

Dave Bliss Receives Fetterman Award



Kind words and memories were shared at the Otesaga Hotel on Monday, September 23, during Dave Bliss' luncheon to receive his award as this year's recipient of the Sports Center's Fetterman Award. The award is given yearly 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 to Dave in front of a crowd of family, friends, and past award recipients. Dave's numerous accomplishments include: Volunteer Youth Basketball Referee at the Sports Center, Volunteer Assistant Coach for the Boys Varsity Basketball Team, AAU Basketball Coach, Youth Soccer Coach, Little League, Pony League, and American Legion Baseball Coach, Cooperstown Varsity Softball Coach, and 2013 Utica Observer Dispatch Coach of the Year.

Past recipients can be found online at www.clarksportscenter.com.

Popular New Program "Kidz Korner"



Kidz Korner is a "quiet" room where kids in grades K-6 can get their homework done and have fun with a variety of crafts or board games. The new program meets Monday-Friday from 3-5 on days that school is in session. This program has been regularly attended by 40-60 kids per day since the beginning of this school year. Peg Wilson and Michelle Yerdon have introduced a variety of crafts including finger knitting, weaving, mask making, beading, collage and loom bracelets. Due to the homework help demand we have added certified Cooperstown teacher Heather Graham to our Kidz Korner staff Tuesday through Thursday, 3:30-4:30, to help out with homework guidance and questions.



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.

Clark Sports Center Facility Hours

November through May 2014 • Monday-Friday: 5:30am-9:30pm
(Pool closes at 9:00) • Saturday: 8:00am-6:00pm
Sunday: 8:00am-6:00pm (Adults only 8:00-12:00)

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

Contact Us

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



Upcoming Programs

90 Minute Spinning Benefit Rides • A 90 minute Spinning Benefit Ride will be held on Sunday, December 1 and February 2, 8:30–10:00am. There will be a jar for monetary donations set up prior to class. See the website for details.

Kids Turkey Memorial Climbing Competition Saturday, December 7, 3:00–5:00pm. Open to youth 18 years of age and below. Members: \$5 on or before December 5 (late registration \$10). Non-members must pay for a Day Pass. Submit registration forms and payment to the Main Desk.

Fall Swim Lessons end December 7. **Winter Preschool & Grade School Swim Lessons** will run January 6–March 8. Registration begins December 9, for preschool only.

Little Triathletes • Saturday, December 14, 9:30am. Open to members age 2–6. (See page 4 for details)

Preschool Christmas Party • Wednesday, December 18, 9:30–11:00am. Bring a snack to share. Punch will be provided. Don't forget: Santa arrives at 10:00am!

Senior Holiday Luncheon • Friday, December 20, 12:00pm, for Senior Walk and Primetime participants. Please sign-up for a dish to pass.

Community Movie Night • Family Movies 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 21, *Arthur Christmas*

Saturday, January 11, *Despicable Me 2*

Saturday, February 8, *The Croods*

Saturday, March 8, *Epic*

Indoor Community Ropes Course • Meet in the Main Lobby. Free for members, \$20 for non-members. Sign up at the Main Desk.

Thursday, January 2, 9:00am–1:00pm

Wednesday, January 15, 5:00–8:00pm

Wednesday, February 12, 5:00–8:00pm

Wednesday, February 19, 9:00am–1:00pm

Wednesday, March 5, 5:00–8:00pm

Schedule Changes On 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, 26–30, January 2-3, 20, and February 17–21.

Pool

5:30–10:00am: Adult swim.

10:00–11:00am: Open swim.

11:00am–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 18-20)

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.

Group Fitness Beginner Week!

Intro to Group Fitness classes will be offered during the holiday break, December 23–December 30, 2013. This limited class week is geared toward Group Fitness beginners. Use this week to try something new!

Group Fitness Winter Session

Winter Session begins January 2 and ends March 2. 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!



Upcoming Programs

COMMIT TO BE FIT RACE TO FITNESS!

