

Member Registration: Sports Camp, May 2 • Adventure Camp, May 7

Non-member Registration: Sports & Adventure Camps, May 14

# Summer Camps 2016

*June 27 to August 26, 2016*



ClarkSportsCenter

*Adventure and Sports Camps for youths 4 to 18 years old*

Summer Camp Information.....	2 & 3	Sports Camps .....	8-13
Camp Calendar .....	4	Registration Forms.....	14 & 15
Adventure Camps.....	5-8	Clark Sports Center Waiver ...	<b>Back Cover</b>

Physical Address • 124 Cty. Hwy. 52, Cooperstown, N.Y. 13326 | Mailing Address • P.O. Box 850, Cooperstown, N.Y. 13326  
Phone: (607) 547-2800 • Fax: (607) 547-4100 | [www.clarksportscenter.com](http://www.clarksportscenter.com)

# Summer Camps Information

## Registration

### Member Registration

Member registration for Sports Camps will begin on Monday, May 2 at the Main Desk. Member registration for Adventure Camps will begin on Saturday, May 7 at 8:00am in the Main Lobby. Please note that in order to qualify for member registration, the participating youth must be a current member at the time of registration and camp.

### Non-member Registration

Non-member registration for both Sports and Adventure Camps will begin Saturday, May 14 at 8:00am at the Main Desk.

### Adventure Camp Enrollment Rule

In order to ensure each child gets a chance to participate in our camps, on the sign up day you will be allowed to sign your child up for only one session of any particular Adventure Camp. If you would like your child to participate in multiple sessions of a camp, their name will be placed at the bottom of the waiting list. If a spot becomes available, you will be called and your child may attend that camp if you are still interested.

### Registration Notes

Participants are registered on a first come first serve basis at The Clark Sports Center Main Desk or by fax/mail. Faxes/mail will be processed the next business day. Please use the enclosed registration form. Phone registrations will be accepted beginning Monday, May 16 for members and non-members. Payment in full is due upon registration. We accept cash, checks (made payable to The Clark Sports Center), and credit cards (MasterCard and Visa).

## Cancellations

In the event your child cannot participate in a camp they are enrolled in, please refer to the schedule below for securing a refund of all or part of your tuition. The Sports Center retains a \$15 registration fee for all cancellations.

- 30 days prior to camp start: 100% of tuition refunded (- \$15)
- 15-29 days prior to camp start: 50% of tuition refunded (- \$15)
- Cancellations made within 14 days of camp start: 100% forfeit of the tuition.

If a camp does not fill with a minimum number of participants, The Clark Sports Center reserves the right to cancel or combine two different sessions with low enrollment. We will notify participants in advance and you will receive a full tuition refund if we cannot find a substitute arrangement.

For safety reasons, The Clark Sports Center reserves the right to remove a participant from a program or to cancel all or part of a camp at any time. Participants may be removed from camp for violations of camp regulations, showing disrespect to the camp or facility staff, damaging equipment, or any other behavior which is harmful to The Clark Sports Center.

## Instruction and Supervision

All camps and trips are staffed by trained instructors who bring extensive experience, education, and advanced certifications including Wilderness First Responder, First Aid, CPR, AED, coaching, and Lifeguarding. They are professionals in their respective fields and are well equipped to provide safe, educational and fun experiences. Activities are designed and delivered in accordance with quality and safety guidelines established by the Sports Center and New York State.

## Where To Meet

### Sports Camps

Baseball, Basketball, Circus Theatrics, Golf, Golf Adventure, Gymnastics & Dance, Lacrosse, Little Swingers Golf, Soccer, Volleyball. . . . . Gym Floor/Lobby  
Bowling, Yogi Explorers. . . . . Bowling Alley  
Sports Performance, Speed, Agility & Quickness . . . Fitness Center  
Jr. Lifeguard . . . . . Main Lobby  
Tennis. . . . . Tennis Center  
Wrestling . . . . . Cooperstown Central School Wrestling Room

### Adventure Camps

Science, GPS Geocaching. . . . . Biological Field Station  
Summer Splash. . . . . Main Lobby

Other Adventure Camps and Trips will meet in the Main Lobby of the Sports Center unless otherwise noted on registration materials.

## What To Bring

### Sports Camps

Each camp requires different apparel depending on the sport involved. Please make sure all participants are dressed appropriately for their activity. Clean, non-marking sneakers or spikes, comfortable athletic clothing or bathing suit, towel, and personal water bottles are required. The Clark Sports Center will supply most equipment.

