

2022 Summer Camps & Trainings

June 27 to August 18



ClarkSportsCenter

Summer Camp Information 2 & 3
Adventure Camps 4
Sports Camps 5-7

Adventure Trainings 8
Sports Trainings 9-12
Training Camp Add-ons 13 & 14

→ **Member Registration: May 2**

Non-member Registration: May 16 ←

Physical Address • 124 Cty. Hwy. 52, Cooperstown, N.Y. 13326 | Mailing Address • P.O. Box 850, Cooperstown, N.Y. 13326
Phone: (607) 547-2800 • Fax: (607) 547-4100 | www.clarksportscenter.com

Summer Camps & Trainings Information

Registration

Member Registration

Member registration for Summer Camps/Trainings will begin ONLINE at 7:00am on Monday, May 2. **In order to register online you must have an email address on file and online credentials sent to you by the membership director. Please contact Michelle Yerdon at (607) 547-2800, ext 132, or yerdonm@clarksportscenter.com. **IT'S RECOMMENDED THAT THIS BE DONE AT LEAST ONE WEEK PRIOR TO CAMP SIGN-UP DATES.** If you do not have an email address, home internet, or computer you may register at the main desk (starting 7:00am on May 2).**

Note: In order to qualify for member registration, the participant must be an active member at the time of registration.

Non-member/Inactive Member Registration

Your membership must be active status in order to pay the member prices for camps/programs. You will be unable to activate your membership and sign up with member pricing on the same day. It is recommended that you activate your membership at least 1 week before you plan on registering someone for camp/program. Upon activation you will be sent online credentials.

Non-member registration will begin ONLINE on Monday, May 16. Access the online portal on the homepage of clarksportscenter.com and login as a non-member.

Cancellations

In the event your child cannot participate in a camp they are enrolled in, please refer to the schedule below for securing a refund of all or part of your tuition. The Sports Center retains a \$15 registration fee for all cancellations.

- 30 days prior to camp start: 100% of tuition refunded (- \$15)
- 15–29 days prior to camp start: 50% of tuition refunded (- \$15)
- Cancellations made within 14 days of camp start: 100% forfeit of the tuition.

If a camp does not fill with a minimum number of participants, The Clark Sports Center reserves the right to cancel or combine two different sessions with low enrollment. We will notify participants in advance and you will receive a full tuition refund if we cannot find a substitute arrangement.

For safety reasons, The Clark Sports Center reserves the right to remove a participant from a program or to cancel all or part of a camp at any time. Participants may be removed from camp for violations of camp regulations, showing disrespect to the camp or facility staff, damaging equipment, or any other behavior which is harmful to The Clark Sports Center.

Instruction and Supervision

All camps and trips are staffed by trained instructors who bring extensive experience, education, and advanced certifications including Wilderness First Responder, First Aid, CPR, AED, coaching, and Lifeguarding. They are professionals in their respective fields and are well equipped to provide safe, educational and fun experiences. Activities are designed and delivered in accordance with quality and safety guidelines established by the Sports Center and New York State.

What To Bring

Sports Camps

Each camp requires different apparel depending on the sport involved. Please make sure all participants are dressed appropriately for their activity. Clean, non-marking sneakers or spikes, comfortable athletic clothing or bathing suit, towel, and personal water bottles are required. The Clark Sports Center will supply most equipment.

Adventure Camps

Please make sure all participants are dressed appropriately for their activity.

Adventure Camp Special Notes

Our camps do not meet the definition of children's camps under New York State regulations; therefore, they are not regulated by the NYS Department of Health.

Assumption of Risk Form

An Assumption of Risk waiver form is required and must be signed by a parent or guardian for all camp participants. Active members have one on file. Non-members can pick up a form at the Main Desk or on our website at www.clarksportscenter.com.

Vaccination Requirements

All participants must have a MMR vaccine to attend any camp or training session. Please send proof of vaccination to Dana Conte, or drop off at the Main Desk by Friday, June 24.

