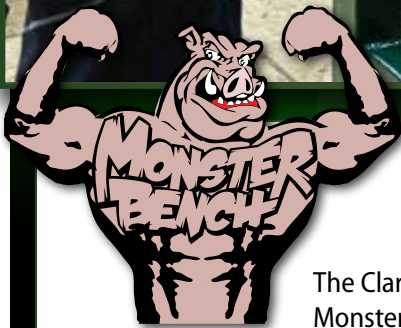




Rich Putnam completing
his 810 lb. Shirted Lift



Monster Bench Press Competition Results

The Clark Sports Center held its annual Monster Bench Press Competition on Saturday, April 5. Seventy-eight participants turned out for the event. Thank you to all of this year's participants for making the competition a continued success! The first place winners for the major lifting categories were:

- Men's Overall Raw Lift 1st Place:** Sean Timms (430 lbs.)
- Men's Overall Shirted Lift 1st Place:** Rich Putnam (810 lbs.)
- Women's Overall 1st Place:** Elizabeth Bishton (130 lbs.)
- Overall Team Raw:** Red Top Auto
- Overall Team Shirted:** Gorilla Pack
- Rep-Off 1st Place:** Rich Putnam (39 reps of 225 lbs.)

Clark Sports Center Facility Hours

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

Closures

Independence Day • Friday, July 4
Induction Weekend • Saturday July 26–Monday, July 28
Repair Week • Monday, August 25–Sunday, August 31
Labor Day • Monday, September 1

Contact Us

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



Upcoming Programs

Summer 7 on 7 Soccer League • Starts Sunday, June 1. Visit our website for the full schedule.



End Of School Events! • Join us after early dismissal during the last week of school for fun kid's events! June 23-25: Compete in The Clark Sports Center's own Amazing Race to Summer 2! All of the events are free (non-members must have a signed waiver form) and are open to grades K-6. Visit our website for event details!

Boy's & Girl's High School Hoops Basketball Leagues • Boy's League plays Wednesdays, 5:30 to 9:30pm and starts June 18. The Girl's League starts June 16 and plays Mondays, 5:30 to 9:30pm.

Summer Swim Lessons • June 30 through August 8. Registration is required for all swimmers. **Swim lessons are for Clark Sports Center members only.** 6-35 months old (with parent) 12:00-12:30pm, Mondays or Tuesdays. 3 and 4 year olds (without parents) 12:00-12:30pm, Wednesdays or Thursdays. For questions, please contact Matt Phillips by calling 547-2800, ext. 117.



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

Thursday, June 12, starting at 4:30pm

Tuesday, July 15, 9:00am-1:00pm

Tuesday, August 12, 10:00am-2:00pm



Summer Camps • June 30-August 22. Don't forget to sign up for summer Sports and Adventure Camps!

Lightning Prediction System at CSC

The Clark Sports Center has installed a Thorguard Lightning Prediction System. There are 3 areas on CSC property equipped with a rotating amber light and a siren. When the system determines a hazardous condition for lightning strikes, the siren will sound for 15 seconds and amber lights will illuminate and rotate.

All participants on the fields, tennis courts and ropes course must seek shelter immediately.

When the danger has passed, the "all clear" signal is three 5 second alerts on the siren and the lights will shut off.

News for Parents • In order to better monitor our young members and guests The Clark Sports Center is now asking children in K-6 to stay inside the building unless they are reporting to a sports activity. On some good weather days the CSC will offer the children a supervised outdoor activity.

The Starting Point Program

Just joined but you don't quite know where to start?
Have been a member for a while but need a new start?
Everyone has to start somewhere!

The Starting Point program will "match" you with a staff person that will give you a jump start and help you get the most out of your membership. Check our information board for a form to get started!

The Pool is available for your group from 6:30-8:30pm on Saturday evenings throughout the summer. Your group will have exclusive use of the pool only. No other areas of the Sports Center will be open. We will provide tables, chairs, floats and lifeguards. You provide refreshments and waivers. Groups must have 1 adult per 10 children. The cost is \$150 for two hours, with a \$25 non-refundable deposit required at the time of your booking. Please contact Matt Phillips at 547-2800, ext. 117, to make your reservation.



Upcoming Event



Race the Lake Marathon & Half-Marathon

Saturday, June 14 • Marathon starts at 8:00am • Half-Marathon starts at 9:30am.

