

ClarkSportsCenter

September Newsletter 2010

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Main Desk Store Sale!

Overstock Summer Sports Camp Tees

On sale now for \$5! Limited quantities and sizes left for Soccer Camp, Tennis Camp, and Gymnastics Camp!



Thorlo Tennis Socks

50% off! Act fast to get this great deal!

3rd Annual Strongman Competition

Thirteen athletes participated in this year's Vis Vires Outdoor Strongman Competition on Saturday, July 31—an event record. Our new event, the Slater Stone Carry, proved to be a fun but challenging task for the competitors. Be sure to visit the event page on our website at www.clarksportscenter.com/events/vis-vires/ to view a slideshow of photos and to learn more about the competition. The results of the competition for each athlete are as follows:

Men • 1st: Matthew Mangona, 403.4; 2nd: Kevin Koehler, 390.04; 3rd: Michael Toscano, 389.86; 4th: Bryan Allen, 389.0; 5th: Scott Yaple, 385.9; 6th: Marcus Williamee, 383.6; 7th: Dan Agnese, 378.2; 8th: Nathan Markowitz, 374.3; 9th: George Landon, 340.8; 10th: Jesse Torruella, DNF. **Women** • 1st: Julie Lower, 429.9; 2nd: Michelle Hannigan, 386.3; 3rd: Terri Korba, 361.8.



Vis Vires III Competitors



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!



What year did the Main Desk move from the center of the lobby to it's current position?

Answer for the June 2010 Newsletter: Stephen "Sharky" Nagelschmidt will have been employed with the Sports Center for 40 years this November! Be sure to congratulate Sharky the next time you see him!

Clark Sports Center Facility Hours

September 7–October 2 • Monday–Friday: 6:00am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed
October 4–May 1 • Monday–Friday: 6:00am–9:30pm
(Pool closes at 9:00) • Saturday: 8:00am–9:00pm
Sunday: 9:00am–6:00pm (Adults only 9:00–1:00)

Closures

Repair Week • Monday, August 30–Sunday, September 5
Labor Day • Monday, September 6
Thanksgiving Day • Thursday, November 25

Contact Us

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

Upcoming Programs

September Programs

Elementary School Night • Saturday, September 11, 6:00–9:15, pickup by 9:30. Gym Floor fun, swimming and floats in the Pool, and bowling! The Sports Center will be open after hours for just elementary school youth in grades K–5! Snacks and drinks in the Pit. Sign up at the Main Desk! \$4 members, \$6 non-members.

October Programs Continued

Pool Movie Nights • Saturday, October 16, starting at 6:30pm. \$4 for members, \$6 for non-members.

Halloween Family Float Night • Friday, October 29, 7:00–8:30pm. Free for members.

November Programs

Coop Loop 10 • The 10th Annual Coop Loop 5k Run starts at 12:30pm on Sunday, November 7. 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 November 5 is \$15, or \$20 on November 6 or 7. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800 for more information.

Pool Movie Nights • Saturday, November 13, starting at 6:30pm. \$4 for members, \$6 for non-members.

Sign Up For Our E-Newsletter!

Stay up-to-date with weekly Sports Center happenings, upcoming events and programs, and special offers by signing up for our E-Newsletter at www.clarksportscenter.com/email/.

Youth Swim Lessons Start Oct. 4

Swim lessons will begin again this Fall starting on October 4 and will run to December 11. Registration starts on September 13.

Grade School Age Swim Lessons are free for members and take place after school and on Saturdays.

- **Level 1:** Mondays, 3:00–3:30pm & Saturdays, 10:00–10:30am;
- **Level 2 (Shallow):** Tuesdays, 3:00–3:30pm & Saturdays, 9:30–10:00am;
- **Level 2 (Deep):** Fridays, 3:00–3:30pm & Saturdays, 9:00–9:30am;
- **Level 3:** Wednesdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;
- **Level 4:** Thursdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;
- **Level 5:** Thursdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;
- **Level 6:** Fridays, 3:00–3:30pm & Saturdays, 8:30–9:00am.

Preschool Swim Lessons 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. The Pool is closed 11:00am–12:00pm during Saturday lessons.