Dana Conte
Human Resources
Clark Sports Center
Phone: (607) 282-4783
Fax: (607) 282-4784
conted@clarksportscenter.com

Adventure Camps

The Clark Sports Center Adventure Camps use methodologies in which camp directors purposefully engage with participants in direct experience and focused reflection in order to increase knowledge, develop skills, and develop students curiosity and hunger for learning. Directors are experienced, focused, and passionate in subject matter and working with campers to provide a high quality experience.

All participants must provide proof of MMR vaccination to attend camps.

2022 Adventure Camps

GPS Workshop.....	4
Science Camp.....	4

GPS Workshop



Dates: Monday, August 1–Friday, August 5
Time: 8:30am–2:00pm
Grades: 6–10 **Level:** Easy to Moderate
Cost: \$250 Members or \$300 Non-members
Location: CSC
Limit: 9

Join the exciting high tech global treasure hunt known as geocaching. Campers will be using handheld GPS receivers to search for hidden caches locally, creating and hiding our own geocaches, and sending a “travel bug”. Campers will also be hiking, swimming, and taking field trips. Questions, call (607) 547-2800, ext. 124 or 126.

Science Camp



Time: 8:30am–2:00pm
Grades: 4–7 **Level:** Easy to Moderate
Location: CSC
Cost: \$250 Members or \$300 Non-members
Limit: 9

Session One • Monday, July 11–Friday, July 15
Session Two • Monday, July 18–Friday, July 22
Session Three • Monday, July 25–Friday, July 29

Science camp is the place to be this summer and every summer. Join Peter Pollock at camp for model rockets, chromatography, field trips, and science experiments. Each day will be filled with an unforgettable experience. Questions, call (607) 547-2800, ext. 124 or 126.

Sports Camps

The Clark Sports Center is excited to be offering an array of traditional camps. These camps are designed to meet the needs of participants at all levels of abilities. Camps are fun, safe, and staffed by trained instructors.

All participants must provide proof of MMR vaccination to attend camps.

2022 Sports Camps

Advanced Competitive Swim	5
Bowling	5
Circus Theatrics.....	6
Creative Movement & Art.....	6
Developmental Competitive Swim	6
Jr. Lifeguard	6
Music & Movement.....	7
Tennis.....	7
Themed Yoga Fun & More	7

Advanced Competitive Swim Camp



Dates: Monday, August 8–Friday, August 12

Time: 10:00am–12:00pm

Grades: 2–12

Cost: \$85 Members or \$135 Non-members

Location: CSC Aquatics Center

Limit: 24

Advanced Competitive Swim Camp is for swimmers that are currently on a competitive swim team. Camp participants will be working on technique, drills and endurance for the 4 competitive swim strokes, as well as competitive starts, turns and finishes, nutrition, and dryland. Participants must be able to swim all 4 strokes legally and have been on a competitive swim team for at least 2 years.

Bowling Camp



Time: 9:00am–12:00pm

Location: Bowling Alley

Cost: \$85 Members or \$135 Non-members

Session One • Monday, July 11–Thursday, July 14 [4 days]

Grades: 3-6

Limit: 12

Session Two • Monday, August 15–Thursday, August 18 [4 days]

Grades: 3-6

Limit: 12

Bowling Camp will be instructed by Clark Sports Center Athletic Director Barry Gray with assistance from Mike Kenney. Campers will learn the basic 4 step approach, working on fundamentals through drills and competition, plus one on one instruction. Thursday will be the camp tournament with awards. Come join us for some fun!

Circus Theatrics



Dates: Monday, July 11–Friday, July 15
Time: 9:00am–3:00pm (Friday 9:00am–4:00pm)
Grades: 3–12

Location: Gym Floor • Each child should bring a lunch.
Cost: \$300 Members or \$400 Non-members

Circus show starts at 3:00pm on Friday, July 15, for parents & guests!

Climb to NEW heights with MOUNT CIRCUS!

Seano and Pat return to bring you this Circus adventure teaching all the classic skills of juggling, unicycle, stilts, clowning, rola bola, globe, acrobatics, magic and more. Circus has been a tradition at the Sports Center for years, and it'll be so nice to bring back the big top kids show!

