

ClarkSportsCenter

Newsletter
September 2018



Facility Hours

October 1 – May 26

Monday–Friday: **5:30am–9:30pm**

Saturday & Sunday: **8:00am–5:00pm**

Closures

Thanksgiving Day • **Thursday, November 22**

Christmas Eve Day • **Monday, December 24**

Christmas Day • **Tuesday, December 25**

New Years Eve Day • **Monday, December 31**

New Years Day • **Tuesday, January 1**

RACE THE LAKE

On June 9, The Clark Sports Center held its 5th annual RACE THE LAKE full and half marathon, and new this year, 5K. The race circled clockwise around Otsego Lake with views of the lake almost all the way as you pass several landmarks.

RACE THE LAKE 2019 will take place on June 8. Visit clarksportscenter.com for details and registration information.

2018 Marathon Winners:

1st Place Male Cornelius Deep (02:56:33) *Pictured*

1st Place Female Molly Cohen (03:38:17)

2018 Half Marathon Winners:

1st Place Male Sean O'Connor (01:18:32)

1st Place Female Kaitlyn Stinson (01:33:51)

2018 5K Winners:

1st Place Male Henry Horvath (00:22:31)

1st Place Female Laura Batalis (00:21:02)

Adventure News

Indoor Rock Wall Climbing Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	Advanced Climb 8:30–11:30am
Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Auto Belay Climb 4:30–5:30pm	Open Climb 12:00–5:00pm
Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	Advanced Climb 6:00–9:00pm	
Please check the website for rock wall closures due to private programs					Sunday
					Open Climb (Starts Oct. 7) 12:00–5:00pm

After School Mountain Biking Club

September 11–October 19

Tuesday, Wednesday, and Friday 3:30–5:00 pm

Tuesday - Skill development day. Tuesdays are set aside to practice cornering, bike body separation, rolling over obstacles, and handling the controls of the bike in open areas. At times we will ride into wooded areas. This is a perfect time for all riders, beginners and advanced, to enjoy the challenges of mountain biking, learn some new skills and meet other riders. (Minimum age is 10 with exceptions after Instructor Assessment.)

Wednesday - Focus on rider skills at our skills park area and trails right here on The Clark Sports Center property, which are designed for instruction. This session is more technical and challenging than Mondays, and may not be for everyone. Mountain bike trails are rocky, with roots, with ride over obstacles, narrow and can be steep.

Friday - Trail ride day! We will ride from The Clark Sports Center and typically ride a local trail off of The Clark Sports Center property, which will include at least one long climb and descent. This is the day we put your conditioning and skill to the test. This is not a day for beginners!

Advanced Rider Trips out of the area will be announced on Wednesdays and through email throughout the session.

Last Ride, October 19, is our rider's party with pizza and movie after a ride for everyone who participated in our 7 week program. Parents are welcome.

For more information, please contact Adventure Director, Jim DiLiberto, at dilibertoj@clarksportscenter.com

Outdoor Community Ropes Course

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

Wednesday, October 17
4:00–7:00pm

THANK YOU

to all **SUMMER CAMP
PARTICIPANTS** for another
successful, fun filled summer!

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 11–May 23 Tues., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 4–Nov. 15 Tues., Thurs.	10:45–11:15am	Sept. 4–Oct. 4	Free for members Limit – 15 Children
Little Dribblers (Grades K-2)	Oct. 26–Dec. 14 Tues., Fri.	3:00-3:30	Sept. 4–Oct. 25	Free for members Limit – 30 Children
Junior High Basketball (Grades 7 & 8)	Oct. 26–Dec. 21 Fri.	5:30–7:30pm	Sept. 4–Oct. 12 Meeting Oct. 22	Free for members
Boy's Junior Intramural Basketball League (Grades 3 & 4)	Oct. 26–Dec. 14 Tues., Fri.	3:30–4:30pm	Sept. 4–Oct. 12 Meeting Oct. 22	Free for members
Boy's Senior Intramural Basketball League (Grades 5 & 6)	Oct. 25–Dec. 13 Mon., Thurs.	3:15–4:15pm	Sept. 4–Oct. 12 Meeting Oct. 22	Free for members
Girl's Junior Intramural Basketball League (Grades 3 & 4)	Oct. 26–Dec. 14 Tues., Fri.	4:30–5:30pm	Sept. 4–Oct. 12 Meeting Oct. 23	Free for members
Girl's Senior Intramural Basketball League (Grades 5 & 6)	Oct. 25–Dec. 13 Mon., Thurs.	4:15–5:15pm	Sept. 4–Oct. 12 Meeting Oct. 22	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Nov. 29–Mar. 28 Thursdays	6:00–10:00pm	Oct. 1–Nov. 21 Meeting Nov. 15	The individual league fees are: \$30/member or \$50/non-member. No team fee.
Slow Break Basketball	Nov. 5–Mar. 18 Mondays	6:00–10:00pm	Sept. 3–Oct. 29 Meeting Oct. 29	\$450 member team; \$700 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 13–Mar. 26 Tuesdays	6:00–9:00pm	Oct. 1–30 Meeting Oct. 30	The individual league fees are: \$30/member or \$50/non-member. No team fee.