- **6–35 months (with a parent):** Saturdays, 10:30–11:00am;
- **3 years old (no parent):** Mondays, 11:15–11:45am & Saturdays, 11:00–11:30am;
- **4 & 5 years old (no parent & not in school):** Tuesdays, 6:00–6:30pm & Thursdays, 2:00–2:30pm & Saturdays, 11:30am–12:00pm;

Adventure Programs and Outings

Program	Days	Fee
Mountain Biking Club (Sign up at the Main Desk)	Mondays, 3:30–4:30pm Runs September 13–October 18	Free for members
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 15 and October 19 Starts at 4:30pm	\$15 members \$20 non-members
Adirondack Rock Climbing (Sign up at the Main Desk)	September 18 and October 23 8:00am–6:00pm	\$30 members \$50 non-members
High Rock Climbing Wall (All ages; Located in the Pool area)	Starts October 5 • Tuesdays and Wednesdays, 3:30–5:30pm ; Thursdays, 3:30–8:00pm; Saturdays, 1:00–4:00pm	Free for members
Little Falls Climbing (Ages 10 to 15; Sign up at the Main Desk)	October 5 and October 26 3:30–7:30pm	Free for members \$20 non-members



Upcoming Programs

Youth Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling	Sept. 14–April 12 Tuesdays	10:30–11:00am	None	50¢ per game for child and adult members
Elementary & Middle School League (Grades 3–8)	November 5–April 8 Fridays	3:00–5:00pm	October 1–31	\$40

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Men's Monday League	Sept. 13–Mar. 28 Mondays	6:00–9:00pm	September 13	\$10 per night
Women's Tuesday League	Sept. 7–Mar. 29 Tuesdays	6:00–9:00pm	September 7	\$10 per night
Men's Wednesday League	Sept. 8–Mar. 30 Wednesdays	6:00–9:00pm	September 8	\$11 per night
Women's Thursday Afternoon League	Sept. 9–April 7 Thursdays	1:00–3:00pm	September 9	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 14–May 24 Tuesdays	9:00–10:30am	None	\$1 members \$3 non-members (Per game)

Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Men's Pickup Tennis	Sept. 6–27 Mondays	5:15–8:00pm	None	Free for members
Women's Doubles Tennis League A & B Divisions	Sept. 8–Oct. 27 Wednesdays	5:15–8:00pm	Until Aug. 23	\$25 members \$35 non-members
Men's Racquetball League A & B Divisions	Oct. 4–Dec. 13 Mondays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Mixed Racquetball League	Oct. 7–Dec. 16 Thursdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Women's Racquetball League A & B Divisions	Oct. 6–Dec. 15 Wednesdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Men's Squash League A & B Divisions	Oct. 6–Dec. 15 Wednesdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members
Women's Squash League A & B Divisions	Oct. 7–Dec. 16 Thursdays	5:00–9:00pm	Starts Sept. 7	\$25 members \$35 non-members



Upcoming Programs

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 14–June 2 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 5–Dec. 9 Tues., Thurs.	11:15–11:45am	Sept. 7–Oct. 4	Free for members
Kid's Day (Grades K–6)	Sept. 15– June 1 Wednesday	3:00–5:00pm	None	Free for members
Gymnastics (Ages 4 & 5)	Sept. 10–Oct. 18 Monday, Friday	2:00–2:45pm	Aug. 2– Sept. 10 Meeting Sept. 10	\$50 member \$75 non-member
Gymnastics Level I (Grade School)	Sept. 10–Oct. 18 Monday, Friday	3:00–4:15pm	Aug. 2– Sept. 10 Meeting Sept. 10	\$80 member \$110 non-member
Gymnastics Level II (Grade School)	Sept. 10–Oct. 18 Monday, Friday	4:15–5:30pm	Aug. 2– Sept. 10 Meeting Sept. 10	\$80 member \$110 non-member
Kid's Dodgeball League (Grades 3–6)	Sept. 14–Oct. 26 Tues., Thurs.	3:00–4:15pm	Sept. 7–Sept. 9 Meeting Sept. 9	Free for members
Junior High Basketball (Grades 7 & 8)	Nov. 4–Dec. 17 Thurs., Fri.	5:30–8:00pm	Oct. 1–Oct. 28 Meeting Oct. 28	Free for members
Boy's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 2–Feb. 3 Tues., Thurs.	3:00–5:00pm	Oct. 1–Oct. 28 Meeting Oct. 28	Free for members
Girl's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 1–Feb. 7 Monday, Friday	3:00–5:00pm	Oct. 1–Oct. 29 Meeting Oct. 29	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 10–April 10 Sundays	5:00–10:00pm 4:00–10:00pm on Nov. 14, Feb. 6, & Feb. 13	Sept. 7–Sept. 24 Meeting Sept. 29	\$250 team
Slow Break Basketball	Nov. 1–Mar. 14 Mondays	6:00–10:00pm	Sept. 7–Oct. 8 Meeting Oct. 18	\$425 member team ;\$675 non-member team; \$60 non- mem. on member team
Men's 50+ Basketball	Nov. 3–Mar. 23 Wednesdays	7:00–9:00pm	Sept. 7–Oct. 15 Meeting Oct. 20	\$100 member team; \$200 non-member team; \$60 non- mem. on member team
Adult Volleyball	Nov. 16–Mar. 22 Tuesdays	6:00–9:30pm	Sept. 7–Oct. 29 Meeting Nov. 9	\$150 team
Senior Walk (55+)	Nov. 1–Mar. 25 Mon., Wed., Fri.	10:00–11:00am	November 1	Free for members and non-members