COMMIT TO BE FIT is a program designed to help members lose weight and live a healthier lifestyle. The program has an easy to follow point system that will credit members for not just weight loss but for activities and education toward long term, healthy living. The more points you earn, the better chance you have to earn membership credits. Registration begins January 4, 8:00am–12:00pm, in the Conference Room. You may register any time throughout the program at the Health & Fitness Desk. The first 100 participants will receive a free t-shirt! **NEW THIS YEAR** we are awarding top point earners for 6 age categories. The program is a commitment to yourself to live a healthy life. You will receive a Passport to Fitness to keep track of the activities you participate in. There is a \$10 registration fee. If you complete the program with a total of 50 or more points, the \$10 will be credited to your membership along with any rewards for the points you have accumulated. Call The Clark Sports Center at 547-2800 for more information.

CHALLENGE YOUR LIMITS

Adult and Youth Athletics Leagues and Programs

Program	Days	Time	Registration	Fee
Preschool Sports Academy (Ages 4 & 5)	Jan. 7–March 20 Tues., Thurs.	11:15–11:45am	Dec. 19–Jan. 7	Free for members Limit 15
Preschool Sports Academy Spring Session (Ages 4 & 5)	March 25–May 22 Tues., Thurs.	11:15–11:45am	March 1–25	Free for members Limit 15
Little Dribblers	Dec. 4–Feb. 26 Wednesday	3:15–3:40pm	Nov. 13–Nov. 27	Free for members
Little Batters	March 5–April 9 Wednesday	3:15–3:40pm	Feb. 26–March 5	Free for members
Kid's Dodgeball League (Grades 3–6)	April 3–May 15 Tues., Thurs.	3:15–4:30pm	March 13–31 Meeting April 1	Free for members
Preschool Play (Ages 0–5)	Sept. 10–May 29 Tues., Wed., Thurs.	9:00–10:30am	None	Free for members
Kid's Day (Grades K–6)	Sept. 18–May 21 Wednesday	K–1 • 3:45–4:15 2–3 • 4:15–4:45 4–6 • 4:45–5:15	None	Free for members
Senior Walk (55+)	Nov. 4–Mar. 21 Mon., Wed., Fri.	10:00–11:00am	November 4	Free for members and non-members

February Break Activities

Snowman Building, Sledding & Hot Cocoa • February 18, 1:00–2:00pm. Sign up at the Main Desk. Must have a minimum of 10 youth participating.

T-shirt Tye Dye • February 20, 1:00–3:00pm. Sign up at the Main Desk. Must have a minimum of 10 youth participating. \$5 for a t-shirt, please leave shirt size at the Main Desk.

Be prepared by wearing warm outdoor winter apparel. February Break Activities are free for members (non-members must pay for a Day Guest Pass).



Adventure News

Adventure Climbing Wall Schedule

Program	Days	Fee
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. In order to become belay certified, you must be at least 12 years old and participate in belay school.</p> <p>During after school hours the participants do not need to be accompanied by an adult. They can just show up to climb.</p> <p>Belay School: Please contact Adventure Staff.</p> <p><i>Participants assume all risks in the use of personal climbing equipment.</i></p>	Free for members

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. 23), Fri. (Dec. 27), Mon. (Dec. 30) 1:00–5:00pm Open Climb. Thur. (Dec. 26), Thurs. (Jan. 2) 1:00–4:00pm, 5:00–8:00pm Open Climb.

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 abilities levels over the age of 12.

Upcoming Community Ropes Course Schedule: **Jan. 2 & Feb. 19, 9:00am–1:00pm, Jan. 15, Feb. 12 & March 5, 5:00–8:00pm.**

Aquatics News

Cooperstown High School Home Meets

The Cooperstown Boy's Varsity Swim Team will have home meets in our pool this winter. Please note that the following dates and times are subject to change and that the pool closes 4:30–7:00pm. Dates: December 2, December 10, January 8 and January 16. Practices are held Monday–Thursday, 7:30–9:00pm and Friday, 6:00–7:00pm.

