

Pete Henrici Receives Fetterman Award



On Monday, October 21, The Clark Sports Center and Clark Foundation had the pleasure of honoring Pete Henrici with the 2019 Patrick C. Fetterman Award. The award has been given yearly since 1993 to a community member who is dedicated to serving local youth, especially in the area of athletics, in memory of Patrick C. Fetterman, long-time Associate Director of The Clark Sports Center.

Jane Clark formally presented the award in front of a crowd of family, friends, and past award recipients. Pete Henrici was a longtime baseball coach for Cooperstown Central School and in youth baseball, he is also a scoutmaster for the local Boy Scouts of America troop, taught Latin at CCS, and has owned a store, Baseball Nostalgia, for decades.

Clark Sports Center Facility Hours

October 1–May 24

Monday–Friday, 5:30am–9:30pm

Saturday & Sunday, 8:00am–5:00pm

Closures

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

Christmas Day • **Wednesday, December 25**

New Year's Eve Day • **Tuesday, December 31**

New Year's Day • **Wednesday, January 1**

www.clarksportscenter.com

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	Guys Climb 9:30–11:00am	Women's Climb 8:00–10:00am	Adult Climb 8:30–11:30am
Open Climb 4:30–5:30pm	Open Climb 4:30–5:30pm	Open Climb 4:30–5:30pm	After School Climb 3:00–4:30pm	After School Climb 3:00–4:30pm	Open Climb 12:00–5:00pm
Adult Climb 6:00–9:00pm	Adult Climb 6:00–9:00pm	Adult Climb 6:00–9:00pm	Open Climb 4:30–5:30pm	Open Climb 4:30–5:30pm	
Please check the website for rock wall closures due to private programs				Adult Climb 6:00–9:00pm	Sunday
					Open Climb 12:00–5:00pm

Adult Climb: This time is designated for adults ages 16+.

After School Climb: This time is designated for youth in grades K-7 only.

Open Climb: To climb on a top rope a climber needs to bring a competent belay partner that is at least 12 years of age, but auto belays for everyone!
Participants assume all risk in the use of personal climbing equipment.

December Break Rock Wall Hours

December 23, 26 & 27: 12:00–4:00pm & 5:00–9:00pm

December 28 & 29: 12:00–5:00pm

Mountain Biking Club

The Clark Sports Center's Mountain Bike Club wrapped up with their last ride party! The MTB Club is a developmental program for kids 10+. Coaches share drills and techniques to enhance skills like cornering, bike body separation, rolling over obstacles and handling the controls of the bike. Our primary goal is to encourage a lifelong love of cycling.



Winter Carnival Weekend Geocaching

Learn how to use a GPS device in this high tech global treasure hunt. Be prepared to travel by foot to various locations in all weather conditions. The Clark Sports Center will have GPS Units to share for this program. No sign up necessary. Free for members & non-members. Adults & children: groups of children must have an adult with them.

Sunday, February 9, 10:00am. Meet in Pioneer Park.

Turkey Memorial Climbing Competition

Participants face challenges like the ball & chicken toss, assembling a thanksgiving outfit while climbing, wall hang & climbing with a beach ball!

Look for our next climbing competition during Winter Carnival.



Preschool Play Halloween Party



7th Annual Veterans Day Co-ed 4 v. 4 Basketball Tournament



5th & 6th Grade

Miles Nelen, Brennin Dempsey,
Liana Williams, Ava Noel.



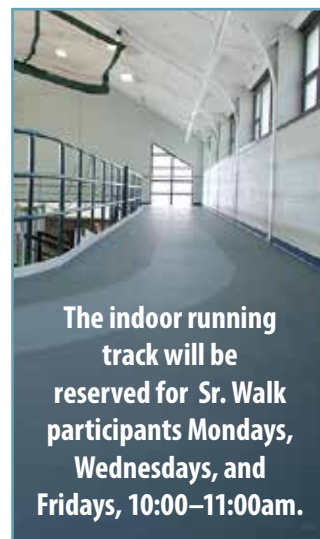
7th & 8th Grade

Charlie Lambert, Troy Davis,
Tori France, Rory Nelen

Preschool Play Christmas Party



Tumble Buddies



The indoor running track will be reserved for Sr. Walk participants Mondays, Wednesdays, and Fridays, 10:00–11:00am.

Schedule For CCS Holidays & Snow Days

In the event of a Cooperstown Central School holiday or snow day, the Sports Center schedule will change accordingly. Upcoming holidays will occur December 23, 26-27, 30, January 20, and February 17-21.

Pool

All aquatic programs, except swim team, will be cancelled for the day.

Open Swim

10:00am-12:00pm and
1:00-5:00pm (2 lanes,
4:00-5:00pm).

