

Clark Sports Center Expansion



The steel is up and soon there will be a roof and walls! Take a look out of what used to be the main entrance to see the construction in progress.

Upon completion of the project in the fall of 2016 this \$20 million project will coincide with the 125th anniversary of The Clark Sports Center which first opened its doors in 1891 as The Alfred Corning Clark Gymnasium.

Key highlights of the project include: A 6,000+ square foot expansion of the Fitness Center; A complete remodeling of the aquatics area that will include an eight lane competitive pool that meets all USA Swimming® standards and requirements, and a shallow teaching pool for beginning swimming lessons and physical therapy activities; A sports conditioning area with specialized equipment to accommodate sports teams and workouts for the elite athlete; Three new group fitness rooms dedicated to Spinning®, Yoga and Pilates, and general group fitness; Locker rooms will be renovated and family locker rooms will be added in addition to new squash and racquetball courts, including a doubles squash court.

As we move through the construction, there will be changes happening in almost all areas and we ask for your patience and understanding throughout the process. We will do our best to have as little impact as possible on our members and programs. Some interference will be unavoidable and may change on a daily basis in some cases. Watch for notices and updates on our website and /or Facebook.

Our exciting renovations in aquatics will require closing the pool for approximately 6 months starting Monday, March 14. We did our best to choose a time of the year that would have the least impact on our loyal swimmers.



Clark Sports Center Facility Hours

November through May 2016 • Monday–Friday: 5:30am–9:30pm
(Pool closes at 9:00) • Saturday: 8:00am–6:00pm
Sunday: 8:00am–6:00pm (Adults only 8:00–10:00)
(Adults and High School Students only 10:00–12:00)

Closures

Christmas Eve Day • Thursday, December 24
Christmas Day • Friday, December 25
New Year's Eve Day • Thursday, December 31
New Year's Day • Friday, January 1

Contact Us

Phone: (607) 547-2800
www.clarksportscenter.com



Adventure News

Adventure Programs and Outings



Climbing Gym Tour

Climbing Club members will be offered several trips to different climbing gyms in the region. Visit our website for more information and trip dates.

February Break Activities

Snowman Building, Sledding & Hot Cocoa

February 16
1:00–2:00pm

Sign up at the Main Desk. Must have a minimum of 10 youth participating. Grades K-6.

T-shirt Tie Dye

February 18
1:00–3:00pm

Sign up at the Main Desk. Must have a minimum of 10 youth participating. Participants must bring a T-shirt to Tie Dye.

Be prepared by wearing warm outdoor winter apparel. Activities will take place in the bowl area and Adventure Lean-to! February Break Activities are free for members (non-members must pay for a Day Guest Pass).



Rock Climbing Club

Rock Climbing Club begins on Monday, January 4. This club provides a creative, fun and safe environment where junior climbers can train and expand their skills, self-confidence, and overall fitness! Rock Climbing Club will help climbers train proficiently until they are able to climb more advanced climbs. Ages 10–14 or USA Climbing Youth C & B. Mondays, 3:15–4:00pm. Free for members. Sign up at the Main Desk. For more information, contact Will Weinert by calling (607) 547-2800, ext 124.

Adventure Climbing Wall Schedule

Program	Days
The Bouldering Wall (Located in the Gym Floor; All ages)	Open year round (Children under 12 years of age must stay below the designated line; the wall is off limits during camps, special events and league play). Free for members.
High Rock Climbing Wall (Located in the Pool Area; All ages)	<p>During open climbing hours, anyone under the age of 12 must be under the direct supervision of an adult. Anyone 12 and older must have a belay certified partner in order to climb. Auto belays are available for participants under the age of 12. In order to become belay certified, you must be at least 12 years old and participate in belay school, Saturday's at 12:30pm.</p> <p>During after school hours the participants do not need to be accompanied by an adult. Adventure staff will belay all participants. Free for members.</p> <p>Belay School: Saturday's at 12:30pm.</p> <p>Participants assume all risks in the use of personal climbing equipment.</p>

