

ClarkSportsCenter

Newsletter
September 2012



Val Paige Appointed Clark Sports Center Director

Jane Forbes Clark, President of The Clark Foundation, has announced the appointment of Val Paige as Director of The Clark Sports Center, effective August 6, 2012. Ms. Paige succeeds Dion Wade who has left Cooperstown to pursue a position in higher education in Seattle, Washington.

Val Paige joined the staff of The Clark Sports Center, then known as The Alfred Corning Clark Gymnasium, in 1977. During her 35 years, she held increasingly important positions at the Center, beginning as an Assistant Aquatics Director with subsequent promotions to Aquatics Director, Program Director and then Associate Director, a post she has held for the past 20 years.

Ms. Paige holds a Bachelor of Science degree from Plymouth State University in Physical Education. After college, she was a Recreation Professional at the Waterville Estates in Waterville Valley, New Hampshire for a short time before coming to The Clark Sports Center where she has devoted her entire professional life.

"I firmly believe that Val has the experience, skill, and confidence to lead The Clark Sports Center in the coming years. She has been a key contributor to all of the operational facets of the Sports Center during the course of her long and distinguished career with us, and she has been a very effective manager and leader of the staff. With Val at the helm, I know the Sports Center will further deepen its relationships with the membership, local schools, businesses and nonprofit institutions," Jane Forbes Clark said.

Originally opened in Cooperstown in 1891 as the Alfred Corning Clark Gymnasium and moved and expanded to its current location in 1986, the mission of The Clark Sports Center is to promote the health and wellness of individuals and families living in Otsego County, New York.

Comprised of a 64,000 square foot facility and 17 acres of playing fields, the Sports Center supports a membership of over 4,000 and employees 32 full-time and 70 part-time employees.



Vis Vires V

The Clark Sports Center held its 5th annual Vis Vires Outdoor Strongman Competition on Saturday, July 28, with 19 competitors. Be sure to visit the event page at

www.clarksportscenter.com/events/vis-vires/ to view a slideshow of photos and to learn more about the competition.

Overall Male Winner • Dustin Talbert, 5082.3 points.

Male Light Weight Division • 1st: Alex Famolaro, 4612.2;
2nd: Josh Wood, 4536.2; 3rd: Owen Flynn, 4275.9.

Male Unlimited Weight Division • 1st: Dustin Talbert, 5082.3;
2nd: Shawn Schellenger, 4349.7; 3rd: Robert Eicheisderfer, 4109.7.

Overall Female Winner • Barb Brumbaugh, 2502.4

Clark Sports Center Facility Hours

Through October 7 • Monday–Friday: 5:30am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed
Starting October 8 • Monday–Friday: 5:30am–9:30pm
(Pool closes at 9:00pm) • Saturday: 8:00am–6:00pm
Sunday: 8:00am–6:00pm (Adults only 8:00am–12:00pm)

Closures

Labor Day • Monday, September 3
Thanksgiving Day • Thursday, November 22

Contact Us

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



Upcoming Programs: Pages 2–4 • Aquatics: Page 5 • Athletics: Page 6 • Bowling: Page 6
Adventure: Page 6 • Health & Fitness: Page 7 • Racquets: Page 7



Dion Wade Says Goodbye

Dear Clark Sports Center Community,

I would like to thank each and every one of you for making my time at The Clark Sports Center so rewarding. The true value of this experience has come from being part of this great community. From getting to know the "Coffee Gang" to working with children during the after school programs, to being involved with the adult programming and organizations in the community. I grew to know the significance of the Sports Center. The support of the staff, community, and The Clark Foundation have made being Director of The Clark Sports Center one of the most remarkable experiences of my life.

I wish you all the best and look forward to seeing The Clark Sports Center's continued success in the years to come. Thank you for welcoming my wife, Anna, and me to this wonderful community and I appreciate all of the experiences that we have had here.

