

ClarkSportsCenter

Newsletter
March 2013



9th Annual Patrick C. Fetterman Memorial Basketball Tournament

On January 19-21, 12 teams competed in this year's Fetterman Basketball Tournament. The girls teams consisted of Clark Sports Center, Cobleskill, Frankfort, Ilion, Mohawk and New Hartford. Clark Sports Center captured first place. Emilie Perez was named MVP.

Clark Sports Center, St. Johnsville, Ilion, Cobleskill, Herkimer and Cazenovia boys teams competed. The Cobleskill boys took home first place and Clark Sports Center placed second. Donovan Pacatte of Cobleskill was named MVP.

Clark Sports Center Facility Hours

March 4–May 5 • 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)

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

Closures

Easter Day • Sunday, March 31
Hall of Fame Classic Game • Saturday, May 25
Memorial Day • Monday, May 27

Contact Us

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



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Upcoming Programs

March Programs

Free Community Movie Night • Saturday, March 9. The Family Movie (*Honey I Shrank the Kids*) starts at 7:00pm on the Gym Floor. Non-members must have a signed waiver on file at the Main Desk.

Session Three Swim Lessons • Begins on April 1 and runs to May 24. Registration for Preschool Lessons will start March 11 at the Main Desk.

Indoor Community Ropes Course • Wednesday, March 20, 6:00-9:00pm. Meet in the Main Lobby. Sign-up at the Main Desk. Ages 12+. Free for members, \$15 for non-members.

April Programs

Kids Kayaking in the Pool • Tuesday–Thursday, April 9-11, 4:00-5:00pm. Learn basic kayaking and safe boating skills. Register at the Main Desk, March 19–April 6. There is only one session, consisting of 6 participants. Open to youth 12 and older. Free for members, \$50 for non-members.

Open Pool for Kayakers • Tuesday–Thursday, April 9-11, 7:00-9:00pm. Open to youth 16+. Boats MUST be clean before they are brought into the Pool. You must RSVP to reserve a spot. For more information, and to RSVP, please call the Adventure Office at 547-2800, ext. 126. All non-members must buy a day pass.

Wacky Wednesday Activity Days in the Pool • April 17–May 29. Grades K-2, 4:00-4:30pm, and grades 3-6, 4:30-5:00pm. Open swim activities with a twist!

Kid's Triathlon Club • Sign-up at the Aquatics Office starting April 1! Tuesdays & Thursdays, 4:00 to 5:00pm, starting April 16. Learn the competitive aspects of swimming, biking, running, and the transitions between each. Open to boys and girls ages 7–14. Meeting on April 16 at 4:00pm. ALL Participants must get their bikes and helmets checked on Thursday April 18th. Ages 7-9, 3:00-4:00pm; Ages 10 and over, 4:00-5:00pm.

Outdoor Community Ropes Course • Thursday, April 11, starting at 4:30pm. Meet in the Main Lobby. Sign-up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

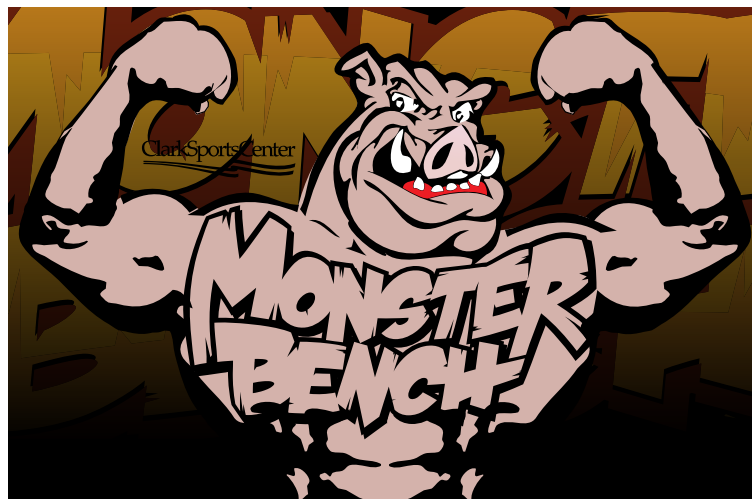
Rock Climbing Clinic at Little Falls • Saturday, April 20, 9:00am-3:00pm. Sign-up at the Main Desk. Free for members, \$30 for non-members.

May Programs

Summer Camp Sign-ups • Sports Camps, member sign-ups, Monday, April 29. Adventure Camps, member sign-ups, Saturday, May 4. Sports Camps and Adventure Camps for all non-members, Saturday, May 11.

Little Falls After School Climbing • Thursday, May 2, 3:30-7:30pm. Sign-up at the Main Desk. Free for members, \$15 for non-members.

