

# ClarkSportsCenter



**Newsletter**  
**March 2019**



**CSC Wrestling Program**  
Pictured: Conner Vanburen

## **Closures**

Easter Day • **Sunday, April 21**  
Memorial Day • **Monday, May 27**

## **Clark Sports Center Facility Hours**

**October 1 – May 26**

Monday–Friday: **5:30am–9:30pm**

Saturday & Sunday: **8:00am–5:00pm**

**May 28–September 29**

Monday–Friday, **5:30am–9:00pm**

Saturday, **8:00am–5:00pm**

Sunday, **8:00am–1:00 pm**





## 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.



## Youth Climbing Club

Approximately 150 climbers competed on March 2, 2019, at the Lead Revival at The Edge Halfmoon. 4 CSC Climbing Club members participated. Lowell Wilsey (placed 2nd in recreational category), Rachel MacLean (placed 3rd in the intermediate category), Gill Cooper (placed 3rd in the intermediate category), and Jackson DiLiberto (placed 4th in the intermediate category).



## 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 8, 4:30-7:00pm

Wednesday, June 5, 4:30-7:00pm



## Mountain Biking Club

March 26-May 22 • Ages 10+

Tuesday • 3:30-5:00pm

Wednesday • 3:30-5:00pm

We ride rain or shine, trails can be technical but we 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

## jr. nba Presented by UNDER ARMOUR Skills Challenge

On January 30, the Clark Sports Center had 25 participants for the Jr. NBA Skills Challenge presented by Under Armour. Boys and girls, ages 13 and younger had the opportunity to showcase their fitness through a dribbling, shooting, and rebounding skills competition in the sport of basketball. Boys and girls compete separately in two different age groups: 11U and 13U. The 1st, 2nd, and 3rd place finishers in each age and gender group advance to the Regional Competition.



### 11U Winners

Liana Williams, Emma Johnson, Lanie Nelen



### 11U Winners

Christian Lawson, Cooper Coleman,  
Miles Nelen



### 13U Winners

Jenna Kocienda and Donovan Nelson

## Winter Carnival Basketball Contest



### K-2nd Grade Winner

Kawon Randall-Johnson



### 3rd-4th Grade Winner

Davis Butler



### 5th-6th Grade Winners

Miles Nelen & Emmy Lippitt

## CSC Wrestling Program

Clark Sports Center Wrestling finished its 8 week program with a tournament on Saturday, March 2, against Little Falls. 50 wrestlers, grades 3-6, participated in the second year of the program. Coach Lippitt was excited with the progress of the wrestlers.





# Aquatics News



On January 15, the Sharks Swim Team presented a check to the Cooperstown Fire Department for the money raised during their annual swimathon!



## 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, April 15 - Friday, April 19, 2019. 8:30am-4:30pm 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/classes/american-red-cross-lifeguard-training-with-waterfront-certification-april-2019?int=) (<https://www.active.com/cooperstown-ny/lifeguard/classes/american-red-cross-lifeguard-training-with-waterfront-certification-april-2019?int=>)



# Bowling News



1st Place Winners  
Mike Kenney & Shamus Murphy

## Winter Carnival Bowling Tournament Winners

1st Place	Mike Kenney & Shamus Murphy	1368
2nd Place	Frank Wilsey & Frank Wilsey Jr.	1338
3rd Place	Don Virtell & James Virtell	1294
Youth High Game W/HDCP	Frank Wilsey	228 + 13 = 241
Youth High Series W/HDCP	James Virtell	543 + 126 = 669
Adult High Game W/HDCP	Mike Kenney	258 + 8 = 266
Adult High Series W/HDCP	Mike Kenney	740 + 24 = 764

## Summer No-Tap Recreational Bowling League

**June 4-July 23**

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.

## 7<sup>th</sup> & 8<sup>th</sup> Grade Bowling Special!

Friday nights, 6:00-9:00pm, youth in grades 7-8 can now bowl 3 games for \$1. The special is available to members only and runs January 4-April 26, 2019.

For more information, contact Barry Gray by calling (607) 547-2800, ext. 108.



## Current Bowling League Top Bowlers & Stats

League	High Average	High Game	High Series
Monday Men's	Mike Gage • 203	Dave Chase Jr. • 267	Mike Gage • 691
Tuesday Women's	Cynthia McCartney • 188	Cynthia McCartney • 222	Cynthia McCartney • 618
Wednesday Men's	Barry Gray • 211	Barry Gray • 279	Barry Gray • 739
Thursday Women's	Eileen Barown • 157	Susan Newman • 193	Sharon Curcio • 540
Elem. & Middle School	Ben Grampp • 150	Max Scharf • 191	Ben Grampp • 525



## Spring I Group Fitness Session

The Spring I Group Fitness session began on Monday, March 4. Spring Session II will run April 29-June 23.