THANK YOU!
Sincerely,
Dion Wade

Upcoming Programs

September Programs

Outdoor Community Ropes Course • Tuesday, September 11, 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$30 non-members.

Rock Climbing at Little Falls • Thursday, September 27, 3:30–7:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$30 non-members.

Drops to Hops • Saturday, September 29, at Brewery Ommegang. The Clark Sports Center is teaming up with Ommegang to bring you the first annual Drops to Hops bicycle race. There is a 23 mile bicycle ride for beginner to intermediate riders or a 43 mile competitive race for experienced riders with a 5 person team option. You must be 16 to race and 21 to drink at the after party at Ommegang. For more information, call Doug McCoy at 547-2800, ext. 111.

October Programs

Free Community Movie Night • Saturday, October 27, starting at 8:00pm (on the Gym Floor).

Outdoor Community Ropes Course • Tuesday, October 16, 4:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$30 non-members.

Rock Climbing at Little Falls • Thursday, October 18, 3:30–7:30pm. Meet in the Main Lobby. Sign up at the Main Desk. Ages 12+. Free for members, \$30 non-members.

Coop Loop 12 • The 12th Annual Coop Loop 5k Run starts at 12:30pm on Sunday, October 28. It is a rain or shine event that starts and ends at the Sports Center. The race is open to all ages. Special prizes will be given to runners dressed in Halloween costumes!

Registration by October 26 is \$25, or \$30 on October 27 or 28. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800 for more information.

Youth Swim Lessons Start October 1

Grade School Age Swim Lessons are free for members and take place after school and on Saturdays.

- **Level 1:** Mondays, 3:00–3:30pm, Saturdays, 10:00–10:30am & Tuesdays, 6:00–6:30pm
- **Level 2 (Shallow):** Tuesdays, 3:00–3:30pm, 6:00–6:30pm & Saturdays, 9:30–10:00am;
- **Level 2 (Deep):** Wednesdays, 3:00–3:30pm, Thursday 6:00–6:30pm & Saturdays, 9:00–9:30am;
- **Level 3:** Thursdays, 3:00–3:30pm, 6:00–6:30pm & Saturdays, 8:30–9:00am;
- **Level 4:** Thursdays, 3:00–3:30pm & Saturdays, 8:30–9:00am;
- **Levels 5 & 6:** Fridays, 3:00–3:30pm & Saturdays, 8:30–9:00am.

Preschool Swim Lessons are for members only and require a \$10 non-refundable per child (payment is due by September 25). Call the Main Desk to register and complete payment. Block 1 runs October 1–December 8. Registration begins September 10.

- **6–18 months (with a parent):** Saturdays, 10:30–11:00am;
- **19–35 months (with a parent):** Saturdays, 11:00–11:30am;
- **3 years old (no parent):** Thursdays, 5:30–6:00pm & Saturdays, 11:00–11:30am;
- **4 & 5 years old (no parent & not in school):** Tuesdays, 5:30–6:00pm, Thursdays, 2:00–2:30pm & Saturdays, 12:00am–12:30pm.

Adventure Programs and Outings

Program	Days	Fee
Community Outdoor Ropes Course (Sign up at the Main Desk)	September 11 and October 16 Starts at 4:30pm	Free for members \$30 non-members
High Rock Climbing Wall (Located in the Pool Area; All ages) All youths under the age of 12 need to be accompanied by an adult.	Beginning September 11, Tuesdays, Wednesdays & Thursdays: After School Climb 3:00–4:30pm. Open Climb Tuesday & Thursday, 5:00–8:00pm, and Saturday 1:00–4:00pm.	Free for members
Little Falls Climbing (Ages 10 to 15; Sign up at the Main Desk)	September 27 and October 18 3:30–7:30pm • Under 12 with an Adult	Free for members \$30 non-members

Upcoming Programs

Youth Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 11–May 24 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 2–April 12 Fridays	3:00–5:00pm	October 1–31 Meeting Nov. 2	\$45