We'll challenge everyone at their own level, while harnessing the full energy and enthusiasm of the group in a culminating show at the close of camp week.

Seano and Pat bring years of circus experience and a fun attitude to this camp that your kids will love.

Creative Movement & Art



Dates: Monday, July 11–Friday, July 15
Time: 8:30–11:30am
Grades: K–2

Location: Studio, Meeting Room, Outside
Cost: \$85 Members or \$135 Non-members
Limit: 10

Directed by SUNY Cobleskill Early Childhood Educator and licensed Zumba and Kindermusik Instructor, Suzanne Fine, this week-long summer camp will have a little bit of everything in it with the focus on nature, creative movement, the visual arts and fun! We will walk the nature trail and do some observational drawings in our journals and have a scavenger hunt. We will make giant glycerin bubbles outside, pretend we are bubbles floating in space, and use colorful scarves and ribbons for more creative movement experiences. We will author our very own nature stories, act them out, and play animal charades. We will paint with tempera and watercolor paints and create our very own nature mural. Campers should wear comfortable clothing and sunscreen, have outdoor shoes, hat and layers.

Developmental Competitive Swim



Dates: Monday, August 1–Friday, August 5
Time: 10:00am–12:00pm
Grades: 1–6

Cost: \$85 Members or \$135 Non-members
Location: CSC Aquatics Center
Limit: 24

Developmental Competitive Swim Camp is for swimmers that are currently on a developmental swim team, or are looking to join a swim team. Camp participants will be working on technique, drills and endurance for the 4 competitive swim strokes, as well as competitive starts, turns and finishes. For safety reasons, children that join this camp must be able to swim unassisted 25 yards of Front Crawl, 25 yards of Back Crawl, and be able to do a head first entry into water 8 feet deep. A swim test to determine eligibility for the camp will be administered on the first day.

Jr. Lifeguard Camp



Dates: Monday, July 11–Friday, July 15
Time: 2:00–4:00pm
Ages: 10–14

Cost: \$85 Members or \$135 Non-members
Location: CSC Aquatics Center
Limit: 10

Jr. Lifeguard Camp is a pre-certification program for young teens. Our Jr. Lifeguard program educates and demonstrates some of the many aspects of being a professional lifeguard including basic lifeguarding techniques, teamwork, personal water safety, & personal fitness. This camp is meant to spark interest in lifeguarding and enrich personal water safety. This course is not a lifeguard certification course.

Music & Movement



Dates: Monday, July 25–Friday, July 29

Time: 8:30–11:30am

Grades: 3–6

Location: Studio, Meeting Room, Outside

Cost: \$85 Members or \$135 Non-members

Limit: 12

Directed by experienced local music educator and Pound and Generation Pound Pro, Michelle Fritts. This camp allows unending exploration of music and movement in every child. Participants will use their bodies and minds to expand their musical knowledge, create safe movements, work cooperatively with others, and strengthen their personal responsibility with increased self-esteem and a healthier body. Activities will include Generation Pound sessions, mindfulness movements, outdoor time (weather permitting), musical crafts, and music making. Campers should wear comfortable clothing and sunscreen, have outdoor shoes, hat and layers.

Tennis



Dates: Monday, June 27–Friday, July 1

Session One: Grades 1–3, 9:00–10:00am

Session Two: Grades 4–6, 10:00–11:00am

Session Three: Grades 7–9, 11:00am–12:00pm

Location: CSC Tennis Courts

Cost: \$50 Members or \$100 Non-members

Limit: 15

During this week-long tennis camp, players will learn the fundamentals of tennis including proper grips, footwork, strokes, volleys and serves with a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, campers will learn the rules and etiquette that make tennis an exciting lifelong game to play. Evan Carney, USPTA Certified Teaching Pro will lead the camp.