The Teaching Pool is not available Monday & Wednesday, 2:00-3:00pm, Thursday, 11:30am-12:30pm, and Tuesday & Friday 11:00am-12:00pm.

Gym Floor

Mornings and afternoons:
Open floor

Evenings: Regular activities.

Bowling Alley

Open bowling during normal operating hours.

Racquet Courts

Mornings and afternoons:
Open courts.

Evenings: Regular activities.

Child Care Special Note

There will be no child care if Cooperstown Central School is on a delay or closed due to weather.

Aquatics News

First Splash at The Clark Sports Center

The Central Valley Swim League held its annual First Splash meet at the Sports Center on Saturday, November 2. The Clark Sports Center Sharks Swim Team hosted the event with two visiting teams, the Canajoharie Crocodiles, and Schoharie Valley Penguins. The First Splash was a success with over 85 swimmers competing in both individual and relay events. The Sharks Swim Team would like to send out a special thank you to the parents that volunteered their time and to the Sports Center staff that assisted with the event.



Swim Lessons

Block III Lessons will run January 6–February 15, with registration beginning Monday, December 30.

No lessons after 4:00pm on January 7, 9, & 14.

No lessons January 20 & 25

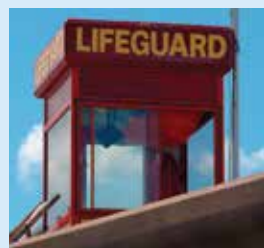
Classes Added!

- Parent/child 1, Thursday, 5:30-6:00pm
- Frogs, Thursday, 6:00-6:30pm
- School Age, Level 1, Thursday, 6:30-7:00pm

CCS Home Swim Meets

The Cooperstown Boy's Varsity Swim Team will have home swim meets on January 7, 9, and 14. The dates and times are subject to change. The pools will be closed during meets, 4:30pm until 30 minutes after the conclusion of the meet (usually 7:30pm). Practices are held Monday–Friday, 6:00–8:00pm.

Waterfront Lifeguard Training Course



Monday, February 17–Friday, February 21

9:00am–5:00pm with lunch break (must bring own)

Cost (includes non-refundable deposit):
Members \$275; Non-Members \$350

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.

Visit www.clarksportscenter.com for more information.

Aquatic Center Closure Notice

- On January 25 the Aquatics Center will be closed for the Clark Sports Center Shark's Swim Meet from 8:00am to 2:00pm, or approximately 30 minutes after the conclusion of the meet.
- The Aquatic Center will be closed for CCS Boy's Varsity Swim Meet from 4:30pm until the end of the meet on January 7, 9, & 14.

Bowling News

Pathfinder Bowling



1st Place: Ross Bomley
Susie Decker



2nd Place: Chris Scott
JT Fadale

League High Scores

High Game: Ross Bomley 154; **High Series:** Ross Bomley 265; **High Average:** Ross Bomley 105

Adult Bowling League High Scores

Men's Monday League

High Game: Chuck Hascup 269
High Series: Mike Gage 680

Women's Tuesday League

High Game: Earlena Rood 210
High Series: Earlena Rood 559

Men's Wednesday League

High Game: Matt Curtis 278
High Series: Keith Dickson 703

Women's Thursday League

High Game: Sharon Curcio 212
High Series: Sharon Curcio 589

Youth Bowling League High Scores

Elementary & Middle School High Scores

High Game: Anthony McCoy 197
High Series: Kaden Card 507

Preschool Bowling

Parents can bring their children, ages 3 to 5 who are not yet in school, to the Sports Center to bowl on Tuesdays, 10:30–11:00am. Parents and kids bowl for free. Bumpers and ramps are available.

Winter Carnival Bowling Tournament!

Friday, February 7, 6:00pm
Saturday, February 8, 9:00am

Teams of 1 adult & 1 child (2nd grade+), and open to all members and non-members. \$3 for members or \$6 for non-members. Sign up in the Bowling Alley or call (607) 547-2800, ext. 108, to sign up.

Group Fitness

Limited Classes

Dec. 23-Jan 5
Please check the
Group Fitness
Schedule for classes
and times.

New Child Care Rates

Beginning January 2020

Drop-in fee \$6.00/
hour (payable in 1/2
hour increments,
minimum 1 hour)

OR

\$5.00/hour with the
purchase of a Child
Care Pass of \$50.00.

Health & Fitness and Racquets News

Here's to a New Year and Another Chance to

GET FIT RIGHT

January 6-March 1, 2020

→ Exercise More
→ Lose Weight
→ Stay Fit & Healthy

→ Enjoy Life
→ Eat Healthier
→ Drink More Water

→ Be More Active
→ Regular Exercise
→ Get More Sleep

→ Try New Activities
→ Have More Energy
→ Make Time to Workout

Weekly program and checklist to assist in making resolutions stick. Earn prizes and membership credits with points from participating throughout the program. Registration began December 2.

