

# ClarkSportsCenter

**Newsletter**  
**March 2018**



The Clark Sports Center accomplished a 5 year goal on January 16, when our member number reached the 5,000 mark! The goal of 5,000 members in 5 years was started January 2013 as an incentive to reach out to improve the health and well-being of local populations and beyond.

## **Clark Sports Center Facility Hours**

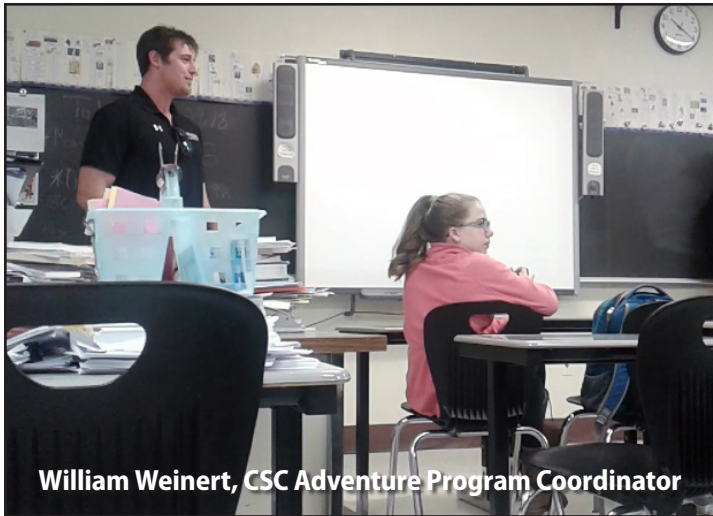
**Labor Day–Memorial Day**  
Monday–Friday, 5:30am–9:30pm  
(Pool closes at 9:00pm)  
Saturday, 8:00am–9:00pm  
Sunday, 8:00am–5:00pm

## **Closures**

Easter Day • **Sunday, April 1**  
Memorial Day • **Monday, May 28**

Hard copies of the Newsletter are available at  
The Clark Sports Center.

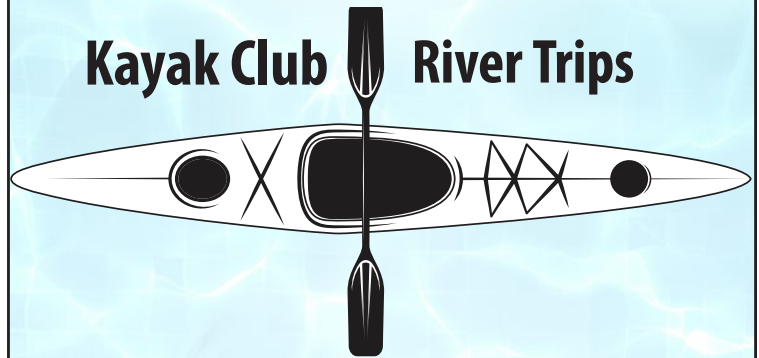




**William Weinert, CSC Adventure Program Coordinator**

## CSC Odyssey Program Presented to Area Schools

Each year 32 students from 13 different schools are awarded a scholarship to attend an 11 day expeditionary canoe trip in the Racquet River area of the Adirondacks. This trip is designed for the development of personal growth and leadership skills for 8th graders in hopes of preparing them for the social and academic challenges of high school. Planning for this trip begins in January for the Adventure Department where the staff visit each school with presentations to all the students to share the news of this fantastic opportunity made possible by The Clark Foundation.



## Kayak Club River Trips

April–May • Ages 13+  
Sundays • 5:30–7:30pm

Free for members. Non-members must buy a day pass. Learn basic kayaking and safe boating skills in the pool before heading outside to the river. This club is great if you would like to try something new or practice rolling techniques for spring paddling. Participants may bring their own boat. There will be a limited supply of boats available (first come, first serve). Boats must be clean before they are brought into the Pool. For more information, please call Jim DiLiberto at (607) 547-2800, ext. 126.



## Outdoor Community Ropes Course

Meet in the Main Lobby. Ages 12+. Free for members  
\$20 non-members. Sign up at the Main Desk.