Themed Yoga Fun & More



Dates: Monday, July 18–Friday, July 22

Time: 9:00am–12:00pm

Grades: K–4

Location: Studio, Meeting Room, Outside

Cost: \$85 Members or \$135 Non-members

Limit: 10

Led by certified Yoga instructor Wendy Urtz Chapman, this camp is designed to be a fun, enriching, and creativity-boosting experience that includes yoga, mindfulness and relaxation, crafts, cooperative games and outdoor time (weather permitting). Children will enjoy a non-competitive environment where they will stretch, strengthen and explore both their bodies and minds, and create lasting memories, new friendships, and a foundation for overall well-being. Each day will feature a theme such as Animals, Pirates and Disney Characters. Campers should wear comfortable clothing and sunscreen, have outdoor shoes, hat and layers.

Adventure Trainings

2022 Adventure Training

Climbing Club	8
Summer Mountain Biking Clinic.....	8

The Clark Sports Center Adventure Department is offering Adventure Sports Training this summer that focus on what we do the best; coaching young athletes in mountain biking and rock climbing. Both the Climbing Club and Mountain Bike Clinic curriculum are broken down into areas of nutrition, mobility, strength and conditioning, skills and personal risk management. Our goal is to expose students to what it takes to be “the whole athlete”. These sports can be dangerous and that is why we only use instructors who are certified and/or licensed as coaches, trainers, and guides in the respective discipline to provide the safest and highest quality programs possible.

All participants must provide proof of MMR vaccination to attend camps.

Climbing Club



Dates: Mondays, Wednesdays, & Fridays

Session 1: July 6–15

Session 2: July 18–29

Times: 10:30am–12:00pm

Ages: 12–15

Cost: \$25 Members or \$50 Non-members

Limit: 8

Join us at the Clark Sports Center for a morning workshop to improve your climbing Skills. This workshop will utilize fitness equipment, and our climbing wall. We will introduce you to beneficial exercises physically and mentally to improve your climbing plus most of all, we climb! Questions, call (607) 547-2800, ext. 124 or 126.

Summer Mountain Biking Clinic



Dates: Mondays, Wednesdays, & Fridays

Session 1: July 6–15

Session 2: July 18–29

Times: 1:00–2:30pm

Ages: 12–15

Cost: \$25 Members or \$50 Non-members

Limit: 8

Get together with us and develop your, “on bike fitness”, skills and drills to improve your essential riding skills to ride faster and farther. This is a sports development workshop for young athletes that can be difficult. Focus is on cross-country/endo mountain bike. Questions, call (315) 867-6334.

Riders must have mountain bikes, helmets, and solid footwear. All equipment must be in excellent working order prior to sessions. Riding will take place in woods on hiking terrain. This terrain can be challenging and sometimes intimidating. Mountain biking is a dangerous sport.

Sports Trainings

The Sports Training programs are designed for the well-rounded athlete. Instead of focusing on one sport for a short time, we aim at focusing on multiple sports for an entire summer. All training groups are broken into sessions that you can sign up for. Whether you sign up for one session or multiple, the Friday Games are included in the price. You must be signed up for at least one session to be part of the Friday Games, as we will use those games to determine each player's needs. A wide ranging staff that will include coaches from all levels, as well as current and former college athletes will make sure this is the best summer possible for your athlete!

All participants must provide proof of MMR vaccination to attend camps.

2022 Sports Training

Baseball/Softball Hitting	9
Baseball/Softball Pitching	9
Basketball Training.....	10
Basketball Training • Youth	10
Football Training.....	10
Little Dribblers	10
Little Footballers.....	11
Little Hitters.....	11
Little Kickers	11
Little Rollers.....	11
Soccer Training	12
Summer Kids Day	12
Volleyball Training	12

Baseball/Softball Hitting



Baseball • June 27–August 12

Grades 7–12: Monday & Wednesday Sessions, 11:00am–12:00pm, Friday Games, 2:00–3:00pm

Grades 3–6: Monday Session, 12:00–1:00pm, Wednesday Session, 1:00–2:00pm, Friday Games, 1:00–2:00pm

Softball • June 27–August 12

Grades 7–12: Wednesdays & Thursdays, 12:00–1:00pm, Friday Games, 2:00–3:00pm

Grades 3–6: Tuesdays, 12:00–1:00pm, Thursdays, 11:00am–12:00pm, Friday Games, 1:00–2:00pm

Cost: \$75 Members or \$150 Non-members
(Per session, Friday games included)

A summer long program designed to increase the hitting skills of every player. We will have hitting drills set up in different stations as well as in the cage. Every level of hitter is welcome to come and work on their skills. We will have coaches from high school and college as well as college players helping to train your player.

