

ClarkSportsCenter

Newsletter
September 2019



RACE THE LAKE

On June 8, The Clark Sports Center held its 6th annual RACE THE LAKE full and half marathon, and 5K. The race circled clockwise around Otsego Lake with views of the lake almost all the way as you pass several landmarks.

2019 Marathon Winners:

1st Place Male Daniel Cummings (03:03:34)

1st Place Female Meagan Heiser (03:50:54)

2019 Half Marathon Winners:

1st Place Male Cornelius Deep (01:19:33)

1st Place Female Kaitlyn Stinson (01:39:47)

2019 5K Winners:

1st Place Male Frank Wilsey (00:19:53)

1st Place Female Beatrix Rush (00:23:50)

Clark Sports Center Facility Hours May 28–Sept 29

Monday–Friday: 5:30am–9:00pm

Saturday: 8:00am–5:00pm

Sunday: 8:00am–1:00pm

September 30–May 24

Monday–Friday: 5:30am–9:30pm

Saturday & Sunday: 8:00am–5:00pm

Closures

Thanksgiving Day • **Thursday, November 28**

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

Christmas Day • **Wednesday, December 25**

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

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

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	
Please check the website for rock wall closures due to private programs					Sunday
					Open Climb (Starts Oct. 6) 12:00–5:00pm

The Bouldering Wall • Located in the Gym Floor, open to all ages. The Wall is open year-round. Children under 12 years of age must stay below the designated line; the Wall is off limits during camps, special events, after school and league play. Free for members!

Adventure Outings and Events

After School Mountain Biking Club

September 17–October 24

Tuesday and Thursday 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.)

Thursday - 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 and may not be for everyone. Mountain bike trails are rocky, with roots, with rides over obstacles, narrow and can be steep.

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

Last Ride, October 24, is our rider's party with pizza and movie after a ride for everyone who participated in our 7 week program. Parents are welcome.

Additional riding trips TBA.



Outdoor Community Ropes Course

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

Wednesday, September 18, 4:00-7:00pm

Wednesday, October 16, 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. 17–May 21 Tues., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 3–Dec. 19 Thursday	10:45–11:15am	Sept. 3–Sept. 30	Free for members Limit – 12 Children
Little Dribblers (Grades K-2)	Nov. 1–Dec. 13 Tues., Fri.	3:00–3:30	Sept. 4–Oct. 29	Free for members Limit – 30 Children
Junior High Basketball (Grades 7 & 8)	Nov. 1–Dec. 20 Fri.	5:30–7:30pm	Sept. 3–Oct. 18 Meeting Oct. 28	Free for members
Boy's Junior Intramural Basketball League (Grades 3 & 4)	Oct. 29–Dec. 20 Tues., Fri.	3:30–4:30pm	Sept. 4–Oct. 12 Meeting Oct. 22	Must be a member. \$5 fee. Includes tshirt.
Boy's Senior Intramural Basketball League (Grades 5 & 6)	Oct. 28–Dec. 19 Mon., Thurs.	3:15–4:15pm	Sept. 4–Oct. 18 Meeting Oct. 21	Must be a member. \$5 fee. Includes tshirt.
Girl's Junior Intramural Basketball League (Grades 3 & 4)	Oct. 29–Dec. 20 Tues., Fri.	4:30–5:30pm	Sept. 4–Oct. 18 Meeting Oct. 22	Must be a member. \$5 fee. Includes tshirt.
Girl's Senior Intramural Basketball League (Grades 5 & 6)	Oct. 28–Dec. 19 Mon., Thurs.	4:15–5:15pm	Sept. 4–Oct. 18 Meeting Oct. 21	Must be a member. \$5 fee. Includes tshirt.

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
3 v. 3 Basketball	Nov. 13–Mar. 11 Wednesdays	6:30–8:30pm	Sept. 23–Oct. 31 Meeting Nov. 6	The individual league fees are: \$30/member or \$50/non-member. No team fee.
Adult Futsal	Dec. 5–Mar. 26 Thursdays	6:00–10:00pm	Oct. 1–Nov. 14 Meeting Nov. 21	The individual league fees are: \$30/member or \$50/non-member. No team fee.
Slow Break Basketball	Nov. 4–Mar. 16 Mondays	6:00–10:00pm	Sept. 3–Oct. 21 Meeting Oct. 28	\$450 member team; \$700 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 12–Mar. 24 Tuesdays	6:00–9:00pm	Oct. 1–Nov. 1 Meeting Nov. 5	The individual league fees are: \$30/member or \$50/non-member. No team fee.