Rock Climbing Clinic at Little Falls • Saturday, May 18, 9:00am-3:00pm. Sign-up at the Main Desk. Free for members, \$30 for non-members.



Monster Bench Competition

Saturday, April 6 • Weigh-ins: 9:30am

Rules: 11:00am • Competition: 11:30am

Our annual lifting competition is returning this year with our popular Rep-Off and Team Event! Divisions are available for men, women, and youth. Event brochure and registration forms can be downloaded at www.clarksportscenter.com/events/monster-bench/.

Questions may be directed to event director Doug McCoy by calling 547-2800 or email at mccoyd@clarksportscenter.com.

Outdoor Community Ropes Course • Thursday, May 16, starting at 4:30pm. Meet in the Main Lobby. Sign-up at the Main Desk. Ages 12+. Free for members, \$20 for non-members.

CPR/AED Recertification (Lifeguards Only) • Monday, May 20 and Tuesday, May 21, 5:30-8:30pm (must attend both nights). \$50 members or \$100 non-members. Sign-up at the Main Desk by May 6.

Waterfront Lifeguard Training Recertification (Includes CPR/AED & First Aid) • Monday–Thursday, May 20–23, 5:30–8:30pm (must attend each night). \$85 for members or \$170 for non-members. Sign-up at the Main Desk by May 6.

Little Falls After School Climbing • Wednesday, May 29, 3:30-7:30pm. Sign-up at the Main Desk. Free for members, \$15 for non-members.

June Programs

Kid's Triathlon Club Race • Saturday, June 1, 10:00am. Race starts and ends at the Sports Center.

Whitewater Kayaking Introduction • Saturday, June 8. Meet in the Main Lobby at 7:30am. Half a day of flat water, eat lunch on the road to a local river, then practice the basics of ferrying and eddy turn maneuvers. Sign-up at the Main Desk. Ages 12+. Free for members, \$50 for non-members.

Upcoming Programs

MARCH MEMBERSHIP MADNESS

Stop by the main desk on Tuesday, March 19, and pick your team (out of a hat) for your chance to win membership credit! You must be a member to participate.

If your team wins it all you get a \$100 credit applied to your membership!

2nd place - \$50 credit Elite eight - \$10 credit
Final four - \$25 credit Sweet sixteen - \$5 credit

Spaces are limited.



3rd Annual "Just Du It" Duathlon

Saturday, June 8 • Individual or Teams
Registration: 9:00am • Race: 10:30am

We will be holding our third run-bike-run duathlon on Saturday, June 8! Athletes may compete solo or as a team (one biker and one runner). Youth 14 and older may take part in the running portion of the team event (must be 18+ to bike). Event brochure, registration forms, and duathlon rules can be downloaded at www.clarksportscenter.com/events/duathlon/.

Questions may be directed to event director Doug McCoy by calling 547-2800, ext. 111 or email at mccoyd@clarksportscenter.com.

Athletics Upcoming Spring Programs & Leagues

Program	Days	Time	Registration	Fee
Gymnastics Level 1 (Grade School)	March 4–April 19 Monday, Friday	3:15–4:15pm	February 1–March 4 Meeting March 4	\$80 member \$180 non-member
Gymnastics Level 2 (Grade School)	March 4–April 19 Monday, Friday	4:15–5:15pm	February 1–March 4 Meeting March 4	\$80 member \$180 non-member
Kid's Dodgeball League (Grades 3–6)	April 4–May 16 Tuesday, Thursday	3:00–5:00pm	March 14–29 Meeting April 2	Free for members
Boy's Summer High School Hoops League	June 19–August 7 Wednesday	6:00–10:00pm	May 1–June 1	\$250 per team
Girl's Summer High School Hoops League	June 17–August 12 Monday	6:00–10:00pm	May 1–June 1	\$250 per team
Wednesday Recreational Softball (Ages 18+, coed, 8 teams)	May 1–August 19 Wednesday	6:00–9:00pm	Starts March 1 Meeting April 17	\$400 per team
Coed Sunday Soccer (Ages 18+, coed, 8 teams)	June 2–August 18 Sunday	4:00–8:00pm	Starts May 1 Meeting May 22	\$100 per team \$200 non-member team \$35 non-member individual

Aquatics News



The Clark Sports Center Sharks Swim Team has again had a successful swim season. Coaches Kristen Griger, Lindsey Bailey, Matt Phillips, Bayla Akulin and Sally Zaengle welcomed back 43 returning swimmers this season and added 34 new swimmers to the roster. The Sharks held practice five days a week after school and added three evening practices for the older swimmers. All swimmers took to the pool on Wednesday afternoons for team activities and team information. Early in their season, the Sharks had the great privilege to have Sarah Groff, our hometown London Olympic Triathlete, visit the pool

and talk with the swimmers about her experience and answer questions. Sarah was a member of the Sharks swim team in her youth. In December the swimmers did a swim-a-thon to raise monies for a local charity. This season they chose Opportunities for Otsego and presented them with a check for \$1,946.00. The Clark Sports Center Sharks' season included 10 meets throughout the Adirondack region culminating in Gold Championships in mid-March. The team is a member of and competes in the Central Valley Swim League, which includes teams from Amsterdam, Canajoharie and Schoharie.