Wednesday, May 9, 4:30-7:00pm

Wednesday, June 6, 4:30-7:00pm

## Mountain Biking Club

Early March–May 25 • Ages 10+  
Tuesday • 3:30–5:00pm  
Skill Development Day  
Wednesday • 3:30–5:00pm  
Focus on rider skills

We ride technical on property trails and will try to make each ride work for all. Free program, for members only. Must have your own bike and helmet. Please visit our website for more details.

For more information, please call Jim DiLiberto at (607) 547-2800, ext. 126.





# Athletics News

## 12th Annual Patrick C. Fetterman Memorial Basketball Tournament • January 14-15

2018 MVPs: Rory Nelen (Clark Sports Center) & Deacon Judd (Central Valley)

### First Place & All Tournament Teams



**Clark Sports Center**

Front Row: Molly Rifanburg, Violet Gentles, Lillian Frable, Rory Nelen, Sophia Hotaling, Lucy Hayes, Laney Nelen.

Back Row: Coach Scott Whiteman, Tori France, Cheyenne Terrell, Riley Green, Hailey Lund, Olivia Murdock, Assistant Coach Jessica Gualtieri.



**Central Valley**

Front Row: Aden Hall, Ryan Donahue, Brady Moreau, Vinny Spina.

Back Row: Tommy Jacquays, Deacon Judd, Connor Orbeza, Landon LaFountain, Connor Dempsey.



**Girls All Tournament Team:** Aubrey Lewis (Herkimer), Kaylee Beam (Central Valley), MVP-Rory Nelen (CSC), Tori France (CSC), Sportsmanship-Sophia Hotaling (CSC). Not pictured: Kacey Richards (New Hartford), Felise Fowler (Canajoharie).



**Boys All Tournament Team:** MVP-Deacon Judd (Central Valley), Tommy Jacquays (Central Valley), Charlie Lambert (CSC), Kyle Carney (Herkimer), Nate Cannon (Herkimer), Sportsmanship: Justin Wolfe (CSC). Not pictured: Ethan Wade (Cobleskill).

### Slowbreak Winners



**"A" League Winners • Upstate Bar & Grill**

Front: Jake Imperato, Brandon Coones, Tony Hendrick. Back: Ed Bello, Joel Lafave, Jess Lafave, Mike Lawson.



**"B" League Winners • Oneonta Optical**

Roster: Gabe Lane, Josh Rumenapp, Brent Patry, Tim Miller, Jeremy Dickens, Jeff Hiscox, Greg Mattice, Scott Taggart, Adam Chard, Nate Furman.

### CSC Wrestling Program



Clark Sports Center Wrestling finished it's 8 week program with a tournament on Saturday, March 10, against Little Falls. 50 wrestlers, grades 3-6, participated in the first year of the program. Coach Lippitt was excited with the progress of the wrestlers.

### Winter Carnival Basketball Contest

#### Elementary Free Throw Contest

Laney Nelen (girls 3-4 grade winner)  
Tori France (girls 5-6 grade winner)  
Davis Butler (boys 2nd grade winner)  
Riley Diamond (boys 5-6 grade winner)

#### Middle/High School 3 Point Contest

Gabby Woeppel & Ian Quinn

#### Middle/High School Free Throw Contest

Gabby Woeppel & P.J. Kiuber

#### Adult Free Throw Contest & Adult 3 Point Contest

Mike O'Neill



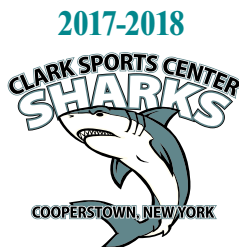
**RETURNING!**

## Kids Triathlon Club Race



Sign-up online starting April 2, 2018! Practices will be Tuesdays & Thursdays, 4:15–5:00pm, starting April 24. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 7–14. Mandatory parent and participant meeting on April 16, at 4:15pm. ALL Participants must get their bikes and helmets checked on the scheduled date for their age group.

# Aquatics News



**GUARD**

## American Red Cross Lifeguard Training with Waterfront

Course includes American Red Cross Lifeguard Training, American Red Cross CPR/AED and First Aid for the Professional Rescuer, and American Red Cross Waterfront Lifeguarding Module.

Cost: (both include a non-refundable deposit): Members \$275.00, Non-Members \$350.00

Class will be held Monday March 26 - Friday March 30, 2018. 9:00am-5:00pm all days with a lunch break.