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Men's Monday League	Sept. 10–Mar. 4 Mondays	7:00–9:00pm	September 10	\$10 per night
Women's Tuesday League	Sept. 4–Mar 19 Tuesdays	6:00–9:00pm	September 4	\$10 per night
Men's Wednesday League	Sept. 5–Mar. 27 Wednesdays	7:15–9:00pm	September 5	\$10 per night
Women's Thursday Afternoon League	Sept. 6–April 11 Thursdays	1:00–3:00pm	September 6	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 11–May 21 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 12–May 22 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (Per game)

Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Women's Doubles Tennis League A & B Divisions	Sept. 5–Oct. 31 Wednesdays	5:15–8:00pm	Until Sept. 4	\$25 members \$50 non-members
Men's Racquetball League	Oct. 1–Dec. 17 Mondays	5:00–9:00pm	Starts Sept. 4	\$25 members \$50 non-members
Mixed Racquetball League	Oct. 3–Dec. 19 Wednesdays	5:00–9:00pm	Starts Sept. 4	\$25 members \$50 non-members
Men's Squash League	Oct. 3–Dec. 19 Wednesdays	5:00–9:00pm	Starts Sept. 4	\$25 members \$50 non-members
Women's Squash League	Oct. 1–Dec. 17 Mondays	5:00–9:00pm	Starts Sept. 4	\$25 members \$50 non-members



Upcoming Programs

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 11–May 30 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Oct. 2–Dec. 6 Tues., Thurs.	11:15–11:45am	Sept. 4–Oct. 1	Free for members Limit – 15 Children
Kid's Day (Grades K–6)	Sept. 19–May 22 Wednesday	K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	None	Free for members
Gymnastics (Ages 4 & 5)	Sept. 7–Oct. 26 Monday, Friday	2:00–2:45pm	Aug. 1– Sept. 7 Meeting Sept. 7	\$50 member \$110 non-member
Gymnastics Level I (Grade School)	Sept. 7–Oct. 26 Monday, Friday	3:00–4:15pm	Aug. 1– Sept. 7 Meeting Sept. 7	\$80 member \$180 non-member
Gymnastics Level II (Grade School)	Sept. 7–Oct. 26 Monday, Friday	4:15–5:30pm	Aug. 1– Sept. 7 Meeting Sept. 7	\$80 member \$180 non-member
Elite Tumbling	Jan. 4–April 12 Friday	5:30–7:00pm	Nov. 1–Dec. 28 Meeting Nov. 2	\$80 member \$180 non-member
Kid's Dodgeball League (Grades 3–6)	Sept. 13–Oct. 25 Tues., Thurs.	3:00–4:30pm	Sept. 6–Sept. 11 Meeting Sept. 11	Free for members
Junior High Basketball (Grades 7 & 8)	Nov. 1–Dec. 20 Thurs., Friday	5:30–8:30pm	Oct. 4–Oct. 31 Meeting Oct. 31	Free for members
Boy's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 1–Feb. 14 Tues., Thurs.	3:00–5:00pm	Oct. 3–Oct. 29 Meeting Oct. 30	Free for members
Girl's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 2–Feb. 8 Monday, Friday	3:15–4:45pm	Oct. 1–Oct. 29 Meeting Oct. 29	Free for members
Little Kickers (Grades K–2)	Sept. 19–Nov. 14 Wednesdays	3:00–3:25pm	Sept. 6–Sept. 19	Free for members
Little Dribblers (Grades K–2)	Nov. 28–Feb. 27 Wednesdays	3:00–3:25pm	Nov. 14–Nov. 28	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Adult Futsal	Oct. 14–Jan. 27 Sundays	5:00–10:00pm	Sept. 6–Sept. 26 Meeting Sept. 26	\$150 team; \$300 non-member team; \$60 individual non-member
Slow Break Basketball	Nov. 5–Mar. 18 Mondays	6:00–10:00pm	Sept. 6–Oct. 15 Meeting Oct. 15	\$425 member team; \$675 non-member team; \$60 non- member on member team
Men's 50+ Basketball	Jan. 3–April 11 Thursdays	7:00–8:00pm	Nov. 1–Dec. 12 Meeting Dec. 6	\$100 member team; \$200 non-member team; \$60 non- member on member team
Adult Volleyball	Nov. 6–Mar. 19 Tuesdays	6:30–9:30pm	Sept. 6–Nov. 5 Meeting Oct. 30	\$150 team; \$300 non-member team; \$60 individual non-member
Senior Walk (55+)	Nov. 5–Mar. 22 Mon., Wed., Fri.	10:00–11:00am	November 5	Free for members and non-members