Rock Wall Hours

Open Climb

Tuesdays–Thursdays

5:00–8:00pm

Saturdays

1:00–4:00pm

After School Climb

Tuesdays–Thursdays

3:00–4:30pm

Special holiday rock wall hours

Mon. (Dec. 21) 2:00–5:00pm

Tues. (Dec. 22) 2:00–5:00pm

Wed. (Dec. 23)

2:00–4:00pm, 5:00–8:00pm

Mon. (Dec. 28) 2:00–5:00pm

Tues. (Dec. 29) 2:00–5:00pm

Wed. (Dec. 30)

2:00–4:00pm, 5:00–8:00pm

Sat. (Dec. 26 & Jan. 2)

Belay School 1:30–2:00pm

Open Climb 2:00–5:00pm

Mountain Biking Club

Thank you for a great fall mountain biking season. Riders continually improved skills by participating in group rides to Clark Tower and the new mountain biking trails at the Sports Center. Please check the Spring Schedule for spring mountain biking.



Indoor Community Ropes Course

Our 120' long Indoor Ropes Challenge Course is suspended 30' above the lap and diving pools. Working together with other participants, climbers traverse the 4 elements to the end at which point you may be lowered into the diving pool or dry lowered to the deck. It is suitable for participants of all ability levels over the age of 12.

Upcoming Community Ropes Course Schedule: Dec. 9, 6:00–8:00pm, Jan. 20, 6:00–8:00pm, Feb. 17, 9:00am-1:00pm, and March 9, 6:00–8:00pm.





Kid's Dodgeball 3rd & 4th Grade Champs

Front: Ben Katz, Frankie Panzarella, Aaron Katz. Back: Chris Savoie, Sophia Hotaling, Finn Morgan, Reilly Diamond.



Kid's Dodgeball 5th & 6th Grade Champs

Front: Glen Weil, Liam Ford, Colby Diamond, Lowell Wilsey. Back: Derek Hochbrueckner, Finn Holohan, Braydon Hascup, Henry Horvath.



Preschool Christmas Party

Thursday, December 17 • 9:30am–11:00am on the Gym Floor. **Santa arrives at 10:00am!** Dress up in your holiday's best for the Annual Preschool Christmas Party! Bring a snack to share with friends and parents! Punch will be provided.

Athletics League Standings

Men's Slow Break Basketball Standings

1. Mohawk Village Market
2. New York Pizza (New Berlin)
3. Church and Scott
4. Skinner and Damulis

Adult Volleyball Standings

- | | |
|--------------------|------------------|
| 1. Jungle Ballers | 3. McManus |
| 2. Woodland Cycles | 4. Volley Llamas |

Winter Futsal League Standings

- | | |
|------------|------------------------|
| 1. Munchen | 3. Five Star All Stars |
| 2. NYCM | 4. Nicolettas |

Junior High Basketball Standings

- | | |
|----------|-----------|
| 1. Green | 3. Maroon |
| 2. Black | 4. Orange |



12th Annual Patrick C. Fetterman Memorial Basketball Tournament

Saturday–Monday, January 16–18, 2016. Come check out the area's premiere 6th grade boy's and girl's basketball tournament!

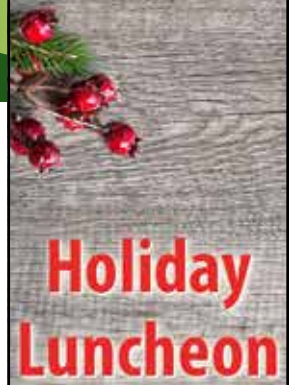
Please note that the Gym Floor will be closed 8:00am to 5:00pm each day for the tournament. The Sports Center facility will be very busy during these hours.

The indoor running track will be reserved for Sr. Walk participants Mondays, Wednesdays, and Fridays, November 2–April 29, 10:00–11:00am.



Kidz Korner Food Drive

Kidz Korner, the after school program at the Sports Center, collected 100lbs of food for the local Food Bank.