New this year, credit for weight loss and more prizes! There is a program fee of \$10.



Benefit Spin Ride

Thank you to all those that participated in our 90 Minute Spinning Benefit Ride on Sunday, December 1. The annual ride donates 100% of the proceeds to the Cooperstown Food Pantry. This year a total of \$355 was raised.

The next 90 Minute Spinning Benefit Ride is February 2.
Visit www.clarksportscenter.com for more information.

Racquets

Winter Racquets Leagues

Racquetball, Squash, and Doubles Squash Leagues are open to both Men and Women Adults (18 and out of high school), with any skill range and willingness to participate in organized weekly match-ups with other Racquetball players. The league setup is set on a weekly match-up schedule, with scheduled league nights to allot league players opportunity to play their matches.

League play will start January 7, and will run through March 19. League will play on Tuesdays, 5:30 to 9:30pm. Registration runs December 16-January 3. The league fee is \$25 members or \$35 for non-members.

Women's Fall Doubles Tennis Champions



Martina Division

Melissa Vilacky &
Sheryl Dulovich



Billy Jean Division

Melissa Barry &
Nicole Dillingham

Steffi Division

Ellen Tillapaugh (.615%) &
Kim Potts (.59%)

(Finals cancelled due to
weather. Winners determined
by winning percentage.)

Special Events

Drops to Hops



"A" Race • Overall Male & Female

Joshua Graves (01:54:50) & Chandra Russo (01:59:45)

"B" Race • Overall Male & Female

Edward Curley (01:04:08) & Evan Kujawski (01:05:06)

TEAM Winner: FLCCCHRIS/CookiesSwan CYCLES

Braking Aids

Riders left Cooperstown Friday, September 13, and traveled 300 miles to Manhattan.

brakingaidsride.org



Coop Loop



Coop Loop 19 Results

The Clark Sports Center held its 19th Annual Coop Loop 5K/10K Run/Walk on Sunday, October 27. Full race results for all runners and walkers, and race photos can be found at www.clarksportscenter.com.

Top 3 Male Finishers • 5K

Place	Name	Time
1	Justin Stephens	17:15
2	Bryce Chirico	19:39
3	Andrew Rock	20:10

Top 3 Male Finishers • 10K

Place	Name	Time
1	Charles Hollister	38:16
2	Travis Nevins	41:36
3	Frank Wilsey	42:15

Top 3 Female Finishers • 5K

Place	Name	Time
1	Annelise Jensen	20:25
2	Gabriella Raymond	21:50
2	Claire Jensen	22:35

Top 3 Female Finishers • 10K

Place	Name	Time
1	Alexis Stephens	45:19
2	Lydia Dillon	46:14
3	Jocelyn Waite	49:15



2019 Rockin' Around Cooperstown Ugly Sweater Run/Walk



Thank you to the Cooperstown Chamber of Commerce for partnering with us, as well as our event sponsors Stagecoach Coffee, Cooley's Stone House Tavern, Northern Eagle Beverages, Inc. and Ommegang! And thank you to all of our runners! Proceeds from the race are donated to Helios Care, who help make the holidays a bit brighter for those who have lost a loved one. Visit www.clarksportscenter.com for race results and photos.

Member Highlights



Women who Climb, every Friday from 8:00-10:00am

Are you interested in joining a community of strong, supportive women ranging in ages from 25 to 70? Have you ever looked at the rock wall and thought "Could I do that?"

If your answer is a "yes" or even a "maybe," stop by on Friday mornings to get a taste of the Sport Center's newest club: "Women who Climb"! What started as 4 intrepid female climbers looking to establish a weekly climbing club has grown into a group 35-women-strong. The club has proven to be a physical and mental challenge for its members, who each have varying degrees of fitness, strength and health background. 'Women who Climb' has several cancer survivors in the group as well as many who are working to overcome fear of heights and lack of self-confidence. All equipment is provided plus unique camaraderie and support from an enthusiastic group of women. Come join us every Friday at 8 am!

Written by: Stephanie Talaia-Murray & Donna Mackie



Youth Day Trips

Middlefield Orchard
Cornstalk Teepee & Hay Fort
Fly Creek Valley Corn Maze &
Pumpkin Patch



Photo Credit: Sarah Stewart

Clark Sports Center member, Ruth Stewart, continues to prove that age is just a number! At 90 years young, Ruth participated in our Outdoor Community Ropes Course.



Our Senior Walk, Prime Time, and Sit and Get Fit participants gathered together for their annual holiday party. They were singing the 12 Days of Christmas the entire way to the trees!



Our Women's Fall Tennis League proudly supports Breast Cancer Awareness month!