League Champs

Summer Soccer Regular Season Champs



Nicoletta's Café

Summer Soccer Playoff Champs



The Dream Team

Summer Softball League Champs



Bob Putnam Agency

On June 21, kids in grades K-6 participated in the 2018 World's Largest Swim Lesson at the Clark Sports Center.



Fall Swim Lessons

Swimming lessons are offered for youth of all ages and abilities, preschool – high school. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed on the pool deck during lessons, please use the balcony to watch. Please arrive on time.

Fall lesson dates TBD. Lessons are free and for members only, but a credit card is required during online registration. Register online at: www.active.com

Afterschool swim lessons for school age children K-18

Monday 3:30-4:00pm : Level 4, 5 & 6 (Limit 15)

Tuesday 3:30-4:00pm : Level 1 (Limit 18)

Wednesday 3:30-4:00pm : Level 2 (Limit 18)

Thursday 3:30-4:00pm: Level 3 (Limit 18)

Evening Swim Lessons

(No Lessons 10/08)

Preschool Lessons – (6 mos – not attending K)

Parent and Child 1 (Limit 10 per class)

Mondays 5:30-6:00pm

Wednesdays 6:30-7:00pm

Parent and Child 2 (Limit 10 per class)

Thursdays 6:30-7:00pm

Ducks

Mondays 6:00-6:30 (Limit 5)

Wednesdays 5:30-6:00pm (Limit 10)

Frogs

Mondays 6:30-7:00pm (Limit 5)

Wednesday 6:00-6:30pm (Limit 10)

Octopi

Thursdays 5:30-6:00pm (Limit 10)

Dolphin

Thursdays 6:00-6:30pm (Limit 5)

School Age Swim Lessons (K-18)

Level 1

Tuesdays 5:30-6:00pm (Limit 12)

Thursdays 6:00-6:30pm (Limit 12)

Level 2

Tuesdays 6:00-6:30pm (Limit 12)

Thursdays 6:30-7:00pm (Limit 12)

Level 3

Tuesdays 6:30-7:00pm (Limit 12)

Thursdays 5:30-6:00pm (Limit 12)

Level 4/5/6

Wednesdays 5:30-6:00pm (Limit 8)

Adult Group Swimming Lessons

Adult 1

Tuesdays 6:30-7:00pm (Limit 8)

Adult 2

Wednesdays 6:00-6:30pm (Limit 8)

Adult 3

Wednesday 6:30-7:00pm (Limit 8)

Saturday Morning Swim Lessons

Preschool

Parent and Child 1 (Limit 10)

9:00-9:30am

Parent and Child 2 (Limit 10)

9:30-10:00am

Ducks (Limit 10)

10:00-10:30am

Frogs (Limit 10)

10:30-11:00am

Octopi (Limit 5)

10:30-11:00am

Dolphins (Limit 5)

10:00-10:30am

School Age Group Swim Lessons

Level 1 (Limit 12)

11:00-11:30am

Level 2 (Limit 12)

11:30-12:00pm

Level 3 (Limit 8)

9:30-10:00am

Level 4/5/6 (Limit 8)

9:00-9:30am

Adult Group Swim Lessons

Adult 1

Saturdays 11:30am-12:00pm

Adult 2

Saturdays 11:00-11:30am

Bowling News

Summer No-Tap Recreational Bowling League Champs

Mike Gage
Michele Gage
Frank Wilsey
Laurel Wilsey

Fall Bowling League

Fall Bowling Leagues begin in September. For more information, contact
Barry Gray at (607)547-2800, ext. 108.