Senior Holiday Luncheon

**Monday
December 14
12:30pm**

Holiday luncheon for Senior Walk and Prime Time participants.

Please sign-up for a dish to pass.



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–January 2, January 19, and February 16–20.

Pool

5:30–10:00am

Adult Swim

10:00am–12:00pm

Open Swim

12:00–1:00pm

Adult Swim

1:00–4:00pm

Open Swim

4:00–5:00pm

Swim Team

5:00–6:30

Adult Swim

6:30–9:00pm

Regular schedule

Note: On snow days open swim ends and adult swim begins at 5:00pm.

Gym Floor

Mornings and afternoon:

Open floor (Closed for

Fetterman Tourney,

Sat.–Mon., January 16–18)

Evenings: Regular activities.

Bowling Alley

Open bowling during normal operating hours.

Racquet Courts

Mornings and afternoons: Open courts.

Evenings: Regular activities.

Day Care Special Note

Reminder: There will be no Day Care held in the Conference Room on a CCS snow day.

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 7. The Clark Sports Center Sharks Swim Team hosted the event with three visiting teams, the Canajoharie Crocodiles, Schoharie Valley Penguins, and the Amsterdam Sea Rams. The First Splash was a success with over 120 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 > SCOOTER > RUN Little Triathletes

ClarkSportsCenter

Members only special event!

The 4th annual Little Triathlete Race will take place on December 19, with registration and check-in starting at 12:45pm. It is open to children ages 3–6. It's a "little" version of a real triathlon. Each age group will swim in the pool, scooter, and run on the gym floor. An adult will be required in the pool with the 3 & 4 year olds. Your child's age is their age as of December 19. You may register in the pool office, starting December 1.

Lifeguard Training Course

Our annual winter break course will be offered Monday–Friday, February 15–19, 9:00am–4:00pm. Participants must pass a prerequisite skills test and attend all classes. The fee for the course is \$175 for members and \$300 for non-members. Starting January 4, sign up at the Main Desk. A \$50 non-refundable deposit is required when signing up. Call (607) 547-2800 for more information.

Swim Lessons

Block II Lessons end Saturday, December 12. **Block III Lessons** will run January 4–February 13, with registration beginning Monday, December 14. **Block IV Swim Lessons** will run February 22–March 12, with registration beginning Monday, February 8.

Lifeguard Recertification Course

The Aquatics Department will be offering a Lifeguard Recertification Course on Tuesday and Wednesday, December 29 & 30, 9:00am–1:00pm (must attend both days). Registration begins Monday, December 7, at the Main Desk. The course fee is \$85 for members and \$115 for non-members.

Community Movie Nights

Family Movies begin at 6:30pm on the Gym Floor. Admission is free. Non-members must have a signed waiver on file at the Main Desk. Youth under 18 must have a parent sign in & leave an emergency contact number. Children below the age of 10 must have a parent with them.

Saturday, December 19, January 9, February 6, and March 5.

Cooperstown High School Home Swim Meets

The Cooperstown Boy's Varsity Swim Team will have home swim meets on December 7, 17, 22, and January 11, 4:30–6:45pm. The dates and times are subject to change. The pools will be closed during meets, 4:30–6:45pm. Practices are held Monday–Thursday, 7:30–9:00pm and Friday, 6:00–7:00pm.

Bowling News



New Bowling Alley Panels

Stop in to see the new custom panels with a photo of Otsego Lake and Kingfisher Tower that have been installed to complete the bowling alley renovations. New bowling machines were installed in 2014. While you're there use the coupon to enjoy ONE FREE GAME!



BOWLING PARTY PACKAGES

The Bowling Alley is great for private birthday or group parties!
 To make reservations, please contact Barry Gray at (607) 547-2800, ext. 108.
 Party Includes: Shoes, Music, Party Lights & Unlimited Bowling!
 You may bring your own food & drink. (Limit 40 people)
 Availability: Thursday & Saturday Nights, 5:30–7:30 or 7:30–9:30.
 Prices: \$100/Members or \$150/Non-members. Non-members must have a signed waiver form on file.