Baseball/Softball Pitching



Baseball • June 27–August 12

Grades 7–12: Thursdays, 1:00–2:00pm, Friday Games, 2:00–3:00pm

Grades 3–6: Mondays, 1:00–2:00pm, Friday Games, 1:00–2:00pm

Softball • June 28–August 12

Grades 7–12: Thursdays, 1:00–2:00pm, Friday Games, 2:00–3:00pm

Grades 3–6: Tuesdays, 1:00–2:00pm, Friday Games, 1:00–2:00pm

Cost: \$50 Members or \$100 Non-members (Per session, Friday games included)

A summer long program designed to help kids enhance their pitching abilities. Whether you are a first timer trying to learn how to pitch or a player with experience looking to master your craft, this is the camp for you. We will have coaches from high school and college as well as college players helping to train your player on our indoor mounds. We will also have games every Friday for players to put their training to the test.

Basketball Training



Dates: June 28–August 12

Grades: 7–12

Girls: Tuesday Session, 7:00–8:30am, Thursday Session, 8:30–10:00am, Friday Games, 7:00–8:30am

Boys: Tuesday Session, 8:30–10:00am, Thursday Session, 7:00–8:30am, Friday Games, 8:30–10:00

Cost: \$100 Members or \$200 Non-members (Per Session, Games included)

Location: Gym Floor • **Limit:** 60

A multiple day training program that will focus on every aspect of the game of basketball for the individual player. We will target weaknesses in a player's game while working on skills such as ballhandling, shooting, attacking drills and defensive abilities. We will also incorporate these skills into games on Fridays to track the progressions of each player. Sports Center staff, high school coaches, college coaches and players will all lend a hand in directing this program.

Basketball Training • Youth



Dates: June 27–August 12

Grades: 3–6

Monday, Tuesday & Thursday Sessions, 2:00–3:00pm, Friday Games 11:00am–12:00pm

Cost: \$75 Members or \$150 Non-members (Per Session, Games included)

Location: Gym Floor

Limit: 60

A multiple day training program that will focus on every aspect of the game of basketball for the individual player. We will target weaknesses in a player's game while working on skills such as ballhandling, shooting, attacking drills and defensive abilities. Sports Center staff, high school coaches, college coaches and players will all lend a hand in directing this program.

Football Training



Dates: June 28–August 12

Grades: 3–6 • Tuesday & Thursday Sessions, 10:00am–11:30am, Friday Games, 10:00–11:00am

Grades: 7–12 • Tuesday & Thursday Sessions, 11:30am–1:00pm, Friday Games, 11:00am–12:00pm

Cost: \$100 Members or \$200 Non-members

Location: Gym Floor & Fields

Limit: 30

Football Training is designed for football players either currently playing the sport or have aspirations of playing on a club or school football program. Each session will comprise of technique work pertaining to each skill position.

This includes drills, training and conditioning, and skill focused work. This training program is designed so that pad equipment is not required, but it is recommended that participants bring and use their own cleats. Friday games are included with both days of football training.

Little Dribblers



Dates: Mondays, June 27–August 8

Time: 9:00–10:00am

Grades: K–2

Cost: \$25 Members or \$50 Non-members

Location: Gym Floor

Limit: 30

An introductory basketball program that covers all aspects of the game of basketball. It will be designed to get your child ready to participate at the next level for the following school year.

Little Footballers



Dates: Fridays, July 1–August 12

Time: 9:00–10:00am

Grades: K–2

Cost: \$25 Members or \$50 Non-members

Location: Gym Floor & Fields

Limit: 30

An introductory football program provides the opportunity to learn the game of flag football. It is designed to give the knowledge and skills to be prepared for their fall football season.

