closed 5:00–8:00pm during home meets on: September 15, 22, and October 6. Please note swim meet dates are subject to change.



Athletics News

Adult and Youth Summer League Champions



Boys' High School Hoops Champs • Sharon Springs
 Front, L to R: Sam Schilde, Brett Simpson, Zach Bartlett; Back, L to R: Doug Ullman, Matt Larkin, Kris Kelly, Brett Ullman, Tyler Larkin, Coach Chris Smith; Absent: Cyle Conley, Levi Christman, Alex Johnstone, Brad Baker, Josh Manko



Girls' High School Hoops Champs • Schenevus #1
 Front, L to R: Asst. Coach Harry Walke, Jenaye Sutton, Cassandra Brown, Tara Keaney; Back, L to R: Asst. Coach Keith Brown, Jessica Bentley, Chelsea Gantner, Jayme Bentley, Coach Tim Walke



Monday Softball Champs • American Legion
 Front, L to R: Heather Foutch, Rachel Bliss, Katie Nagelschmidt, Carol McGovern, Marcia Searles; Back, L to R: Sam Ackerman, Ryan Cembrinski, Joe Koffer, Ryan Bennett, Reid Nagelschmidt, Travis Coutlee, Matt Cayman, Sharky Nagelschmidt, Adam Jordan



Wednesday Softball Champs • Springfield Tractor
 Front, L to R: Julie Murphy, Kaitlin Bello, Susan Burdick; Back, L to R: Carl Burdick, Shane Long, Kevin Cooper, Bob Moshier, Mike Devres, Ed Bello Jr, Graig Harris, Ed Bello III, Chad Burdick, Kevin Philips, Sal Furnari, Bianca Bello



Sunday Soccer Champs • El Nino
 Front, L to R: Mario Han, Arely Fernandez, Niyo Fernandez, Amin Abdallah, Arael Palapius; Back, L to R: Dee Crowell, Will Harnett, Hisham Abdallah, Bob Scanlon, Tariq Issa, Alicia Sagendorf; Absent: Nicole Norwick

Bowling News

Summer Bowling League Champs



Tuesday Night No-Tap League Champs
 L to R: Patrick Baker, Jessica Baker, Mike Kenney, and Gail Wolny



Health, Fitness, & Racquets News

Fall Group Fitness Class Schedule

The next Group Fitness Class schedule begins September 8 and runs until October 31. Printable schedules can be downloaded at our website at www.clarksportscenter.com or hard copies can be picked up at the Fitness Center Desk.

Winter/Spring Squash Champions



Men's Squash Club
Peter Pollock



Women's Squash Club
Maureen Kuhn

Note: The Summer Men's Tennis League results will appear in our December newsletter.

Spring Women's Tennis Champions



Women's Tennis "A" League
Sheri Holohan &
Georgia Frevele



Women's Tennis "B1" League
Emily Cadwalader &
Maureen Heroux (Absent)



Women's Tennis "B2" League
Teresa Drerup &
Melissa Freeman

Summer Women's Tennis Champions



Women's Tennis "A" League
Results will appear in our
December newsletter.



Women's Tennis "B1" League
Maureen Moglia &
Rose McCabe



Women's Tennis "B2" League
Melissa Freeman &
Nancy Herman

Healthy Kid's Summer Camp



September Is Yoga Month!

Pre-register for 8 weeks of any one of our yoga classes (Beginner Power Yoga, Fitness Yoga, Gentle Stretch, and Yoga For Beginners and Beyond) and receive 4 of the weeks for free! We will have more special promotional offers for upcoming group fitness sessions—be sure to look for more great deals. Please visit the Fitness Center Desk or call 547-2800 for more information and payment options.

Special Thanks

A special thank you goes out to those youth who trained with Doug McCoy for football and for girls swim team. Every athlete put in a tremendous amount of effort to improve their own conditioning, agility, and strength. Each person showed great dedication and leadership that will be valued assets to their teams this Fall. Good luck this season!

Fall Tennis

The Fall Women's Wednesday Doubles Tennis League (with A and B Divisions) will run September 9 to October 28. For more information and to sign up, contact Amy Porter by calling 547-2800.



What's Inside:
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Contact Us

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

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