Pool Rental

Our pool is available for rental on Saturday nights, 6:30–8:30pm. The cost for members is \$150 (\$300 for non-members) with a non-refundable \$25 deposit due at the time of the reservation. Please call Matt at 547-2800, ext. 114, to reserve a date.

Summer Swim Lessons

Registration for Summer Swim Lessons will begin on May 6 and end on May 24. Class space may be limited, especially in the beginning levels. The Summer lessons will run from June 24 to August 2. Sign-up at the Pool Office.

Private Swim Lessons

Private swim lessons are available for both youth and adults of all ages and ability levels. Swimmers must pay for lesson tickets at time of sign-up (\$12 per 30 minute session or \$100 for a book of 10 session tickets). To sign-up, call Matt Phillips at 547-2800, to schedule an appointment.



Congratulations to Matt Phillips!

The Clark Sports Center's new
Aquatics Director!

Adventure News

High Rock Climbing Wall

The High Rock Climbing Wall is open through May 2. Extended hours for spring break: Monday & Friday, 1:00-4:00pm, Tuesday, Wednesday & Thursday, 1:00-4:30pm & 5:00-8:00pm. The current hours are: Tuesdays, Wednesday & Thursdays, 3:00-4:30 & 5:00-8:00pm, and Saturdays, 12:30-4:00pm. Belay School is Tuesday-Thursday at 5:30pm and Saturday at 12:30pm. All ages and experience levels are welcome. Free for members (non-members must pay for a Day Guest Pass).

2013 Clark Sports Center Fetterman Teams



Front, L to R: Katie Boyle, Delaney Holoahan, Kate Trosset, Kaitlin Curtis, Abbie Makofske, Lauren Vibbard; Back, L to R: Coach, Scott Whiteman, Josie Hovis, Emilie Perez, Delilah Griger, Amanda Snyder, and Sierra Stalzer.



Front, L to R: Jordan Carpenter, Calvin Sandler, Jack Lambert, Noah Lifgren, Jesse Furnari, Ben Tafuro; Back, L to R: Coach, Sharky Nagelschmidt, William Friedman, Kyle Santello, Erik Deysenroth, and Brendan Lohan.



Boys Junior Intramural Basketball Playoff & Regular Season Champs
L to R: Kendall Haney, Chris Ubner, Andrew Nicholson, Shayne Chase, and Finn Holoahan.



Boys Senior Intramural Basketball Playoff & Regular Season Champs
Front, L to R: Scott Feik, Ryan Lansing, Anthony Xie, and Jack Lambert.
Back, L to R: Jackson Rodgers, Jon Nicholson, Erik Deysenroth, and Ben Tafuro.



Girls Junior Intramural Basketball Playoff & Regular Season Champs
L to R: Addison Lewis, Madison Hayes, Maria Miller, Riley LeFave, and Stephanie Rudloff.

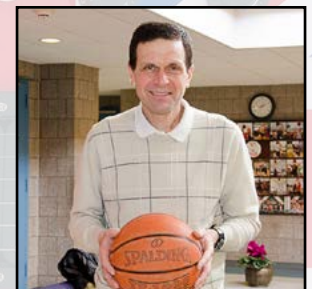


Girls Senior Intramural Basketball Playoff & Regular Season Champs
L to R: Emma Danes, Kate Trosset, Amanda Snyder, Kate Donnelly, and Morgan Kelly.

Winter Carnival Free-Throw & 3-Point Contest Winners



Boys Elementary: Jack Lambert **Jr. High Boys:** Zach France **High School Boys:** Park Summers
Girls Elementary: Kate Donnelly **Jr. High Girls:** Sara Fountain **High School Girls:** Sarah Jane Morosko



Adult 3 Point & Free Throw Contest: Dave Kent

Athletics News Continued

Adult League Standings

Men's Slow Break League Standings

1. State Farm
2. Leatherstocking Insurance
3. N.Y.C.M.
4. Milford

Men's 50+ League Standings

1. Team #2 (Allen)
2. Team #4 (Gibson)
3. Team #3 (Moakler)
4. Team #1 (Kent)

Adult Volleyball Standings

1. Lights Out
2. Jungle Ballers
3. Bonzai
4. Ommegangsters

Adult Futsal Standings

1. Blue Team
2. Green Team
3. Red Team

Winter Carnival Bowling Tournament Winners



Place	Names	Score
1	Ryan Barrow & Maureen Davidson	1289
2	Kim & Wade Stahl	1250
3	Jessica Baker & Ethan Lichtman	1232

For full results, visit www.clarksportscenter.com/events/winter-carnival/.

