

ClarkSportsCenter

Newsletter
September 2014



RACE THE LAKE

The Clark Sports Center held its 1st annual RACE THE LAKE full and half marathon on June 14. The race circled clockwise around the picturesque Otsego Lake with views of the lake almost all the way as you pass several landmarks.

The marathon started at The Clark Sports Center, and the half-marathon started at A. Doubleday Campground. Both races joined together to finish at The Clark Sports Center. It was a great event with enthusiastic racers and overwhelming community support.

RACE THE LAKE 2015 will take place on June 13.

Visit clarksportscenter.com for details and registration information.

2014 Marathon Winners:

1st Place Male: James Sullivan (2:54:34)

1st Place Female: Jessica Sherry (3:37:49)

2014 Half-Marathon Winners:

1st Place Male: Andrew Rock (1:30:29)

1st Place Female: Deirdre Dwyer (1:29:44)

Clark Sports Center Facility Hours

Through October 5 • Monday–Friday: 5:30am–9:00pm
Saturday: 8:00am–6:00pm • Sunday: Closed

Starting October 6 • 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 2
Thanksgiving Day • Thursday, November 28

Contact Us

Phone: (607) 547-2800

www.clarksportscenter.com



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Adventure News

Adventure Programs and Outings



Kidz Korner

Time for homework, quiet activities, and crafts with Peg Wilson in the conference room, Monday–Friday, 3:00–5:00pm.

Certified teacher Heather Graham is available for tutoring.



High Rock Climbing Wall All Ages. Free for members. Beginning September 30, Tuesdays, Wednesdays & Thursdays: After School Climb, 3:00–4:30pm, Open Climb, 5:00–8:00pm, and Saturday, 1:00–4:00pm. All youths under the age of 12 need to be accompanied by an adult during Open Climb.



Mountain Biking Club Ages 10+. Free for members! Wednesdays, 3:00–4:30pm, September 10–October 8. Sign up at the Main Desk. Meet by the Main Entrance at 3:00pm. Each Monday will involve drills, bike mechanics, and warm-ups followed by a trail ride. No minimum or maximum numbers. We ride rain or shine!



Outdoor Community Ropes Course Ages 12+. Free for members, \$20 for non-members. Meet in the Main Lobby. Sign up at the Main Desk.

Thursday, September 25
Starts at 4:30pm
Sign up by September 24

Thursday, October 16
Starts at 4:30pm
Sign up by October 15



ALL Members Must Check-in

With our growing and ever changing membership, we ask that ALL members check in at the main desk upon entering the building. If you do not stop, please understand that we may stop you and ask you to check in. If you do not have a blue card or keytag, please let the front desk know and they will issue one to make check-in easier.

Thank You.



Little Falls After School Climbing Ages 10+. Free for members, \$15 for non-members. Sign up at the Main Desk. All youths under the age of 12 need to be accompanied by an adult