Pre-register by mail, in person at the Sports Center, or online at www.onestoprace.com. Entrants who pre-register will receive a commemorative T-shirt. Entrants registering on the day of the race will receive a T-shirt if available.

Marathon Runner

\$55 for an individual runner on or before June 10 or
\$75 after June 10

Half-Marathon Runner

\$45 for an individual runner on or before June 10 or
\$60 after June 10

Pre-registered runners may pick up race bags on Friday, June 13 from 10:00am–6:00pm and on race day beginning at 6:30am.

Shuttles will be available to transport half-marathon runners to the start location at Doubleday Campground. For more information, please visit www.clarksportscenter.com or contact Doug McCoy by calling 547-2800, ext. 111, or email mccoyd@clarksportscenter.com.

Adventure News

Summer Adventure Programs

Our schedule is filling up fast! We offer a variety of outdoor programs on the Sports Center grounds and organized trips around the Northeast. Our high and low outdoor ropes challenge courses are perfect for team building opportunities for your organization or youth group, and can be tailored to fit your goals and skill level. Call us at 607-547-2800, ext. 126, to book your adventure today! For information about our back country outings kayaking, biking, and climbing, join our email list by emailing Fran Hodgins at hodginsf@clarksportscenter.com.

Thursday Night Climbing in Little Falls, NY

Meet the Adventure Department every Thursday (weather dependent) for a chance to go climbing outside at our local crag, Moss Island in Little Falls. The Adventure Department will be there starting at 5:00pm to set up ropes. Transportation not provided. Reserve equipment in advance (607-547-2800 ext. 126) or bring your own harness, shoes and helmet. Members only. 16+ or with a parent.

Kids Rock Wall Olympics

In celebration of the 2014 Olympics, the Adventure Department decided to host an Olympic competition of their own, The Kids Rock Wall Olympics. On March 8, thirty kids participated in a range of climbing events that tested their skill and endurance. Events ranged from speed climbing to push up competitions. The gold went to Carson Guzy, while Jackson DiLiberto and Elianna Geertgens tied for silver!



Aquatics News



Sharks Swim Team Awards

On March 29, awards were presented to members of the swim team. Coaches presented each swimmer with a folder that included a team photo, season meet performance, and participation certificate. The following awards were presented: Outstanding Swimmer – Will Weldon & Eden Griger; Developmental Award – Finn Morgan & Anna Hawkes; Most Improved Male & Female – Josh Geci & Sydnie Streek; Male & Female Rookie of the Year – Mason Raffo & Amy Seamon; Sportsmanship – Kai Wasson & Natalie Shieber.

Kids Triathlon Race

This annual event was held on Saturday, May 31. Fifty-two children had been practicing their swimming, biking and running skills since April. The triathlon, for the first time this year, was completely on the grounds of the Sports Center. Children ages 7–12 competed in various distances based on age. Event photos and finish times will be posted on the Clark Sports Center website!

Friday Outdoor Movie Nights!

We're going outside, again!! Outdoor movie nights on the Sports Center's front lawn.

The Clark Sports Center will be showing their annual outdoor movies on the inflatable movie screen starting this July. Movie nights are scheduled for June 27, July 11, July 18, August 8 and August 15.



Adult Pool Times During Summer Swim Lessons & Camps

The summer swim lessons will run from June 30 through August 8 and swim camps will run August 11–15. During this time, the morning adult swim will be 5:30–8:00am. Adult swim will begin again at 12:00pm.

Junior Livestock Show Swim

The pool will be very busy during open swim 6:30 to 9:00pm on Monday, July 7 for the Junior Livestock Show's annual pool party. No lanes will be available for lap swimming this night.

School Recreation Groups

The Clark Sports Center will be welcoming many visiting schools who have chosen us to be their end of the school year "place to be". You will see children having fun in the bowling alley, gym floor and pool. The groups will be using two lanes in the lap pool and the diving pool. Dates and times of when these groups will be visiting are as follows:

Wednesday, June 4, 9:30-1:30

Thursday, June 5, 9:30-1:15

Friday, June 6, 9:45am-1:30pm

Monday, June 9, 9:30am-1:30pm

Tuesday, June 10, 9:45am-1:30pm

Wednesday, June 11, 9:30am-1:30pm

Thursday, June 12, 9:45am-1:30pm

Friday, June 13, 9:45am-1:30pm

Monday, June 16, 9:30am-1:15pm

Tuesday, June 17, 9:30am-1:15pm

Wednesday, June 18, 9:30am-1:30pm

Thursday, June 19, 9:30-1:30pm

Friday, June 20, 9:45am-1:15pm

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 Matt Phillips at 547-2800, ext. 117.