Bowling News

Angelo Pugliese Bowling Day



Paula Pugliese, great grandchild Olivia Murdock, and Tanner Crippen.

The free bowling day took place on February 27 and is dedicated to the memory of Angelo Pugliese, long time employee of the ACC Gym bowling alley and youth bowling supporter.

Summer Bowling League

Registration for our Summer Mixed No-Tap Bowling League starts May 1 and runs through May 31. League play begins June 4 and ends July 23. League meets every Tuesday, 6:15-8:15pm. This league is a non-sanctioned fun adult league. The cost per night is \$5 for members and \$10 for non-members. To sign-up, contact the Bowling Office by calling 547-2800.

Current Bowling League Top Bowlers & Stats

League	High Average	High Game	High Series
Monday Men's	Chuck Hascup • 201	Rich Anderson Jr. • 278	Mike Kenney • 718
Tuesday Women's	Cynthia McCartney • 176	Cynthia McCartney • 243	Betty Staffin • 670
Wednesday Men's	Reid Nagelschmidt • 218	Reid Nagelschmidt • 300	Reid Nagelschmidt • 753
Thursday Women's	Eileen Barown • 165	Eileen Barown • 223	Eileen Barown • 582
Elem. & Middle School	Austin Audette • 151	Trey Wilfeard • 213	Austin Audette • 497



Racquets News

Racquets League

Results

- 1 Bob Donnelly
- 2 Bob Hassman
- 3 John Connolly
- 4 Frank Panzarella
- 5 Bill Stamp
- 6 Tom Shieber
- 7 Karen Donnelly



Tennis Center & Leagues

The Sports Center's Tennis Center will reopen on Monday, April 1 (weather dependent). Look for adult league registration and lesson sign-ups starting soon at the Fitness Center Desk.

Health & Fitness News

Spring Group Fitness Session

The next Group Fitness class session has begun and runs until April 28. Look for the limited class schedule for March 25-31. Spring 2 Session runs April 29-June 23. Download the schedule from www.clarksportscenter.com or pick one up at the Fitness Center Desk.

Reminder: Group Fitness participants need to obtain a numbered ticket at the Health & Fitness desk for entry into class (no sooner than 30 minutes prior to class). Most classes require some set-up time. Please arrive to class 5 minutes prior to scheduled starting time. No admittance 5 minutes after class starts.

REMEMBER: Classes are free with your membership!

Looking For a New Class to Try?

Zumba Gold (Limit 15) • Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class is less intense, with dance routines designed for beginners and older adults. Tuesday, 2:15-3:00pm (New Time), and Friday, 2:15-3:00pm.

Tai Chi (Limit 12) • Tai Chi Chuan is a Chinese exercise, meditation and martial art. This class will focus on exercise and health benefits. The routine builds from week to week, so regular attendance is needed. The beginning square and round forms of Wu Style, Tai Chi will be covered. Sunday, 10:45-11:45am.



Fundraising Spin Ride Held on February 3

25 riders participated in the 90 minute benefit Spinning ride, raising \$715 for the local Cooperstown Food Bank. The next Benefit ride will be held on Sunday, April 21, 8:30-10:00am. The proceeds will go to the SSPCA.

If there is a local charity you would like us to ride for, please submit requests to Amy Porter.

COMMIT TO BE FIT

The Clark Sports Center would like to extend a big thank you to all of our COMMIT TO BE FIT participants! This program has had a very successful start. Benefits of the program include free health & wellness workshops, weekly recipes and suggested exercises, exciting weekly and monthly challenges, and earned membership credits!

Half way through this program, our members continue to be committed to living a healthy lifestyle and being active.

If you haven't already signed up, it's not too late! Participants can sign-up anytime between January 2 and May 18, for just \$10 at the Fitness Center Desk. If you earn a minimum of 50 points, you will receive your \$10 as a membership credit. For questions, please visit our website or call the Fitness Center Desk at 547-2800 x116.

CHALLENGE YOUR LIMITS

What's Inside:

Fetterman Basketball Tournament • Winter Carnival Winners
Athletics League Champions • Upcoming Spring Programs



9th Annual Patrick C. Fetterman Memorial Basketball Tournament



Contact Us

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

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