- Must be at least 15 years old, proof of age required on first day.
- Must pass the pretest on the first day.
- Must come to all scheduled classes.
- Must complete all skills competently, and pass the written exams with a score of 80% or higher.
- Please be prepared to be in the water each day, swimsuit, towel (more than one is helpful). Please bring a lunch each day as well.

Sign up today at [www.active.com](https://www.active.com/cooperstown-ny/lifeguard/registrations/american-red-cross-lifeguard-training-with-waterfront-march-2018) (<https://www.active.com/cooperstown-ny/lifeguard/registrations/american-red-cross-lifeguard-training-with-waterfront-march-2018>)



**Join us!**

**The World's Largest  
Swimming Lesson™**  
June 21, 2018



# Bowling News

## Angelo Pugliese Bowling Day

The free bowling day took place on February 14 and is dedicated to the memory of Angelo Pugliese, long time employee of the ACC Gym bowling alley and youth bowling supporter.



## Winter Carnival Bowling Tournament Winners

1. James & Don Virtell (1,284)
2. Frank Wilsey & Melissa Rathbun (1,261)
3. Anthony McCoy & Sharon Curcio (1,259)

Youth High Game with HDCP: Frank Wilsey, 240  
Youth High Series with HDCP: Dennis Dibble, 634

Adult High Game with HDCP: Brittany Amore, 277  
Adult High Series with HDCP: Don Virtell, 741

## Summer No-Tap Recreational Bowling League

**June 5-July 24**

Teams must consist of four people, two men and two women. Bowlers must be 18 years of age or older.

The League meets every Tuesday night from 6:00-9:00pm.

For more information, or to register, please see Barry Gray in the Sports Center Bowling Alley, or call (607) 547-2800.

The league fee is \$5 per night for members or \$10 per night for non-members.

## Current Bowling League Top Bowlers & Stats

League	High Average	High Game	High Series
Monday Men's	Rich Anderson Jr. • 198 Matt Curtis • 198	Rich Anderson Jr. • 279	Rich Anderson Jr. • 690
Tuesday Women's	Cynthia McCartney • 173	Angela Wingerter • 253	Cynthia McCartney • 635
Wednesday Men's	Barry Gray • 220	Ray Bennett Jr. • 279 Don Virtell • 279	Mike Kenney • 738
Thursday Women's	Eileen Barown • 156	Susan Newman • 210	Marion Madison • 548
Elem. & Middle School	Frank Wilsey • 172	Frank Wilsey • 238	Ethan Lichtman • 641

# Health & Fitness and Racquets News

## Spring I Group Fitness Session

The Spring I Group Fitness session began on Monday, March 5. Spring Session II will run April 30-June 24.

Download the schedule at [www.clarksportscenter.com](http://www.clarksportscenter.com) or pick one up at the Fitness Center Desk.

# FREE!

## Stand Up Paddle Board Yoga

Sundays  
8:15-9:15am  
March 11-April 29

Sign up ahead of  
time at the Main  
Desk. Class will be  
taught by Nicole.  
Limit 9.

This FREE class is  
sponsored by



## Fundraising Spin Ride on Feb. 4

Our riders raised \$465 for Catskill Area Hospice & Palliative Care through the Super Bowl Sunday 90 Minute Benefit Spin Ride!

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for information on upcoming Fundraising Spin Rides.



## GET FIT RIGHT

The 2018 "Get Fit Right" program concluded on March 11. A total of 104 members and staff combined to earn nearly 7000 "punches" in the 9 week program. Each "punch" represented about 30 minutes of exercise. Participants in the program were able to earn "punches" throughout all of our program areas.

## Participant Luncheon March 15

Join us for a luncheon and award drawings!

All members who achieved:

50 points - \$10 program fee credited to their account

75 points - Choice of 3 free bowling games or 30 minutes of Personal Training

100 points - Entry into a drawing for a Fit Bit

125 points - Entry into a drawing for a year membership to the Fitness Center

150 points - Entry into a drawing for a one year Clark Sports Center membership.