Adult Bowling League Standings

Men's Monday League Standings

High Game:	Mike Gage	267
High Series:	Mike Gage	714

Women's Tuesday League Standings

High Game:	Cynthia McCartney	247
High Series:	Cynthia McCartney	628

Men's Wednesday League Standings

High Game:	Steve Oldick	277
High Series:	Gary Merwin	739

Women's Thursday League Standings

High Game:	Eileen Barown	191
High Series:	Marion Madison	485

Youth Bowling League Standings

Elementary & Middle School Standings

High Game:	Ben Grampp	159
High Series:	Ben Grampp	420



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.

Senior Citizen Bowling

Senior Citizens can bowl every Tuesday morning, 9:00–10:30am, and Wednesday afternoon, 1:00–2:30pm, for a reduced fee! The cost is \$1 for members or \$3 for non-members for all you can bowl including shoe rental. Come out and make new friends, enjoy music from the 1940's through the 1960's, and have some fun!



ONE FREE GAME

Bring this coupon in to enjoy one FREE game!
 Expires 01/02/16

Adult/Youth Bowling League

The Adult/Youth Bowling League began November 7. The league is open to adults 18+ and youth in grades 3–8. This league meets every Saturday through January 2016.



GROUP FITNESS

During the weeks of Dec. 21-Jan. 3

Limited Classes will be available. Please check the Group Fitness Schedule for classes and times.

Beginners Welcome!

COMMIT TO BE FIT 2016

Returning January 11th

Traditionally millions of Americans earmark New Year's Day as that time of year to create a resolution to get fit, lose a few pounds or start eating right. Historically, The Clark Sports Center has benefited from these aspirations with many new members, a busier facility and an increase in Personal Training. Our staff recognizes that people need a jump start in the pursuit of overall fitness. The Commit to Be Fit program does just that.

For \$10, all Clark Sports Center members may enroll in the Commit to Be Fit program. This program that has been developed by our staff takes everything that The Clark Sports Center offers and blends it into a schedule where members can try virtually everything. From the schedule, as well as your own

motivation to "workout", points will be accumulated. These valuable points turn into membership credit providing that you complete the program. One person will win a free Annual Membership.

Along the way, challenges will be issued to accumulate more points. We also offer a recipe challenge and a few seminars on topics that are pertinent to the Health, Fitness and Recreation industry. New this year will also be a "Clark Sports Center App" for smartphone and tablet users that will assist in the tracking of all your hard work.

Registration begins on Monday, January 4th at the Fitness Center Desk. We are looking forward to serving you and helping you "Commit to Be Fit".

PERSONAL TRAINING SPECIAL



Buy 1 book of Personal Training tickets, and receive 2 tickets FREE! expires 01/31/16

Group Fitness Winter Session

Winter Session begins January 4 and ends February 28. Group exercise is the place for fitness among friends. Improve your strength, cardiovascular fitness, flexibility and balance with the help of our expert instructors. The Clark Sports Center has a class for you!

Racquets

Women's Doubles

Division 1 (23 participants)



1. Barb Harman (.678%)



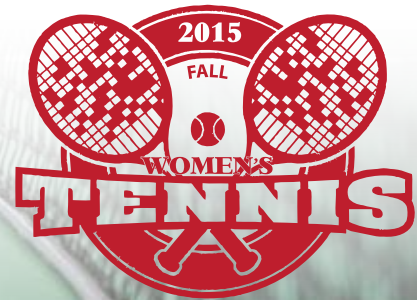
2. Teresa Drerup (.66%)



3. Holly Conway (.659%)



4. Amy Porter (.652%)



Division 2 (8 participants)



1. Jen Panzarella (.638%)



2. Sheryl Dulovich (.555%)

Special Events

Coop Loop



Coop Loop 15 Results

The Clark Sports Center held its 15th Annual Coop Loop 5K/10K Run/Walk on Saturday, October 31. There were 143 participants. Full race results for all runners and walkers, and race photos can be found on our website at www.clarksportscenter.com/events/coop-loop/.