Thursday, September 11
3:30–7:30pm
Sign up by September 10

Thursday, October 16
3:30–7:30pm
Sign up by October 15

Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Play (Ages 0–5)	Sept. 9–May 28 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Preschool Sports Academy (Ages 4 & 5)	Sept. 30–Nov. 20 Tues., Thurs.	11:15–11:45am	Sept. 2–Sept. 30	Free for members Limit – 15 Children
Kid's Day (Grades K–6)	Sept. 17–May 20 Wednesday	K-1 3:30–4:00 2-3 4:00–4:30 4-6 4:30–5:00	None	Free for members
Gymnastics Level I (Grade School)	Sept. 8–Oct. 24 Monday, Friday	3:00–4:30pm	Aug. 1– Sept. 8 Meeting Sept. 8	\$80 member \$180 non-member
Gymnastics Level II (Grade School)	Sept. 8–Oct. 24 Monday, Friday	4:30–6:00pm	Aug. 1– Sept. 8 Meeting Sept. 8	\$80 member \$180 non-member
Elite Gymnastics	Sept. 8–Oct. 24 Monday, Friday	6:00–7:00pm	Invitation Only Meeting Sept. 8	\$80 member \$180 non-member
Kid's Dodgeball League (Grades 3–6)	Sept. 11–Oct. 23 Tues., Thurs.	3:00–4:00pm	Sept. 2–Sept. 8 Meeting Sept. 9	Free for members
Junior High Basketball (Grades 7 & 8)	Oct. 30–Dec. 19 Thurs., Friday	5:30–8:30pm	Oct. 1–Oct. 23 Meeting Oct. 23	Free for members
Boy's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 4–Feb. 12 Tues., Thurs.	3:00–5:00pm	Oct. 1–Oct. 30 Meeting Oct. 30	Free for members
Girl's Junior & Senior Intramural Basketball League (Grades 3–6)	Nov. 3–Feb. 6 Monday, Friday	3:00–5:00pm	Oct. 1–Oct. 24 Meeting Oct. 27	Free for members
Little Kickers (Grades K–2)	Sept. 17–Nov. 19 Wednesdays	3:00–3:30pm	Sept. 2–Sept. 17	Free for members
Lacrosse Club (Grade 4–12)	Oct. 4–March 28 Saturday	6:00–7:00pm	Sept. 2–Oct. 4 Meeting Oct. 4	Free for members

Adult Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Pickle Ball/ Badminton	Sept. 12–Oct. 29 Fridays	7:00–9:00pm	No Registration	Free for members
Badminton	Sept. 10–Oct. 22 Wednesdays	12:00–2:30pm	No Registration	Free for members
Pickle Ball	Sept. 11–Oct. 23 Thursdays	12:00–2:30pm	No Registration	Free for members
Adult Futsal	Oct. 12–Mar. 15 Sundays	5:00–10:00pm	Sept. 2–Sept. 24 Meeting Sept. 24	\$150 team; \$300 non-member team; \$60 individual non-member
Slow Break Basketball	Nov. 3–Mar. 16 Mondays	6:00–10:00pm	Sept. 2–Oct. 13 Meeting Oct. 20	\$450 member team; \$700 non- member team; \$60 non-member on member team
Adult Volleyball	Nov. 4–Mar. 10 Tuesdays	6:30–9:30pm	Sept. 2–Oct. 29 Meeting Oct. 29	\$150 team; \$300 non-member team; \$60 individual non-member



**Wednesday Softball League
Champs: NY Pizzeria**
Front: Daphne Monie,
Caroline Geertgens, Rachel
Grup, Anna Sams. Back:
Tom Shieber, Willis Monie,
Nick Sovocool, Mike
LaSalle, Joey Caporali,
John Bobnick, Kyle Grup



**Sunday Soccer Champs:
Red Mob**
Kyle Reiss, Ryan Palmer,
Tim Sagasti, Evan Romaine,
Calli Jo Sheldon, Lindsay
Doxtader, Amy Gregory,
Kilean Maynard, Steven
Davis, Kenne Moore



**Boy's High School Hoops
Champs: Milford**
Peyton Griffiths, Brian
Atwell, Will Ward, Blake
Elliott, Jacob Tabor,
Max Lang.



**Girl's High School Hoops
Champs: Cooperstown**
Front: Liz Millea, Christina
Noto, Maggie Schuermann.
Back: Sam Fanion, Mallory
Arthurs, Coach Mike Niles.
Missing: Jen Flynn, Julietta
Ford, Ciara McGoldrick.

NEW Format for Swim Lessons!

Starting this fall, the Aquatics Department will be offering swim lessons in a new format and schedule to create more opportunity for youth to have the chance to learn the life skill of swimming. Swim lessons are offered in five 6-week sessions throughout the school year.

Youth Swim Lessons Start September 8

Grade School Age Swim Lessons are free for members and take place after school and on Saturdays. Session 1 registration begins September 2, session 1 runs September 8–October 18. Session 2 registration begins October 20, and runs October 27–December 6.