Lifeguard Training Course

The next course will be offered Monday–Friday, February 17–21, 8:00am–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. Sign up at the Main Desk by February 1. A \$50 non-refundable deposit is required when signing up. Call 547-2800 for more information.

New for Preschool Swim Lessons

Starting in Block II. Preschool Swim Lessons, 6–18 months (with a parent) will now be offered on Wednesdays, 6:00–6:30pm.

Little Triathletes

Members only special event!

The 2nd annual Little Triathlete Race will take place on December 14 at 9:30am. It is open to children ages 2–6. It's a "little" version of a real triathlon. Each age group will swim in the pool, bike, and run on the gym floor. An adult will be required in the pool with the 2 & 3 year olds. Your child's age is their age as of December 14. You may register in the pool office, starting December 2.

First Splash at The Clark Sports Center

The Central Valley Swim League held it's annual First Splash meet at the Sports Center on Saturday, November 9. The Clark Sports Center Sharks Swim Team hosted the event with three visiting teams, the Canajoharie Crocodiles, Schoharie Valley Swim Team, and the Amsterdam Sea Rams. The First Splash was a success with over 150 swimmers competing in both their individual and relay events. The Sharks Swim Team would like to send out a special thank you to the parents that volunteered their time 28 and to the Sports Center staff that assisted with the event.

Athletics News



Kid's Dodgeball 3rd & 4th Grade Champs

Front row, L to R: Chris Savoie, Liam Ford, Colby Diamond. Back row, L to R: Devon Guzy, Madison Hayes, Henry Horvath.



Kid's Dodgeball 5th & 6th Grade Champs

Front row, L to R: Ashley Kiuber, Alex Hage, Lucian Lytel, Thomas Dygert. Back row, L to R: Chris Ubner, Alex Poulson, Ian Thomas, Destin Gecik.

Preschool Christmas Party



Wednesday, December 18 • 9:30am–11:00am on the Gym Floor. **Santa arrives at 10:00am!** Dress up in your holiday's best for Sharky's Annual Preschool Christmas Party! Bring a snack to share with friends and parents! Punch will be provided.

10th Annual Patrick C. Fetterman Memorial Basketball Tournament

Saturday–Monday, January 18–20, 2014. 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.



Athletics League Standings

Men's Slow Break Basketball Standings

1. Mohawk Valley Market
2. Leatherstocking Insurance
3. New York Central Mutual
4. 5 Star Subaru

Adult Volleyball Standings

- | | |
|-------------------|-----------|
| 1. Lights Out | 3. Bonzai |
| 2. Jungle Ballers | 4. ABM |

Winter Futsal League Standings

- | | |
|----------------|-----------------|
| 1. El Nino | 3. Emily's Team |
| 2. Coop United | 4. Nemesis |

Girl's Senior Intramural Basketball Standings

- | | |
|-----------|------------|
| 1. Sting | 3. Liberty |
| 2. Comets | 4. Shock |

Boy's Senior Intramural Basketball Standings

- | | |
|-----------|-----------|
| 1. Bulls | 3. Heat |
| 2. Lakers | 4. Knicks |

Junior High Basketball Standings

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

Senior Walk



Mondays,
Wednesdays, and
Fridays,
through March 21.
Ages 55+
10:00–11:00am

Senior Walk is free for all members and non-members of the community who are ages 55 and older. **New senior walkers may register at any time.** Senior Walk meets every Monday, Wednesday, and Friday, 10:00 to 11:00am, and runs through March 21, 2014 (tentative ending date). For more information, contact Debbie Bennett by calling (607) 547-2800, ext. 104.

The indoor running track will be reserved for Sr. Walk participants November 4–March 21, 10:00–11:00am.

Bowling News



Bowling Party Packages

The Bowling Alley is great for private birthday or group parties! To make reservations, please contact Barry Gray at 547-2800, ext. 108.