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



## Community CPR/AED Certification Training



**Full Certification Course  
Monday & Tuesday,  
March 11 & 12  
5:30-8:30pm**

Obtain a full certification in American Red Cross Adult and Child CPR/AED! \$40 members, \$50 non-members. Register online by March 11. Class will take place in the CSC Community Room. Must attend both nights.

**Recertification Course  
Monday, March 18,  
5:30-8:30pm**

**OR Tuesday, March 26,  
9:00am-12:00pm**

Obtain a full certification in American Red Cross Adult and Child CPR/AED! \$35 members, \$45 non-members. Register online by class dates. Class will take place in the CSC Community Room.

For more information, please contact Matt Phillips at (607) 547-2800, ext. 130.

# Health & Fitness and Racquets News

## Fundraising Spin Ride on Feb. 3

Our riders raised \$550 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 2019 "Get Fit Right" program concluded on March 3. A total of 95 members and staff combined to earn nearly 8,000 "punches" in the 8 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 • 11:30-12:30

Join us for a luncheon and award drawings!

All members who achieved:

40 points • \$10 Membership Credit

75 points • \$25 Membership Credit

100 points • Entry to win a FREE Annual Fitness Center Membership

125 points • \$50 Membership Credit

150 points • Entry to win a FREE Annual Membership

**\$2 membership credit per pound lost**

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

## Racquets



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 5-2 on Saturday, February 23.

The return home match will be played at the Clark Sports Center in April.

## Tennis Center

The Sports Center's Tennis Center will reopen on Monday, April 1 (weather dependent).



# Special Events

## Winter Carnival • 47th Annual Bob Smullens 5K/10K Race



### 5K Winners

5K Winners: Charles Hollister (00:19:02) & Amber Coppola (00:22:06)



### 10K Winners

10K Winners: Shawn Bubany (00:41:08) & Jocelyn Waite (00:51:25)



Otsego Lake • Clark Sports Center • Cooperstown, NY

Join Cooperstown, New York and the Clark Sports Center as we endeavor to set a new Guinness World Record for the largest raft of canoes, kayaks and guideboats. This amazing, record breaking event will take place on our own Otsego Lake. Participants will bring canoes and kayaks together and form the biggest raft ever (in hopes of breaking the Guinness Book of World Records currently held by the Village of Inlet)! Glimmerglass State Park will be the site for the raft, as well as a full day of fun, food, music and a plethora of activities. It's a day for friends, families and community to come together to SINK CANCER!!!!!!

All proceeds from this event will stay local and go towards the fight against breast cancer.

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more information.

## SAVE THE DATE!

### September 21, 2019

## Raising Breast Cancer Awareness & Breaking World Records

## 2019 Clark Sports Center Special Events

**Not so Frozen Toes**  
March 16

**SADD Strides for Safety 5K**  
April 7

**Monster Bench Press**  
April 13

**Council Rock to Council Rock Race**  
May 19

**BASE Race**  
May 25

**Race the Lake**  
June 8

**Paddles Up to Sink Cancer**  
September 21

**Drops to Hops**  
September 28

**Coop Loop**  
October 27

**Rockin' Around Cooperstown Ugly Sweater Run/Walk**  
December 7



### Volunteer for Clark Sports Center Events!

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.



**Start your Spring off right!**

## **Join the National Diabetes Prevention Program**

**Get your spot! Learn tools and knowledge to improve your health.**

The National Diabetes Prevention Program is a year long program for those who want support to delay or prevent Type 2 diabetes. This is a **FREE** program that meets for one hour weekly for the first six months, and then tapers to monthly.

You will learn new ways to support physical, mental and emotional health. Within this process, you will create action plans and identify achievable steps towards your wellness goals. The workshop atmosphere is one of support and encouragement!

With this program you receive:

- A CDC-approved curriculum focused on implementing daily lifestyle changes
- The skills you need to lose weight, be more physically active and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with similar goals
- Knowledge on physical activity, nutrition and diet
- Tracking tools such as an activity log and action plan



To learn more about the  
**Diabetes Prevention Program**  
call 607.547.7696  
or enroll online visit:  
<https://www.bassett.org/livingwell>

**Location:** Clark Sports Center, Cooperstown  
**Start Date:** March 7th, 2019  
**Time:** Thursdays 5 - 6pm  
**Cost:** FREE, open to the public

# MARCH MEMBERSHIP MADNESS

Stop by the Main Desk on Thursday, March 14, 2019,  
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