Athletics News



Senior Walk

Senior Walk concluded on May 2. The top five walkers were Judy Martin (178 miles), Bonnie Ives (150 miles), Jim Knodel (143 miles), Elsie Wells (130 miles), and Norine Lundy (118 miles). 49 walkers participated throughout the program for a grand total of 1783.69 miles walked. The Senior Walk program is a free program for members and non-members. It will begin again this fall on November 3 and takes place from 10:00-11:00 on Mondays, Wednesdays and Fridays.

Adult League Standings

Wednesday Softball Standings

1. New York Pizzeria
2. Putnam's
3. Cooley's



Futsal League Champs • NYCM

Front Row, L to R: Cheryl Robinson and Amy Gregory.
Back Row, L to R: Jeremy Bolton, Mike Cook, Kevin Gregory, and Matt Metzger.



Volleyball League Champs • Lights Out

Front Row, L to R: Rafferty Sorensen and Mike LaChance.
Back Row, L to R: Andi Lyons, Kevin McCaffery and Brock Amos.



Slow Break Basketball League Champs • Mohawk Village Market

Front Row, L to R: Greg Harris, Brad Morse, and Andrew Crisman.
Back Row, L to R: Aaron Postiglione, Dan Welch and Ethan Durham.



Senior Basketball League Champs

Front Row, L to R: Mike Pikarsky, Brad Feik and Tom Hohensee. Missing from Photo: Jeff Feik, Frank Miosek, Dave Kent, Don Raddatz, David Fanion and Bill Weldon.



Kid's Dodgeball 3rd & 4th Grade Champs

Front Row, L to R: Colby Diamond, Devon Guzy, Conrad Erway, and Nathan Grover. Back Row, L to R: Michael Zhou, Derek Hochbrueckner, Grant Crowson, and Finn Holohan.



Kid's Dodgeball 5th & 6th Grade Champs

Front Row, L to R: Spencer Lewis, Isaac Falk, Torrey Carrascoso, and Natalie Fountain. Back Row, L to R: Jackson Martz, Sam Lytel, Eric Kukenberger, Anthony Xie, Alexander Poulson, and Alex Hascup.



Boy's Travel Basketball LaCava Award Winners
Coach Nagelschmidt with Ryan Lansing and Josh Martin



Girl's Travel Basketball LaCava Award Winner
Coach Whiteman with Ashley Kiuber



Bowling News

2013–2014 Bowling League Champs

Men's Monday Night Rich Anderson Jr. Frank Delplato Dominic Montesano	Women's Tuesday Night Cynthia McCartney Maureen Kuhn Pam Lea Amy Smith	Men's Wednesday Night Barry Gray Joe Van Avery Tim Adams Mike Adams
Women's Thursday Afternoon Marion Madison Mary Durso Eileen Barown	Elementary & Middle School Jason Furnari David Sellick Brandon Morning	

Barry Gray in 800 Club

Barry Gray became the second member of the 800 club on Wednesday, April 9. Barry finished the Wednesday Night Men's Semi-Classic League season by rolling an 800. There have been only two 800's rolled in the 123 year history of the ACC Gymnasium/Clark Sports Center. Joe Curcio became the first member in 2005 with an 825 series.

Bowling Alley Rentals

Rent our Bowling Alley June 30 through August 22 on Monday, Wednesday, Thursday and Saturday nights, 6:00–8:00pm! We provide unlimited games, scorecards, shoes, bowling balls, music, lights, tables, and chairs—you will need to provide food and refreshments for your guests. The cost for the rental is \$150. Call Barry Gray at (607) 547-2800, ext. 108, for more information and to make a reservation!

Summer No-Tap League

The league will begin June 3. Please call Mike DeSimone at (607) 547-2800, ext. 108 for more information.