Party Includes: Shoes, Music, Disco 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: \$150/Members or \$250/Non-members.
Non-members must have a signed waiver form on file.

Adult Bowling League Standings

Men's Monday League Standings

High Game: Chuck Hascup/Mike Ainslie 269
High Series: Mike Kenney 718

Women's Tuesday League Standings

High Game: Betty Staffin 242
High Series: Betty Staffin/Jessica Baker 611

Men's Wednesday League Standings

High Game: Barry Gray 299
High Series: Barry Gray 758

Women's Thursday League Standings

High Game: Marion Madison 204
High Series: Marion Madison 528

Youth Bowling League Standings

Elementary & Middle School Standings

High Game: Jason Furnari 122
High Series: Jason Furnari 362



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 can 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!

Racquets News

Fall Tennis Results

Women's Fall Singles

1st: Teresa Drerup .761%
2nd: Meg Subik .679%

Women's Fall Doubles



Division A Champs
Kate Resnick &
Teresa Drerup



Division B Champs
Carina Franck &
Kristin Potrikus

Racquets Court Schedule



Monday–Friday: Open 5:30–3:00, Reserved For Youth 3:00–5:00, Open 5:00–9:30.

Saturday: Open 8:00–6:00.

Sunday: Adults 8:00–12:00, Open 12:00–6:00.

Racquetball and squash lessons available December 20–February 1. Please contact Rich Jantzi at 547-2800, ext. 125.

Coop Loop 13 Results

The Clark Sports Center held it's thirteenth Annual Coop Loop 5K Run/Walk on Sunday, October 27. There were 214 participants. Top Male runner was Josh Edmonds, Cooperstown (15:52). Top female was Megan O'Connor, Syracuse (20:24). Full race results for all runners and walkers, and race photos can be found on our website at www.clarksportscenter.com/events/coop-loop/.



Coop Loop Top Male and Top Female Finishers
Josh Edmonds (15:52) & Megan O'Connor (20:24)

Top 5 Male Finishers

Place	Name	Hometown	Time
1	Josh Edmonds	Cooperstown	15:52
2	Tjibbe Lambers	Cooperstown	17:45
3	Arek Robinson II	Syracuse	18:36
4	David Roy	Schoharie	19:47
5	Andrew Rock	Coperstown	20:12

Top 5 Female Finishers

Place	Name	Hometown	Time
8	Megan O'Connor	Syracuse	20:24
10	Kathleen Coggsball	Cooperstown	22:15
15	Morgan Mesko	Philadelphia	23:21
24	Aurora Haines	Haines Falls	23:56
30	Emma Spinosa	Cooperstown	23:57



90 Minute Ride or Walk to End Polio

26 members and non-members participated in a 90 minute Spinning ride or walk to end Polio on Sunday, October 20. They raised just over \$3000 to support the cause. The money raised will be matched 2:1 by the Bill and Melinda Gates Foundation, bringing the total amount to over \$9000. This will buy approximately 15,000 vaccines for children worldwide.

Monster Bench Press Competition

Our annual Bench Press Competition will take place on Saturday, April 5, 2014. Lifters may weigh-in early at any time on Friday, April 4, at the Fitness Center Desk at the Sports Center. Weigh-ins and registration on the day of the competition, April 5, will begin at 9:30am. Competition will begin at approximately 11:00am. 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 4 costs \$25. Registration on the day of the competition will be \$35. Commemorative T-shirts will be given to the first 50 registered lifters. For more information about the competition, contact Doug McCoy by calling 547-2800.



Day Care will be held in the Conference Room for members and guests who are using The Clark Sports Center. Hours are Mondays, Wednesdays & Fridays, 8:30-11:30am, Tuesday & 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. Snacks are provided. 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.

What's Inside:

Coop Loop Results • Fetterman Award Recap
Winter Leagues & Programs • Fall League Photos



Contact Us

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

Preschool Halloween Party
October 31, 2013

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