Sports Center Sharks Swim Team

New swimmers will have the opportunity to try practices October 2 & 3, 3:30–4:30pm. Registration for new swimmers will take place directly after in the lobby 5:00–6:00pm. Swimmers must be Sports Center members, meet skill requirements and be 6–18 years old. A parent informational meeting will be held Thursday, October 18, at 7:00pm, in the Conference Room. Returning swimmers will be able to register prior to the meeting at 6:00pm.

Official practices begin Monday, October 29, and will run Monday–Friday, 3:30–5:00pm. Senior practice will be 6:30–8:30pm, Monday, Tuesday & Thursday, and 3:30–5:00pm, Wednesday and Friday.

New This Fall

Swim Lesson Times

To better accommodate our swim lessons we are making some additions:

- Levels 1 & Shallow 2, Tuesday & Deep 2 & 3, Thursday, 6:00–6:30pm.
- Preschool class, Tuesday & Thursday, 5:30–6:00pm.
- Addition of a 6–18 month preschool class on Saturdays.

High School Lap Swimming

One lane will be available for youth in grades 9–12 to swim laps from 6:30–7:30am.

Programs Returning This Fall

Halloween Float Night

October 27, 6:30–7:30pm.

Indoor Triathlon Series: Get geared up and in shape for the 2013 summer event season! Swim, bike, and run inside with our CSC staff. Kick off with Turkey Triathlon, November 16.

Pool Rentals

The pool will be available for group rentals on Saturdays, 6:30–8:30pm (pool area only). All guests must be out of the Sports Center by 9:00pm. Waivers are required for all participants in your group (signed by a parent if under 18). The cost for the rental is \$150. A \$25 non-refundable deposit is required at the time of reservation. Call Brenda Wedderspoon-Gray at 547-2800 for available dates.

Swim Meet Pool Closings

The Girls High School Varsity Swim Team will be using three lanes of the lap pool for practices Monday–Friday, 3:30–5:00pm.

The team has home meets scheduled for September 18, 20, 27 and October 4, 10. The pool will be closed 30 minutes prior to start of meet and will reopen as soon as equipment is cleaned up. Please note that swim meets are subject to change.

Indoor Community Movie Nights are Returning

Starting in October, we will be showing **family movies at 8:00pm**. Admission is free. Non-members must have a signed waiver on file at the Sports Center. Look for more information to be posted at the Sports Center in early September, and stop by the Pool Office for more information. We will open our series on October 27 for our Halloween event.

Inflatable Movie Screen Rental!

Family Fun Nights/Indoor & Outdoor Events

The Movie Night includes all movie audiovisual projection equipment to host your indoor or outdoor movie event. Complete with theater delivery, set-up, removal & Clark Sports Center host.

We provide: A Clark Sports Center host that will be present during the event to oversee all technical elements. Your audience will enjoy premium HD quality projection and our intense amplified sound system that shakes and rattles the walls! Our HUGE inflatable movie screen will more than satisfy the eyes of 5, 50 or 500! Cables, cords and all wiring.

You provide: The movie and movie copyright, standard electric, gymnasium, cafeteria, lawn, hall or basement.

For more information, please contact Brenda Wedderspoon-Gray at 547-2800.