Little Hitters



Dates: Thursdays, June 30–August 11

Time: 9:00–10:00am

Grades: K–2

Cost: \$25 Members or \$50 Non-members

Location: Gym Floor & Fields

Limit: 30

An introductory baseball program designed to enhance your child's skills and love for the game. We will cover every area of the game of baseball/ softball to get them ready for little league. Gloves are required.

Little Kickers



Dates: Tuesdays, June 28–August 9

Time: 9:00–10:00am

Grades: K–2

Cost: \$25 Members or \$50 Non-members

Location: Gym Floor & Fields

Limit: 30

An introductory soccer program that will advance your player's skills and prepare them for their upcoming season. It will focus on all aspects of the game of soccer. Cleats and shin guards are required.

Little Rollers



Dates: June 27–August 10

Time: 8:00–9:00am

Grade K: Mondays, June 27–August 8, Limit: 8

Grade 1: Tuesdays, June 28–August 9, Limit: 12

Grade 2: Wednesdays, June 29–August 10, Limit: 12

Cost: \$25 Members or \$50 Non-members

Location: Bowling Alley

Little rollers will be an introduction to bowling as well as learning how to bowl while focusing on fun and recreation.

Soccer Training



Dates: June 27–August 10

Grades 3–6: Monday & Wednesday Sessions, 10:00–11:30am,
Friday Games, 8:00–9:00am

Grades 7–12: Monday & Wednesday Sessions, 8:30–10:00am,
Friday Games, 9:00–10:00am

Cost: \$100 Members or \$200 Non-members (Per Session, Games included)

Location: Fields

Limit: 60

A multiple day training program that will focus on every aspect of the game of Soccer for the individual player. We will target weaknesses in a player's game while working on things such as ball and foot skills, shooting, and defensive skills. We will also incorporate these skills into games on Fridays to track the progressions of each player. Sports Center staff, high school coaches, college coaches and players will all lend a hand in directing this program. Shin guards, cleats, and indoor shoes will be required.

Summer Kids Day



Dates: Wednesdays, June 29–August 10

Grades K–1: 1:00–2:00pm

Grades 2–3: 2:00–3:00pm

Grades 4–6: 3:00–4:00pm

Cost: Free

Location: Gym Floor & Fields

A free program for members to come and have fun in a different variety of games each week. From Kickball to Capture the Flag, it will be a fun time for kids K-6! If it's nice we will be outside and if rains we will be on the gym floor.

Volleyball Training



Time: 7:00–8:30am

Session 1: Mondays, June 27–August 8

Session 2: Wednesdays, June 29–August 10

Grades: 9–12 Boys & Girls

Cost: \$100/session Members or \$200/session Non-members

Location: Gym Floor

Limit: 30

A multiple day training program that will focus on every aspect of the game of volleyball for the individual player. We will target weaknesses in a player's game while working on skills such as forearm passing, setting, attacking drills, blocking and defensive techniques. We will also incorporate these skills into games to track the progressions of each player.

Training Camp Add-ons

2022 Training Camps Add-ons

- Endurance..... 13
- Jump Training 13
- Power Training 14
- Speed, Agility & Quickness 14
- Yoga for Athletes 14

Enhance your Summer Sports Training with one of our many Fitness Add-ons. Every athlete has an area of overall sports performance that they would like to improve upon. Every sport demands that athletes are in tip top condition to perform at the highest levels. Our Sports Training Add-ons will combine the conditioning needs of the athlete and sport through one of 5 modules: Jump Training (Plyometrics), SAQ (Speed, Agility and Quickness), Power, Endurance, and Yoga for Athletes. Whether your sport is Basketball, Soccer, Volleyball, Football or one of many others, we have something that can benefit and even improve your level of sports performance.

All participants must provide proof of MMR vaccination to attend camps.