Summer League Champs



Summer Soccer Playoff Champs



American Wholesalers

Summer Softball League Champs



New York Pizzeria

On June 20, kids in grades K-6 participated in the 2019 World's Largest Swim Lesson at the Clark Sports Center.



Swim Lessons

Lesson Guidelines: Online registration is required. Space in each class is limited, so we ask that you only sign up for one class. Please arrive on time to the lesson. Swimmers must use the appropriate locker rooms to change for lessons. Parents and spectators are not allowed to be on the pool deck during lessons, please use the balcony to watch. If you miss 2 classes in a row without notifying us, your spot will be given to someone on the waiting list.

Block 1 Fall Lessons - Monday, September 16 – Saturday, October 26. Registration begins Monday, September 9, and will take place online only. Lessons are free and for members only, but a credit card is required during online registration. Register online at: www.active.com. Space is limited.

No Lessons after 4:00pm October 1 & 15. THERE WILL NOT BE LESSONS ON THURSDAY NIGHTS.

Afterschool swim lessons for school age children K-18

Monday 3:30-4:00pm : Level 4, 5 & 6
Tuesday 3:30-4:00pm : Level 1
Wednesday 3:30-4:00pm : Level 2
Thursday 3:30-4:00pm: Level 3

Evening Swim Lessons

Preschool Lessons – (6 mos – not attending K)

Parent and Child 1
Mondays 5:30-6:00pm
Parent and Child 2
Wednesdays 5:30-6:00pm
*Parent and Child 3
Wednesdays 6:00-6:30pm

Ducks

Mondays 6:00-6:30pm

Frogs

Mondays 6:30-7:00pm

Dolphins

Wednesdays 6:30-7:00pm

School Age Swim Lessons (K-18)

Level 1

Tuesdays 5:30-6:00pm

Level 2

Tuesdays 6:00-6:30pm

Level 3

Tuesdays 6:30-7:00pm

Saturday Morning Swim Lessons

Preschool

Parent and Child 1
9:00-9:30am

Parent and Child 2
9:30-10:00am

*Parent and Child 3
10:00-10:30am

Ducks

10:30-11:00am

Frogs

11:00-11:30am

Dolphins

11:00-11:30am

School Age Group Swim Lessons

Level 1

11:30-12:00pm

Level 2

10:00-10:30am

Level 3

9:30-10:00am

Level 4/5/6

9:00-9:30am

Adult Group Swim Lessons

Adult 1

Saturdays 10:30-11:00am

Adult 2

Saturdays 11:30am-12:00pm

* Parent and Child 3

Taught in the teaching pool. For preschoolers ages 3-5. Children become more comfortable working on basic swimming skills. Parents are in the water with their child and we are working on getting the adult out of the water. This is a transitional class from Parent and Child to Preschool classes.

Bowling News

Summer No-Tap Recreational Bowling League Champs

Dylan Rathbun
Melissa Rathbun
Lindsey Rathbun
Mike Beilby

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. 6)

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 14 Saturday	9:00am-4:00pm	Aug. 20-Sept. 7	\$40 for members \$50 for non-members
CPR/AED with First Aid				
Re-Certification Course	Monday, Sept. 9 or Wednesday, Sept. 11	5:30-9:30pm	Aug. 20-Sept. 7	\$40 for members \$50 for non-members
Full Certification Course	Monday, Sept. 16 & Tuesday, Sept. 17	5:30am-9:30pm both nights	Aug. 20-Sept. 7	\$55 for members \$65 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

September 14 (outdoor movie, weather depending)

October 19 (Community Room)

November 16 (Community Room)

Please visit www.clarksportscenter.com for more details.

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. Health and Fitness Director, Rich Jantzi, (607) 547-2800, ext. 125, 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 (Members Only)
Offer valid October 1-13



BECOME A SPINNING® INSTRUCTOR

Get certified and inspire others.

The comprehensive Spinning Instructor Certification - live training day will give you all the hands-on tools you need to become a certified Spinning instructor and lead your own classes.

You will gain an understanding of the following:

- Cycling biomechanics
- Bike setup and safety principles
- Coaching skills
- Crafting of class ride profiles
- Heart rate training and the Spinning Energy Zones™
- Visualization techniques to complement the mind/body

PRICE
\$355 including manual
(Shipping and any applicable sales taxes not included)

CREDITS/POINTS
.8 ACE; .8 NASM; 8.0 AFAA

Saturday, November 02, 2019
10:00AM - 7:00PM

Clark Sports Center
124 Co Rd. 52 Cooperstown, NY 13326

TO REGISTER

VISIT
www.spinning.com

OR CALL
800.847.SPIN (7746)



CONTINUING EDUCATION

Stay ahead of the pack. Boost your teaching skills while earning AFAA and CECs continuing education credits with this Spinning® workshop.