Kid's Triathlon Race Results



Despite the dreary forecast, the rain held out once again for the annual Kids Triathlon Club race on Saturday, June 2. Since April, members of

the Triathlon Club have been practicing their swimming, biking, running and transitions. They have proven themselves, after 2 months of practicing, that they could indeed complete the race!

Rookies Of The Year: Molly Selover & Nolan Holtz

7 & 8 years old (swim 50 yards, bike 1.5 miles, run ½ mile): Meagan Schuermann (17:15), Stephanie Rudloff (17:15) & Colin Devaney (16:01).

9 years old (swim 100 yards, bike 3 miles, run ½ mile): Sadie Holtz (28:45) & Michael Kelley (22:42).

10 years old (swim 100 yards, bike 3 miles, run ¾ mile): Natalie Fountain (24:10) & Josh Geci (23:23).

11 years old & older (swim 200 yards, bike 4.5 miles, run 1 mile): Amanda Devaney (32:57).



Athletics News



Wednesday Softball Playoff Champs: Cooley's
 Team Members Include: Sam Ackerman, Bill Grup, Kyle Grup, Rachel Grup, Ryan Laymon, Matt Laymon, Buddy Lippitt, Katie Nagelschmidt, Reid Nagelschmidt, Sharky Nagelschmidt, Nate Smith, Alicia Strong, Joelle West, Bill Yaw.



Girl's High School Hoops Champs: Fort Plain
 Team Members Include: Jenna Barhydt, Abby Boyer, Shawna Cotton, Vicky Dettmer, Brianna Florian, Haley Kilmartin, Kendra Trembley, Allehah VanLoan, Coach: Phil Karker.



Boy's High School Hoops Champs: Cherry Valley
 Dustin Collins, Cole Coveny, Wyatt Crowley, Ben Drugatz, Ethan Drugatz, Jon French, Kyle Jaquay, Ryan Jaquay, Jordan Manikas, Nick Mills, Isiah Montgomery, Jake Ostrander, Jeremy Pickett, Patrick Reid, Andrew Spencer, Jake Spencer, Dave Waterman, Coach: Terry Brant



Sunday Soccer Champs: Tri-Valley United
 David Adams, Jayme Bentley, Jessica Bentley, Wisit Cheungpasitport, Seth Drugatz, Jason Guernsey, Nadine Guernsey, Jake Hoag, Mike Krol, Ryan Sheldon, Scott Sheldon, Scott Stiles, Michelle Zuba.

Bowling News



Summer No-Tap League Winners
 Left to right: Jan Kerr, Mike Kenney, Joyce Jones & Dennis Hascup

Don't forget about our open bowling hours!

- 1:00–5:00pm: Mondays, Fridays & Saturdays
- 2:30–5:00pm: Tuesdays & Wednesdays
- 3:00–5:00pm: Thursdays
- 9:00am–12:00pm: Thursdays & Fridays

Bowling Fees

	Juniors	HS/College	Adults*
Game	75¢	\$1.00	\$2.00
Shoes	25¢	50¢	50¢

Adventure News



Secret Agent Camp

Secret Agent Camp was the newest addition to the Sports Center's Adventure Camps this year. Campers received training in intelligence gathering, strategical team land navigation, technical rope work and code breaking. The new secret agents were then challenged with a covert operation against other teams to access, rescue or protect targets. Look for this camp again next summer!



Health & Fitness and Racquets News



The Clark Sports Center and the National Baseball Hall of Fame and Museum teamed up for a pair of road races – a family-style 5K fun run and a competitive 10K for racing enthusiasts on Saturday, August 11, 2012, to promote healthy and active lifestyles for individuals of all ages.