Aquatics News

CCS High School Home Meets

The Girl's and Boy's CCS Swim Teams will have home meets starting Sept. 14. Please note that the following dates and times are subject to change and that the pool closes 30 minutes before the meet starts. **Girl's Swim Meets:** Sept. 14 (5:00pm), Sept. 24 (4:30pm), Sept. 30 (4:30pm), Oct. 13 (5:15pm), and Oct. 19 (4:30pm). **Boy's Swim Meets:** Jan. 4 (5:00pm) and Jan. 6 (4:30pm).

Sports Center Sharks Swim Team

Practice will begin on Monday, Oct. 25 and will run 4:00–5:30pm, Monday–Friday. There will be a parent informational meeting on Wed., Oct. 6 at 7:00pm in the Conference Room. New swimmers will have an opportunity to try practices on Oct. 5 and Oct. 7, 4:00–5:00pm. Registration for all swimmers will be on these same days, 5:30–6:30pm. Swimmers must be members, a level 3 swimmer or higher, and be 6–18 years old.

8–13 Year Old Group Swim Lessons

The Aquatics Department will be offering a new lessons program for children ages 8 to 13 who are just learning to swim. These group lessons will meet on Thursdays, 3:00–3:30pm, starting in October. For more information, inquire at the Pool Office.

Private Swim Lessons

Due to high demand, we have reorganized the Private Lessons program. We will be running lessons in three 10 week blocks, with participants only eligible for one lesson block per year to accommodate all swimmers. Block One starts Sept. 20 with sign ups starting Sept. 13. Participants may also sign up for our youth or adult Group Lessons if more lessons are desired. To sign up and for more information, call us at 547-2800.

Saturday Schedule Change

We have received much feedback concerning our Saturday swim lessons. Please make note of the following changes for our Saturday pool schedule:

- **Adult Swim:** 8:00–11:00am;
- **Levels 3, 4, 5, & 6 lessons:** 8:30–9:00am;
- **Level 2 (Deep) lessons:** 9:00–9:30am;
- **Level 2 (Shallow) lessons:** 9:30–10:00am;
- **Level 1 lessons:** 10:00–10:30am;
- **6–35 month lessons:** 10:30–11:00am;
- **3 year old lessons:** 11:00–11:30am;
- **4 & 5 year old lessons:** 11:30am–12:00pm;
- **Adult Swim:** 12:00–1:00pm;
- **After 1:00pm:** Normal pool schedule.

Welcome Aboard Matt Phillips!



The Aquatics Department is proud to welcome Matt Phillips as our Aquatics Programs Coordinator. Matt brings two and a half years of aquatics experience and teaching with him. Be sure to welcome and congratulate him!

Kid's Triathlon Race Results

Twenty-two boys and girls took part in our annual Kid's Triathlon Race that was held on Saturday, June 5. Each youth had been practicing since April as part of our Kid's Triathlon Club, which focused on teaching, setting, and reaching goals, the importance of regular exercise, and learning how to transition between each event (swimming, biking, and running).

Rookies Of The Year: Mikeeli Hanson & Kai Wasson

8 years old (swim 50 yards, bike 2 miles, run ½ mile): Trent Cooper (20:08), Maya Hodgins (20:53), Mikeeli Hanson (22:18), Katelyn Amsden (23:38).

9 & 10 years old (swim 100 yards, bike 3 miles, run ½ mile): Heidi Edmonds (19:50), Brendan Lohan (23:43), Jeanne DiMaggio (25:29), Lauren Hutchings (26:07), Kai Wasson (26:14), Rachel Carpenter (27:55), Natalie Johnson (28:28).

11 years old (swim 150 yards, bike 4 miles, run ¾ mile): Phillip Wasson (30:14), Alina Bischoff (37:00), Megan Lohan (42:52), Mya Stearns (50:13).

12 years old & over (swim 200 yards, bike 5 miles, run 1 mile): Sean Mebust (33:33), Aaron Idelson (34:53), Maddy Kramer (35:11), Eamon Connors (35:51), Margi Knight (36:42), Lindsay Harloff (37:09), Kristin Ratliff (40:05).