Racquets News

Racquets Results



Fort Orange Squash Meet
 March 29, Clark Sports Center defeated Fort Orange, 4-2.



CSC Squash Club Championship
 1. Bert Holmes
 2. Brad Feik



Men & Women's Summer Tennis Leagues

The Sports Center's Women's Summer Tennis Leagues will start in early July and run for eight weeks. Registration runs June 9–21. The Single League is free for members. Double League is \$25 for members or \$50 for non-members. Contact Amy Porter at 547-2800, ext. 111, for more information.

The Men's Singles Tennis League will start on June 30 and run for eight weeks. Registration runs June 1–21. Free for members. Contact Rich Jantzi at 547-2800, ext. 125, for more information.

Spring Tennis League Standings

Singles League

1- Kate Resnick (.816)
 2- Teresa Drerup (.606)

Doubles Division A

1- Georgia Frevele (.583)
 2- Kate Resnick (.574)

Doubles Division B

1- Barb Harmon, Meg Subik, and Phyllis Orlovski (.833)

COMMIT TO BE FIT Participants!

Congratulations to our 164 members and staff that participated in our third year of COMMIT TO BE FIT! Phase 1 wrapped up on Friday, May 2, with a total of 8,093 hours of activity from all of our participants. In addition to working on physical fitness, a total of 386.5 pounds were lost by all of our participants! Way to go!

We're proud of everyone who was able to successfully challenge their limits. Look for Phase 1 of COMMIT TO BE FIT next year in January 2015!

April Fundraising Spin Ride

April 6, 15 riders participated in the 90 minute benefit Spinning ride, raising \$270 for Relay for Life. Thank you to all participants!

Looking For a New Class to Try?

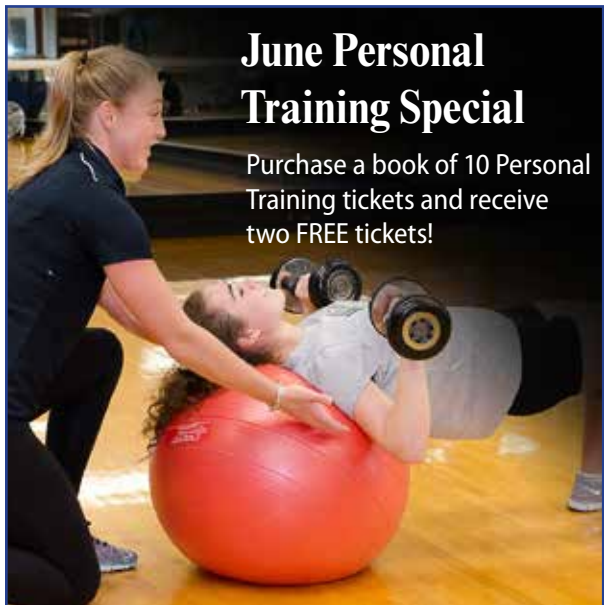
Variety (Limit 20) • Add a little variety to your workout. A different style class will be offered each week. Variety Classes include: Bosu, Basic Step, Circuit Training & Stability Ball Classes.

Pilates (Limit 20) • With an emphasis on breathing, core conditioning, and body awareness, Pilates is a safe and highly effective way to stretch, strengthen, and streamline your body without building bulk or stressing your joints. Performed on a mat, Pilates exercises will leave you looking toned, feeling revitalized, and moving with ease.

Check out our Group Fitness Class Schedule for available days and times!

June Personal Training Special

Purchase a book of 10 Personal Training tickets and receive two FREE tickets!



Group Fitness Summer Session

The next class session begins June 30 and ends August 23. Look for the new schedule to be uploaded to our website at www.clarksportscenter.com about a week before the Summer Session begins. Hard copies can be picked up outside of the Fitness Center Desk and our information board.



Vis Vires VI Strongman Competition

**Saturday, August 9 • Weigh-ins: 10:00am
Rules and Competition Start: 11:00am**

Our seventh annual competition is back this year with a new event and popular returning events! The competition features men's and women's divisions and takes place on the Sports Center grounds. Be sure to register early and receive a \$15 price break! For details on practice nights, call Doug McCoy at 547-2800, ext. 111. Visit www.clarksportscenter.com/events/ for registration and brochure forms.





The Clark Sports Center's Kids Rock Wall Olympics • March 8, 2014

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

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