- Level 1: Thursdays, 3:00–3:30pm, Tuesdays, 6:35–7:05pm & Saturdays, 9:25–9:55am;
- Level 2 (Shallow): Thursdays, 3:00–3:30pm, Tuesdays, 6:35–7:05pm & Saturdays, 9:25–9:55am;
- Level 2 (Deep): Tuesdays, 3:00–3:30pm, Thursdays, 6:35–7:05pm & Saturdays 8:50–9:20am;
- Level 3: Mondays, 3:00–3:30pm, Thursdays, 6:35–7:05pm, & Saturdays 8:15–8:45am;
- Level 4, 5 & 6: Mondays, 3:00–3:30pm & Saturdays 8:15–8:45am;

Preschool Swim Lessons are for members only. Call the Pool Office to register. Session 1 registration begins September 2, and runs September 8–October 18. Session 2 registration begins October 20, and runs October 27–December 6.

- 6–18 months (with a parent): Wednesdays, 6:00–6:30pm & Saturdays, 10:00–10:30am;
- 19–35 months (with a parent): Wednesdays, 6:00–6:30pm & Saturdays, 10:35–11:05am;
- Ducks (Level 1): Thursdays, 1:30–2:00pm, Thursdays, 6:00–6:30pm & Saturdays, 11:10–11:40am;
- Frogs (Level 2): Thursdays, 1:30–2:00pm, Thursdays, 6:00–6:30pm & Saturdays, 11:10–11:40am;
- Octopi (Level 3): Tuesdays, 6:00–6:30pm, Thursdays, 2:00–2:30pm & Saturdays, 11:45am–12:15pm.
- Dolphins (Level 4): Tuesdays, 6:00–6:30pm, Thursdays, 2:00–2:30pm & Saturdays, 11:45am–12:15pm.

Sports Center Sharks Swim Team

New swimmers will have the opportunity to try practices September 23 & 24, 4:00–5:00pm. New swimmer registration will be held on Wednesday, October 1, at 5:00pm in the main lobby. Returning swimmers can register September 30 and October 2, at 7:00pm. There will be an informational meeting for both returning and new swimmers and parents on Monday, October 6, at 6:00pm.

Official practices begin Monday, October 20. Practices will run: Developmental on Mondays and Fridays, 3:15–4:00pm; Age Group on Mondays, Tuesdays, Thursdays and Fridays, 4:00–5:00pm; and Senior on Mondays, Tuesdays, and Thursdays, 6:30–8:30pm. The entire Sharks Swim Team will practice on Wednesdays, 4:00–5:00pm.

NEW! Swim Club

Join the Clark Sports Center Swim Club. It's FREE! Learn all four competitive strokes, and how to dive off a starting block. Swimmers must be able to swim front and back crawl for 25 yards each. For more information, call the Aquatics Department at (607) 547-2800, ext. 114.

Dive Club is Returning!

Tuesdays, September 9–October 14. Dive club is designed for ages 9 and above, with a level 3 swimming ability or higher. We will focus on front and back approaches and introduce a few dives in the front or back position. For more information, call the Aquatics Department at (607) 547-2800, ext. 114.

Rentals

Pool • The pool will be available for group rentals on Saturdays, 6:30–8:30pm (pool area only). Please call Matt Phillips at 547-2800, ext. 117, for more information, and available dates.

Inflatable Movie Screen • The Movie Night includes all movie audiovisual projection equipment to host your indoor or outdoor movie event. Complete with theater delivery, set-up, removal and Clark Sports Center host. For more information, please contact Matt Phillips at 547-2800, ext. 117.

CCS Girls H.S. Swim Team (Home Meets)

Practices: Mondays & Wednesdays, 7:30–9:00pm; Tuesdays & Thursdays, 3:30–5:00pm; Fridays, 6:00–7:00pm.
Fridays, September 12th, 26th, October 3rd, 10th, and Wednesday, October 15th. Pool Area will be closed at 4:30pm for swim meets, and will reopen as soon as equipment is cleaned up.

Kid's Triathlon Race Results

The Kids Triathlon Club race was held at the Sports Center on Saturday, May 31. 32 members of the Triathlon Club competed.