Bowling News



Summer No-Tap League Winners

Left to right: Thomas Kowall, Melissa Kowall, Jessica Baker, and Patrick Baker

Athletics News



Monday Softball Playoff Champs: Bello Electric

Back, L to R: John Imperato, Bianca Bello, Gary Menhinick, Chad Burdick, Kyle Grup, Jeremiah Anderson, Shane Long; Front, L to R: Ed Bello, Nicole McLean, Kaitlin Bello, Ed Bello, & Michael Riley. Absent: Seth Reynolds & Graig Harris.



Monday Softball Season Champs: Reid's Barbershop

Back, L to R: Sam Ackerman, Sharky Nagelschmidt, Ryan Cembrinski, Reid Nagelschmidt, Ryan Layman, Matt Layman, Travis Coutlee; Front, L to R: Alicia Strong, Rachel Bliss, Bridget Kenney, & Katie Nagelschmidt.



Wednesday Softball Playoff Champs: Chico's Bail Bonds

Back, L to R: Tom Shieber, Mike Richtsmeier, Doug Gable, Steve Light, Joey Caporali, Dan White; Front, L to R: John Bobnick, Sam Carr, Trudy Young, & Deanna Gable.



Wednesday Softball Season Champs: Springfield Tractor

Back, L to R: Sal Furnari, Bianca Bello, Bob Moshier, Graig Harris, Mike DeVres, Shane Long, Ed Bello; Front, L to R: Nicole McLean, Kaitlin Bello, Ed Bello, Michael Riley, & Kyle Grup. Absent: Julie Murphy & John Imperato.



Boy's High School Hoops Champs: Fort Plain

Back, L to R: Jack Ray, Ashton Parker, Jabin Weaver, Kris Downes, and Coach Bryan Cronkhite; Front, L to R: Coach Craig Phillips, Harold Dettmer, Brent Baker, & Zach Strobel



Girl's High School Hoops Champs: Cooperstown

Back, L to R: Coach Mike Niles, Autumn Arthurs, Alexis Bloomfield, Sumer Murdock; Front, L to R: Holli Erkson, Molly Pearlman, Emma Ryanmiller, & Noelle Palmatier

Health & Fitness and Racquets News

Racquets League Champions

Men's Singles Spring Tennis League Champion

Paul Landers
(Photo not available)

Men's Doubles Spring Tennis League Champion

Frank Harte
(Pictured at right)



Women's "A" Doubles Spring Tennis Champs

Pat Hanft and
Sheri Holohan



Women's "B1" Doubles Spring Tennis Champs

Molly Toulson and
Phyllis Orlovski



Women's "B2" Doubles Spring Tennis Champs

Kim Jastremski and
Deb Dalton



Women's "A" Doubles Summer Tennis Champs

Sarah Livingston and
Ellen Tillapaugh



Women's "B1" Doubles Summer Tennis Champs

Beth Lesko and
Teresa Drerup



Women's "B2" Doubles Summer Tennis Champs

Peggy Leon and
Mary Clare Reitz



June Newsletter Correction

Our sincerest apologies to Andrea Johnson, who we mistakenly did not announce as the correct winner of our Women's Racquetball Club Championship. Be sure to congratulate Andrea the next time you see her!



Women's Racquetball Club Champion

Andrea Johnson

Group Fitness Fall Session One

The next class session begins September 7 and ends October 31. This new schedule has been uploaded to our website at www.clarksportscenter.com and can be downloaded now. Hard copies can be picked up outside of the Fitness Center Desk. New and returning classes include:

- **Aquacize:** Mondays, 8:30–9:30am & 5:30–6:30pm, Wednesdays, 5:30–6:30pm, and Thursdays, 11:00am–12:00pm (all Aquacize classes with Carol);
- **Express Workout:** Tuesdays, 4:30–5:00pm (with Laurie) & Thursdays, 4:30–5:00pm (with Joann);
- **Spin Core & More:** Fridays, 8:35–9:35am (with Maureen/Joann);
- **Strong Heart & Body:** Wednesdays, 9:45–10:45am (with Karen) & Fridays, 9:45–10:45am (with Karen/Joann);
- **Saturday Variety:** Saturdays, 9:30–10:30am (with Brittany/Joann)



You will always be
missed Ronnie!

Ronald C. Folts
December 7, 1942–
July 26, 2010

What's Inside:

Strongman Competition Results • Kid's Triathlon Results
Fall Leagues & Programs • Summer League Photos



Kid's Triathlon Club Race • Saturday, June 5, 2010

Contact Us

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

Return Service Requested

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