Top 3 Male Finishers • 5K

Place	Name	Hometown	Time
1	Josh Edmonds	Cooperstown	16:14
2	Scott Curtis	Cooperstown	17:28
3	Justin Pedersen	Cooperstown	18:44

Top 3 Female Finishers • 5K

Place	Name	Hometown	Time
1	Jamie Woolsey	Oneida	19:55
2	Heidi Edmonds	Cooperstown	20:22
3	Kristin Ratliff	Cooperstown	20:38

Top 3 Male Finishers • 10K

Place	Name	Hometown	Time
1	Tim Van Orden	Bennington, VT	33:43
2	Michael Hamilton	Oneonta	35:19
3	Kyle Breier	Oneonta	41:40

Top 3 Female Finishers • 10K

Place	Name	Hometown	Time
1	Emma Spinosa	Cooperstown	45:01
2	Allison Mitchell	Geneva	46:16
3	Krista Harwick	Mohawk	46:33

Upcoming Events



December

Rockin' Around Cooperstown • Saturday, December 5, 2015. The Cooperstown Chamber of Commerce and The Clark Sports Center will partner to host Rockin' Around Cooperstown Ugly Sweater Run and Walk. The event will begin at the Santa's House in Pioneer Park at approximately 3:00pm. Your choice of a 2-mile fun walk or 4-mile timed run around Cooperstown.

February

Bob Smullen's 5K or 10K Memorial Run • Saturday, February 6, 2016. The Bob Smullen's Run is part of the Cooperstown Winter Carnival. The race starts on Main Street and finishes in Cooper Park. Register at www.itsyourrace.com.

April

Monster Bench Press • Our annual Bench Press Competition will take place on Saturday, April 2, 2016. Lifters may weigh-in early at any time on Friday, April 1, at the Sports Center. Weigh-ins and registration on the day of the competition, April 2, will begin at 9:00am. Competition will begin at approximately 10:30am. The competition will feature shirted and non-shirted bench categories in each weight class, with the 225 pound Rep-Off event at the end of the day. Pre-registration on or before April 1 costs \$25. Registration on the day of the competition will be \$35.



Special Holiday Membership Rates!

Give the Gift of Health this Year!

December 1-23 Get 15% discount

on a gift membership. (Must be paid in full.)

7 Day Punch Passes are perfect for visiting family and friends!

Inquire at the Main Desk for rates.

SPECIAL EVENTS DISCOUNT

20% OFF

Bring this coupon in to Doug McCoy, Special Events Director, to receive 20% OFF your Special Event registration.

Expires 12/01/16

For more information about any of our Special Events, contact Doug McCoy by calling (607) 547-2800, ext. 111.

Bobby Hall Receives Fetterman Award



Doug Bauer presents the Patrick C. Fetterman Award to Bobby Hall at the Otesaga Hotel on October 15, 2015.

Kind words and memories were shared at the Otesaga Hotel on Thursday, October 15, during Bobby Hall's luncheon to receive his award as this year's recipient of the Clark Sports Center and Clark Foundation 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.

Doug Bauer, Executive Director of the Clark Foundation, formally presented the award to Bobby in front of a crowd of family, friends, and past award recipients. Some of Bobby's accomplishments include: Coaching Cooperstown Youth Baseball, All Star and Pony League Baseball Teams; Commissioner of the Tee Ball, Minor, and Major League Programs; Coached youth soccer for 8 years, including 3 years of Cooperstown Boys Soccer Travel Team. He was also a volunteer referee for the Fetterman Basketball Tournament and Jr. Basketball League at The Clark Sports Center, and for Cooperstown Booster Club.

Phone: (607) 547-2800 • Fax: (607) 547-4100 • www.clarksportscenter.com

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