Endurance



Dates: Wednesdays, June 29–August 10
Time: 10:15–11:00am
Grades: 7–12
Cost: \$25 Members or \$50 Non-members
Location: Sports Performance Area
Limit: 20

A 7-week training that focuses on improving endurance for sports through proper training, injury prevention, cardiovascular improvement and efficient movement. The program is geared toward soccer and basketball, but athletes of all sports that require endurance are welcome! It is a difficult camp for a beginner, but a seasoned athlete should do well and improve.

Jump Training



Dates: Tuesdays & Thursdays, June 28–August 11
Grades: 7–12
Girls: 8:15–9:00am
Boys: 9:15–10:00am
Cost: \$50 Members or \$100 Non-members
Location: Sports Performance Area
Limit: 20/session

A 7-week training that focuses on increasing vertical jump through proper jumping mechanics, injury prevention, lower body strength training, plyometrics and power development. The program will be geared toward basketball and volleyball athletes, but all athletes of all sports are welcome! It is a moderately difficult program and a strength base is expected prior to the first session.

Power Training



Dates: Thursdays, June 30–August 11

Grades: 9–12

Time: 12:15–1:00pm

Cost: \$50 Members or \$100 Non-members

Location: Sports Performance Area

Limit: 10

A 7-week program that focuses on improving power for sports through proper training, injury prevention, strength training/improvement and efficient movements. Technique for squats, deadlifts, and bench press will be emphasized throughout the program. The program will be geared toward football, but all sports that require bursts of strength will find benefit.

Speed, Agility & Quickness



Dates: Mondays, June 27–August 8 [No Training July 4]

Grades: 7–12

Time: 9:15–10:00am

Cost: \$25 Members or \$50 Non-members

Location: Sports Performance Area

Limit: 20

A 7-week training that focuses on improving speed, agility and quickness through proper mechanics, injury prevention, overall strength, acceleration training and movement development. The program is geared toward soccer, basketball, and volleyball, but all athletes of all sports that require SAQ are welcome! It is a moderately difficult program and experience in athletics is expected prior to the first session.

Yoga for Athletes



Dates: Fridays, July 1–August 12

Grades: 7–12

Girls: 10:30–11:15am

Boys: 11:30–12:15am

Cost: \$25 Members or \$50 Non-members

Location: Yoga Studio

Limit: 20/session

A 7-week program that teaches young athletes to properly recover from all of the activities and sports that they play throughout the course of the year. Foam rolling, stretching and some yoga will be covered throughout the program. This is geared toward the young athlete.



Online Registration

MEMBER REGISTRATION: MAY 2
NON-MEMBER REGISTRATION: MAY 16

Member Registration

In order to register online as a member, you must have an email address on file and online credentials sent to you. Please contact Michelle Yerdon at (607) 547-2800, ext. 132, or email yerdonm@clarksportscenter.com.

IT'S RECOMMENDED THAT THIS BE DONE AT LEAST ONE WEEK PRIOR TO CAMP SIGN-UP DATES.

If you do not have an email address, home internet, or computer, you may register at the Main Desk beginning Monday, May 2, at 7:00am. Note: In order to qualify for member registration, the participant must be an active member at the time of registration.

Registration for Non-members or previous members whose membership is currently inactive.

Your membership status must be active in order to pay the member prices for camps/training. You will be unable to activate your membership and sign up with member pricing on the same day. It is recommended that you activate your membership at least 1 week before you plan on registering someone. Upon activation you will be sent online credentials.

Non-member Registration

Non-member registration for camps/training will begin on Monday, May 16, online. Access the online portal on the homepage of clarksportscenter.com and check in as a non-member.

Registration Payment

Payment in full is due upon registration. If the registration is done at the Main Desk, we accept cash, checks (made payable to The Clark Sports Center), and credit cards (MasterCard and Visa). Online payments require a credit card.

NOT A MEMBER?

Take advantage of our May sale!

Buy 3 and Get 1 Free

Throughout the month of May,
purchase a 90 day membership
and get a 4th month for free!

A 90 Junior membership is just \$97.50.

Special applies to ALL Membership types!

Utilize the Sports Center all summer and get
member pricing on all Summer Programs!

ClarkSportsCenter