Men's Monday Night Recreation League • Women's Tuesday Night Recreation League
Men's Wednesday Night Recreation League • Women's Thursday Afternoon Recreation League

Open Bowling Hours

Mondays: 1:00–5:00pm
Tuesdays: 2:30–5:00pm
Wednesdays: 2:30–5:00pm
Thursdays: 9:00am–12:00pm, 3:00–5:00pm
Fridays: 9:00am–12:00pm, 1:00–3:00pm
6:00–9:00pm
Saturdays: 1:00–5:00pm
Sundays: 1:00–5:00pm (starting Oct. 7)

Bowling Fees

Juniors

Game: 75¢ Shoes: 25¢

HS/College

Game: \$1.00 Shoes: 50¢

Adults

Game: \$2.00 Shoes: 50¢

* Adult CSC Bowling League Bowlers \$1.00/Game.

Misc. News

Community CPR/AED Courses

Course	Days	Time	Registration	Fee
CPR/AED Course (no First Aid)				
Full Certification Course	September 22 Saturday	8:30am-4:30pm	Aug. 20-Sept. 7	\$30 for members \$40 for non-members
CPR/AED with First Aid				
Re-Certification Course	September 24-25 Monday & Tuesday	6:00-9:00pm	Aug. 20-Sept. 7	\$40 for members \$50 for non-members
Full Certification Course	October 6 Saturday	8:30am-4:30pm	Aug. 20-Sept. 7	\$40 for members \$50 for non-members

*Please Note: Re-Certification Courses are for those that have current certs, but soon expiring. If your certification is expired, you must take a Full Certification Course. All courses are required to have a minimum of 4 registered participants in order to offer the course dates and time.

INDOOR COMMUNITY MOVIE NIGHT

Join us in the Community Room!

October 20

November 17

December 15

Health & Fitness and Racquets News

Personal Training

Our Personal Training program is designed to work with the member's schedule. Times are available during Clark Sports Center operating hours, by appointment only. Please no drop-ins. Stop in to pick up a Personal Training Interest Form or download one from www.clarksportscenter.com. Our Personal Training Coordinator, Kara Arnold, (607) 547-2800, will determine the right trainer for you. Rates are \$15/Half Hour or \$12.50/Half Hour with the purchase of 10 Sessions. Our diverse training staff has the experience and education to meet your needs and personal goals. We specialize in weight loss, nutrition, strength training, cardiovascular, overall health, functional training, and sports performance.

**SPECIAL
- OFFER -**
★ ★ ★

Get 12 half-hour Personal Training sessions for \$125

Offer valid October 1-13

90 Minute Spinning Food Pantry Benefit Ride

Join Don Raddatz and Alison Gridley for a 90 minute Spinning ride to benefit the Cooperstown Food Pantry on Sunday, November 25, 8:30-10:00am. 100% of the proceeds will be donated to the Cooperstown Food Pantry. Beginning October 29, sign up with your \$10 minimum donation at the Fitness Center Desk. Non-member signups begin November 19.



The Iroquois Empire Volleyball Association (IREVA) has named the Cooperstown Volleyball Club the 2017-2018 recipient of the Platinum Award. The Platinum award is given to one male and one female club or team exemplified by its sportsmanship and by its contribution to the success of volleyball in the Region through its members' participation in the Regional administration, tournament sponsorship, officiating, and the development, extension and promotion of the sport of volleyball. The award was presented at the annual IREVA meeting in Syracuse to Health & Fitness Director Rich Jantzi who also serves as the Cooperstown Volleyball Club Director.

2017-2018 was the first year of the Cooperstown Volleyball Club at the Clark Sports Center. A total of 46 girls ages 12-18 participated in the program on 4 different teams coached by Clark Sports Center staff; Alena Krug, John Brotherton and Rich Jantzi along with assistance from Chuck O'Bryan and Marlie Kellerman. The 2018-2019 season is approaching. Open tryouts will be held in late October, as the season typically begins in November. For more information contact Rich Jantzi at 607-547-2800 ext. 125 or by email at jantzir@clarksportscenter.com.