Rookies Of The Year:
Emma Panzarella & Troy Davis

First Place Finishers:

7 & 8 years old (swim 50 yards, bike 1.5 miles, run ½ mile):

Annelisa Jensen & Ryan Hellenthal

9 & 10 years old (swim 100 yards, bike 3 miles, run ½ mile):

Meagan Schuermann & Michael Zhou

11 & 12 years olds (swim 200 yards, bike 4.5 miles, run 1 mile):

Nora Jensen & Josh Geci



Bowling News



Summer No-Tap League Winners
Mike Kenney, Jan Kerr, Joyce Jones, Dennis Hascup

SEPTEMBER "Back to School" BOWLING SPECIAL

Stop in the bowling alley today and receive \$5 OFF
of a 40 Game Bowling Pass!

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
6:00–9:00pm: Fridays

Bowling Fees

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

* Adult CSC Bowling League Bowlers \$1.00/Game.



Friday Rock & Bowl Pizza Party

Fridays
Sept. 12–Oct. 24
3:15–4:30pm

Boys & Girls
Grades K–12

\$3 per youth
(Includes 1 slice,
drink, and unlimited
bowling!) Limit 32

Please contact Barry
Gray at 547-2800,
ext. 108, for more
information.

Youth Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Bowling (Ages 4–5)	Sept. 9–May 19 Tuesdays	10:30–11:00am	None	Free
Elementary & Middle School League (Grades 3–8)	Nov. 7–April 10 Fridays	3:15–5:00pm	October 1–31 Meeting Nov. 7	\$45

Adult Bowling Leagues and Programs

Program	Days	Time	Registration	Fee
Men's Monday League	Sept. 8–Mar. 2 Mondays	7:00–9:00pm	September 8	\$10 per night
Women's Tuesday League	Sept. 2–Mar 17 Tuesdays	6:00–9:00pm	September 2	\$10 per night
Men's Wednesday League	Sept. 3–Mar. 25 Wednesdays	7:15–9:00pm	September 3	\$10 per night
Women's Thursday Afternoon League	Sept. 4–April 9 Thursdays	1:00–3:00pm	September 4	\$5 per day
Senior Citizen Bowling (Ages 55+)	Sept. 9–May 19 Tuesdays	9:00–10:30am	None	\$1 members; \$3 non-members (Per game)
Senior Citizen Bowling (Ages 55+)	Sept. 10–May 20 Wednesdays	1:00–2:30pm	None	\$1 members; \$3 non-members (Per game)



Electronic Free Days

Everyday will be an
electronic free day
at The Clark Sports
Center for school
aged youth until
6:00pm. If your child
is using an electronic
device other than
a cell phone to call
home he/she will be
asked to put it away
and be encouraged
to participate in
programming.

Parents: Please encourage
your child to leave their
devices at home.

DON'T MISS OUT!

Stop at the Main Desk and fill out a survey to receive a ticket for a chance to win a \$100 gift card to Dick's Sporting Goods. Must be completed and turned in by October 1. One survey per member.

Group Fitness Fall Session One

September 2–
October 26

You can find the full schedule on our website at clarksportscenter.com, or you may pick up hard copies at the Sports Center.



Evening Day Care Returns

Starting September 9, evening day care will be available in the conference room for members and guests who are using the Sports Center on Tuesdays & Thursdays, 5:15–7:30pm. Children ages 8 weeks to 5 years (who have not started kindergarten) may participate. The staff ratio is 1:6, with two staff members present at all times. Diapers and bottles must be supplied and all belongings must be labeled. Day Care is \$4.00 per hour (minimum of 30 minutes). Day Care must be paid for on the day of service.

Health & Fitness and Racquets News

Personal Training Information

Our professional staff is goal oriented with a wealth of resources and knowledge. We offer an extensive variety of personalized programs to help our clients achieve their goals. Our services include, but are not limited to:

- General fitness • Aqua exercise • Nutrition • Weight management
- Private yoga and pilates • Cardio training • Weight training • Balance & Core training
- Sports conditioning and sports specific training
- Many other specialized and personalized programs



Women's Tennis League



Spring Singles League Winners:

Winner: Kate Resnick (.816%)

2nd place: Carolyn Lewis (.622%)

Spring Doubles League Champs:

Division A

Georgia Frevele & Kim Potts

Division B

Meg Subik & Stephanie Bauer

Summer Singles League Standings (As of Aug. 19, Week 7):