5K Race Male Winner
Jim Allott (19:43)

5K Race Female Winner
Emily DeCaro (22:46)



10K Race Male Winner
Robert Fritz (38:27)

10K Race Female Winner
Amanda LoPiccolo (43:17)

Racquets League Results



Division 1 Champs:
Charla Joseph & Teresa Drerup



Division 2 Champs:
Mary Clare Reitz & Susie Knight

Women's Fall Tennis Leagues

Women's Fall Tennis Leagues will start in early September. If you are interested in being an alternate, contact league coordinator Amy Porter by calling 547-2800.

* Tennis champs decided by winning percentage.

New Fitness Center Equipment

The Clark Sports Center's Fitness Center has two new Life Fitness treadmills. The treadmills feature a personal viewing station with a touch screen that includes numerous cardio programs, virtual trainers, games, and much more. They are Android and Apple friendly and you can keep track of your workouts via USB.

Group Fitness Fall Session One

The next class session begins September 4 and ends October 27. You can find the full schedule on our website at www.clarksportscenter.com or you may pick up hard copies at the Sports Center. **Please note that many classes have had their times changed based on feedback we received from our surveys.** New and returning classes include:

Aquacize: Mondays, 8:45–9:45am & 5:30–6:30pm, Wednesdays 5:30–6:30pm, and Thursdays 11:00am–12:00pm (all classes with Carole),

Fit Camp: Tuesdays & Thursdays, 6:00–7:00am (Laurie and Alison),

Fit for Life: Mondays, 1:00–2:00pm (Katherine),

Functional Strength & Balance: Tuesdays & Thursdays, 8:20–9:30am (Maureen),

Gentle Yoga: Wednesdays & Fridays, 1:00–2:00pm (Katherine),

Karate: Mondays, 6:00–7:30pm, Thursdays, 6:30–8:00pm (Dave),

Outdoor Fit Camp: Mondays & Wednesdays, 5:30–6:30pm (Laurie/Alison),

Pilates: Wednesdays, 9:45–10:30am (Joann),

Power & Grace: Thursdays, 9:45–10:45am (Katherine),

Power Yoga: Saturdays, 9:30–10:45am (Jack),

Prime Time: Mondays, Wednesdays & Fridays, 11:15am–12:15pm (Katherine/Carina),

Spin Core & More: Mondays & Wednesdays, 8:35 to 9:35pm, Tuesdays & Thursdays, 5:20–6:20pm (Maureen/Amy/Laurie/Alison),

Spinning: Mondays, Wednesdays & Fridays, 6:00–7:00am, Tuesdays & Thursdays, 7:10–8:10am, Saturdays, 8:15–9:15am (Alison/Don/Maureen),

Spin Yoga: Fridays, 8:30–9:35am (Joann),

Sunrise Yoga: Tuesdays, 6:30–7:30am (Katherine),

Total Body Conditioning: 5:30–6:15pm (Sabrina),

Variety: Saturdays, 9:30–10:30am (various instructors),

Yoga Flow: Mondays, 9:45–10:45am, Wednesdays, 5:20–6:20pm, Thursdays, 8:35–9:35am (Katherine),

Yoga for Flexibility & Balance: Tuesdays, 10:20–10:50am (Katherine),

Zumba: Tuesdays, 9:45–10:15am, Fridays, 5:20–6:20pm (Katherine).



June 9, the Clark Sports Center held its second annual Just "Du" It Run-Bike-Run Duathlon. The first running portion of the event took place on the Sports Center grounds through our trails, totaling 3.35 miles. For the biking portion, athletes traveled 18 miles on Route 33 to Milford, then back to the Sports Center by way of Route 166 and Route 52 over Murphy Hill. After participants completed their bike route, they completed a second run on the same course at the Sports Center—but in reverse—for another 3.35 miles. Athletes could complete the event solo or as part of a team, with one team member running and the other biking.



Overall Male and Female Solo Race Winners:
Robert Harmon and Amanda LoPiccolo



Overall Male Team Winners:
Andrew Rock and Mark Kingsley



Clark Sports Center Circus Camp • July 16–19, 2012

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

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The Clark Foundation

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