Creating a Journey Ride: 4 HOUR WORKSHOP

The Spinning® program is one of the fitness industry's leading pioneers in creating experiential exercise. This workshop presents everything you need to know, from A to Z, to create your own journey rides. Set yourself apart from the rest by learning how to design and skillfully present theme rides that bring out your strengths as an instructor while giving your riders a memorable experience that will have your riders coming back for more!

PRICE
\$109.00

CREDITS/POINTS
6.0 SPIN CECs | 4.0 AFAA | 0.4 ACE

Sunday, November 03, 2019
9:00AM - 1:00PM

Clark Sports Center
124 Co Rd. 52 Cooperstown, NY 13326

TO REGISTER

VISIT
www.spinning.com

OR CALL
800.847.SPIN (7746)

For more information, contact Amy Porter, 547-2800, ext. 129.

Racquets

Women's Spring Tennis League Champs

Steffi Division

Georgia Frevele
Callie Wright

Billy Jean Division

Eileen Anania
Carina Franck

Martina Division

Eileen Kline
Sheryl Dulovich

Chrissie Division

Emily Price
Dani Webb

Women's Summer Tennis League Champs

Steffi Division

Amy Porter
Callie Wright

Billy Jean Division

Nicole Dillingham .608%
Stephanie Bauer .572%

Martina Division

Daphne Monie
Allison Swift

Chrissie Division

Sally Sharkey .708%
Lara Hursyz .548%

Women's Fall Doubles Tennis League

Women's Fall Doubles Tennis Leagues begins September 10. If you're interested in future leagues, or being an alternate, contact league coordinator Amy Porter by calling 547-2800, ext. 129, 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 21 to December 11. 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 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 13, the braking AIDS ride will begin at the Sports Center and they will ride 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 28, 2019

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 26: \$40. After September 26: \$55.



Drops to Hops



OCTOBER 27 • 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 26: \$20, October 27: \$30.

10k • Registration on, or before, October 26: \$25, October 27: \$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

We welcome your child to the Sports Center as a part of our 'after school group'! In conjunction with your school orientation, we have partnered with the elementary school and will be offering an orientation of the Sports Center as well. Before or after you have completed your orientation at the school, we invite you and your child to come to the Sports Center to have a tour, talk with staff and pick up a schedule of our after school programming. This is also a great opportunity for any family who qualifies, to talk with Kathy Graham about the free scholarship membership.

The Clark Sports Center will continue to provide our youth members an array of after school activities and programs. Continuing 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, free 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!

We will continue to have the children sign in when they enter the building. We would like to remind parents/guardians or other approved adults who are picking up children after school to sign them out. If a child has an outdoor practice, we will ask that they write that in when they leave to go to the practice. It is important that this process of signing in and out is continued as it will help us in emergency situations to determine if children arrived at our building and/or if they have been picked up and by whom.

Many of our areas transition to adult programming between 5:00 and 6:00pm. Kidz Korner will be open until 5:30. Children will also have the option of climbing (until 5:30) or using the fitness game 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.

If you have additional information that you would like us to have in regards to your child(ren) such as medical conditions, allergies, etc. you may leave it with a front desk staff.

We look forward to seeing your child(ren) at the Sports Center this upcoming school year!

Clark Sports Center honored with Quality of Life Award



On Thursday, August 22, 80 people gathered at the Clark Sports Center for the Otsego County Chamber of Commerce Summer Soirée celebrating local businesses that promote a good and sustainable life in Otsego County. The Clark Sports Center was honored with the Quality of Life Award, presented by NBT Insurance Agency. Information Systems Division (ISD Tech) of Oneonta received the Environmental Stewardship Award presented by Bank of Cooperstown. The Sports Center currently has 5,500 members ranging in ages 1 day old (newest member Brodie Hill) to 99 years old (Jane Moyer). Thank you to all of our members and the community for your continued support.

Pictured left to right: Jimmy DiLiberto (Adventure Director), Erin Newkerk (Marketing Director), Val Paige (Director), Assemblyman John Salka, Rich Jantzi (Health & Fitness Director), and Kathy Graham (Associate Director of Membership & Marketing).