1. Georgia Frevele (.675%)

3. Carolyn Lewis (.649%)

2. Carina Franck (.651%)

4. Meg Subik (.643%)

Summer Doubles League Standings (As of Aug. 19, Week 7):

Division A

1. Carolyn Lewis (.6%)

Division B

1. Carina Franck (.656%)

2. Kate Resnick (.557%)

2. Mary Clare Reitz (.61%)

3. Teresa Drerup (.539%)

3. Phyllis Orlowski (.6%)

4. Georgia Frevele (.516%)

4. Stephanie Bauer (.56%)

Women's Fall Tennis Leagues

Women's Fall Tennis Leagues will run September 3 through October 22. If you're interested in future leagues, or being an alternate, contact league coordinator Amy Porter by calling 547-2800, ext. 111.

Adult Racquets and Tennis Leagues

Program	Days	Time	Registration	Fee
Women's Doubles & Singles Tennis League, A & B Divisions	Sept. 3–Oct. 22 Wednesdays	4:30–7:00pm	Ended Aug. 20 <i>See above to be an alternate</i>	\$25 members \$50 non-members
Men's Racquetball League	Sept. 29–Dec. 15 Mondays	5:00–9:00pm	Starts Sept. 2	\$25 members \$50 non-members
Mixed Racquetball League	Oct. 1–Dec. 17 Wednesdays	5:00–9:00pm	Starts Sept. 2	\$25 members \$50 non-members
Men's Squash League	Oct. 1–Dec. 17 Wednesdays	5:00–9:00pm	Starts Sept. 2	\$25 members \$50 non-members
Women's Squash League	Sept. 29–Dec. 15 Mondays	5:00–9:00pm	Starts Sept. 2	\$25 members \$50 non-members

Special Events



The Clark Sports Center and the National Baseball Hall of Fame and Museum teamed up again this year for the 2014 BASE Race. 264 participants competed in a family-style 5K fun run and a competitive 10K for racing enthusiasts on Saturday, May 24, 2014, to promote healthy and active lifestyles for individuals of all ages.



5K Race Male & Female Winners
Heidi Edmonds (19:12.03) & Daniel Nenstiel (18:00.929)



10K Race Male & Female Winners
Emma Spinosa (45:10.729) & Michael Hamilton (33:40.124)



VIS VIRES VII

The Clark Sports Center held its 7th annual Vis Vires Outdoor Strongman Competition on Saturday, August 9, with 19 competitors. The new event this year was the Heavy Object Medley. 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.

Male Heavy Weight

1. Joshua Sowle (82)
2. Eric John Olsen (80)
3. Bryan Allen (75)

Female Heavy Weight

1. Alexia Strzalka (24)

Male Light Weight

1. Shawn Gott (36)
2. Christopher Emmons (27)
3. Eric Tartter (22.5)

Female Light Weight

1. Sabine Klinger (16)
2. Jaime Hurlbut (8)



Upcoming Events

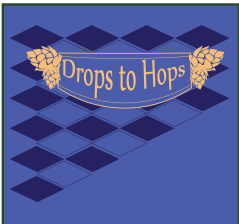
September

Patriot Highlander • Saturday, September 13, in Cobleskill, NY. Support our Wounded Veterans while participating and competing in the most rewarding Mud, Obstacle, Multi-event Endurance Challenge in Central New York and the North East. Choose from the Junior Challenge, 3 mile, or 6 mile course. For more information, and to register, visit www.patriothishighlander.com.

Drops to Hops • Saturday, September 27, at Brewery Ommegang. The Clark Sports Center is teaming up with Ommegang to bring you the third 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

Coop Loop 14 • The 14th Annual Coop Loop 5k/10K Run starts at 12:30pm on Sunday, October 26. 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 24 is \$20, or \$30 on October 25 or 26. Runners will receive a free commemorative long sleeve shirt. Call the Fitness Center Desk at 547-2800, ext. 116, for more information. **Clark Sports Center Open House, 1:00–5:00, bring your family and friends!**



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Clark Sports Center Circus Camp • July 7-11, 2014

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

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The Clark Foundation

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