*Participants will be entered into all drawings that they are eligible for, but may only win one prize.*

## Racquets



Reed Porter, Peter Pollock, Ken Witty, Peter Freehafer, Gwen Snyder, Charlie Kieler, Lang Keith, Burt Holmes & Graham Gozigian

Clark Sports Center Squash Team after the match vs. the Fort Orange Club of Albany:

The annual dual matches with the Fort Orange Club is believed to have been first played in the late 1930's, making this the 80th year of inter-club competition.

The Fort Orange Club won the team match 7-2 on Saturday, March 10, with Cooperstown scoring wins at #1 by Graham Gozigian and at #2 by Peter Pollock.

The return home match will be played at the Clark Sports Center on Saturday, April 7 starting at 10:00am.

## Tennis Center

The Sports Center's Tennis Center will reopen on Monday, March 26 (weather dependent).



# Special Events

## Rockin' Around Cooperstown Ugly Sweater Run/Walk

**Overall Male & Female Winners:** Josh Nogaret (00:26:14) and Jeannie Triumpho-Rush (00:27:52)

### Top 5 Male Finishers 21+

1. Adam Wezalis (00:26:20)
2. Andrew Rock (00:26:32)
3. Paul Cirillo (00:26:46)
4. Tory Pike (00:28:20)
5. Andrew Auriemma (00:28:55)

### Top 5 Female Finishers 21+

1. Elizabeth Brigham (00:30:34)
2. Heather Vancleef (00:30:35)
3. Emanuell Borowski (00:30:35)
4. Taren Riley (00:30:51)
5. Janet Ratliff (00:32:20)

### Top 6 Male & Female Finishers

#### Under 21

1. Josh Nogaret (00:26:14)
2. Henry Horvath (00:29:37)
3. PJ Kiuber (00:30:01)
4. Madilyn Miosek (00:30:06)
5. Bradley Weldon (00:36:08)
6. Evan Price (00:36:42)

### Individual Ugly Sweater Winner

Wendy Weidman

### Group Ugly Sweater Winner

Doris Hansen & Melia Wakeman



## Winter Carnival • 46th Annual Bob Smullens 5K/10K Race



### 5K/10K Winners

**5K Winners:** Frank Wilsey (00:24:16) & Miranda Robinson (00:29:41)

**10K Winners:** Will Slentz (00:45:50) & Amanda Chase (00:51:37)

## 2nd Annual Frozen Toes 5 Miler



### Overall Winner

Will Slentz

## 2018 Clark Sports Center Special Events

**Not so Frozen Toes**  
March 17

**Fatty Bumpo**  
March 17

**Monster Bench Press**  
April 7

**SADD Strides for Safety 5K**  
April 15

**Council Rock to Council Rock Race**  
May 20

**BASE Race**  
May 26

**Race the Lake**  
June 9

**Drops to Hops**  
September 29

**Coop Loop**  
October 28

**Rockin' Around Cooperstown Ugly Sweater Run/Walk**  
December 1

# VOLUNTEER OPPORTUNITY

**Volunteer for the Race the Lake Marathon on Saturday, June 9!**

For more information, or to register as a volunteer, please contact Matt Phillips at [phillipsm@clarksportscenter.com](mailto:phillipsm@clarksportscenter.com), or call (607) 547-2800, ext. 130.

# Online SERVICES

The Clark Sports Center is excited to announce that we launched our online services in January.

## **Sign up for programs, pay your bill and more!**

In order to utilize the service as an active member you must have an email on file. If you have not received your username/password please contact Kathy Graham @ 547-2800, ext. 115, or email [grahamk@clarksportscenter.com](mailto:grahamk@clarksportscenter.com).

**Camp sign ups will be online this year! The camps will be online to view by early April with registration starting Monday, May 7, at 7:00am.**

## **Non-members or previous members who are now inactive**

Your membership must be active in order to pay the member price for camps.

You will be unable to activate your membership and sign up with member pricing on the same day. It is recommended that you activate the membership at least 1 week before you plan on registering someone for camp.

# MARCH MEMBERSHIP MADNESS

Stop by the Main Desk on Thursday, March 15, 2018,  
and pick your team (out of a hat) for your chance to win membership credit!

If you draw a shamrock, you pick TWO!

You must be a member to participate.

**If your team wins it all you get a \$100 credit  
applied to your membership!**

2nd place - \$50 credit • Final four - \$25 credit  
Elite eight - \$10 credit • Sweet sixteen - \$5 credit