Racquets



Women's Spring Tennis League Champs

Steffi Division

Cindy Draper
Callie Wright

Martina Division

Barb Harmon
Nancy Potter

Billie Jean Division

Daphne Monie
Karli Erickson

Women's Summer Tennis League Champs

Steffi Division

Sariya Sharp .645%
Teresa Drerup .643%

Martina Division

Deanna Gable .621%
Alanna Rose .588%

Billie Jean Division

Karli Erickson .741%
Daphne Monie .532%

Women's Fall Doubles Tennis League

Women's Fall Doubles Tennis Leagues will run September 4 through October 24, weather permitting. If you're interested in future leagues, or being an alternate, contact league coordinator Amy Porter by calling 547-2800, ext. 111, or email portera@clarksportscenter.com

Racquet League News

This Fall, we're starting a 7-week session for the Fall/Winter Season for the Squash, Doubles Squash, and Racquetball Leagues, from October 1 to November 18. All three leagues are open to men and women (18+) with any skill range and willingness to participate in an organized, weekly match-ups with other players. The leagues are set-up on a weekly match-up schedule, with scheduled league nights to allow players the opportunity to play their matches. Matches can be played outside of scheduled league nights. Register online today for this Fall/Winter Season!

Special Events



This charity cycling event raises funds and awareness to fight HIV/AIDS and support Housing Works.

On Friday, September 14, the braking AIDS ride began at the Sports Center and rode through the foothills of the Catskills with glimpses of the Hudson River, ending the ride with a journey down the Hudson River Valley into New York City for a victory celebration.



Upcoming Events



September 29, 2018

Race starts and ends at Brewery Ommegang: 656 County Highway 33, Cooperstown, NY 13326. Ommegang will host a party at the finish line for racers and families. You must be 16+ to race and 21+ to drink.

To Register: www.itsyourrace.com. For more information, visit www.clarksportscenter.com or call Doug McCoy at (607) 547-2800, ext. 111.

Registration received by Thursday, September 27: \$40. After September 27: \$55.



Drops to Hops



OCTOBER 28 • 1:00PM



COSTUME CONTEST

Run or walk in your Halloween costume for a chance to win prizes in the following categories:

- Scariest
- Best Group
- Funniest
- Most Creative
- Best Overall Costume

5K/10K RUN & WALK

Day of race check-in and registration will take place from 11:30am–12:30pm.

The race starts and ends at The Clark Sports Center. It is a moderately difficult course that travels the roads in the Village of Cooperstown. The 5k race will travel the course once, while the 10k will travel the course two times.

Register online at www.itsyourrace.com.

5k • Registration on, or before, October 27: \$20, October 28: \$30.

10k • Registration on, or before, October 27: \$25, October 28: \$35.

Family • \$50 family entry fee. 5 people max, all children must be 18 or under. Individual registrations must be completed for each member.



After School Activities & Programs

The Clark Sports Center will continue to provide our youth members an array of after school activities and programs. But, new this year will be programs and activities specifically for our kindergarten to first grade members! There will be activities such as a walking club on the indoor track, exclusive use of the teaching pool for open swim, bowling, game room fitness program, etc. In addition, we will be doing several after school themed days throughout the year for all of our student members to participate in.

We will put out a two month schedule for our members that will include the K-1 activities as well as the themed days for all of the students. The first schedule will include September and October. Please be sure to pack swim suits, towel and sneakers for your child(ren) every day!

You will see some other changes that we have made to our after school planning. We will be asking that parents/guardians or other approved adults who are picking up children after school sign them out. We will continue to have the children sign in when they enter the building, but will now be asking that whoever is picking them up, sign them out as well. If a child has an outdoor practice, we will ask that they write that in when they leave to go to the practice.

Many of our areas transition to adult programming between 5:00 and 6:00pm. Kidz Korner will be open until 5:30, and then remain open until 6:00pm for quiet games and homework as children are waiting to be picked up. Children will also have the option of climbing (until 5:30), using the fitness game room (until 6:00) or being in the meeting room (until 6:00) while waiting to be picked up. We are trying to have the children more centrally located to ease pick-up for parents.

We will be asking for more information that our staff will have access to in case of an emergency or we need clarification on something a child is telling us. **If you have not already done so, please stop at the Main Desk and provide us with the following information:**

- Who to contact in an emergency (please list a minimum of 2 people)
- Emergency Contact Numbers
- Any medical emergency your child(ren) may have that we need to be aware of? (allergies, diabetic, etc)
- Is your child(ren) allowed to walk or ride their bike home from the Sports Center?
- Who is allowed to pick your child(ren) up from the Sports Center after school?



Kidz Korner

Kidz Korner is back for the 2018-2019 school year! Time for homework, quiet activities, and crafts with Peg Wilson in the Meeting Room.

Monday–Friday, on school days, 3:00-5:30pm.

The room will remain open until 6:00pm for quiet games and homework as children are waiting to be picked up.