### Adventure Camps

Please refer to the paperwork issued at the time of registration for a required list of items to bring.

## Assumption of Risk Form

An Assumption of Risk waiver form is required and must be signed by a parent or guardian for all camp participants. Forms can be found at the Main Desk or at our website at [www.clarksportscenter.com](http://www.clarksportscenter.com).

# Camps By Age/Grade

## Adventure Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
Adirondack Explorers															5
Adirondack Mountain Biking															5
GPS Geocaching Camp															6
Mountain Biking Clinic															6
Three Day Rock Climbing															7
White Water Kayaking Clinics															8

Camp	Grades:	K	1	2	3	4	5	6	7	8	9	10	11	12	Page
Extreme Adventure Discovery															5
Little Caveman															6
Little Explorers															6
Science Camps															7
Summer Splash Camps															7

## Sports Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
Gymnastics and Dance Camp															10
Jr. Lifeguard Camp															10
Tennis Camps															12
Volleyball Camp															13

Camp	Grades:	K	1	2	3	4	5	6	7	8	9	10	11	12	Page
Baseball Camp															8
Basketball Camps															8-9
Bowling Camp															9
Circus Theatricks Camp															9
Golf Adventure Camp															10
Golf Camp															10
Lacrosse Camp															11
Little Swingers Golf Camp															11
Boys & Girls Little Tots Basketball Camp															11
Soccer Intermediate Camp															11
Soccer Training Camp															12
Sports Performance Camp															12
Speed, Agility & Quickness Camp															12
Super Juniors Soccer Camp															12
Wrestling Camp															13
Yogi Explorers Camp															13

# Sports & Adventure Camp Calendar 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 26	27	28	29	30	July 1	2
Adventure Camps: Little Caveman (pg. 6), Science Camp (pg. 7)						
Sports Camps: Sports Performance (pg. 12), Speed, Agility & Quickness (pg. 12), Super Juniors Soccer (pg. 12), Tennis (pg. 12), Volleyball (pg. 13), Volleyball Clinics (pg. 13)						
3	4	5	6	7	8	9
Adventure Camps: Little Caveman (pg. 6), Science Camp (pg. 7), Summer Splash (pg. 7), White Water Kayaking-Novice (pg. 8)						
Sports Camps: Boys Basketball (pg. 8), Girls Basketball (pg. 9), Bowling (pg. 9), Boys & Girls Little Tots Basketball (pg. 11), Sports Performance (pg. 12), Speed, Agility & Quickness (pg. 12)						
10	11	12	13	14	15	16
Adventure Camps: Little Explorers (pg. 6), Science Camp (7)						
Sports Camps: Circus Theatrics (pg. 9), Sports Performance (pg. 12), Speed, Agility & Quickness (pg. 12), Wrestling (pg. 13)						
17	18	19	20	21	22	23
Adventure Camps: Extreme Adventure Discovery (pg. 5), Little Caveman (pg. 6), Mountain Biking Clinic (pg. 6), Science Camp (pg. 7)						
Sports Camps: Gymnastics & Dance (pg. 10), Lacrosse (pg. 11), Sports Performance (pg. 12), Speed, Agility & Quickness (pg. 12)						
24	25	26	27	28	29	30
Adventure Camps: Little Explorers (pg. 6), Science Camp (7), Summer Splash (pg. 7)						
Sports Camps: Soccer Intermediate (pg. 11), Sports Performance (pg. 12), Speed, Agility & Quickness (pg. 12), Tennis (pg. 12)						
31	August 1	2	3	4	5	6
Adventure Camps: Little Caveman (pg. 6), Science Camp (pg. 7), White Water Kayaking-Intermediate (pg. 8)						
Sports Camps: Jr. Lifeguard (pg. 10), Sports Performance (pg. 12), Speed, Agility & Quickness (pg. 12)						
7	8	9	10	11	12	13
Adventure Camps: Adirondack Mountain Biking (pg. 5), GPS Geocaching (pg. 6), Little Caveman (pg. 6)						
Sports Camps: Golf Adventure (pg. 10), Soccer Training (pg. 11)						
14	15	16	17	18	19	20
Adventure Camps: Adirondack Explorers (pg. 5), Extreme Adventure Discovery (pg. 5), Little Explorers (pg. 6), Summer Splash (pg. 7)						
Sports Camps: Baseball (pg. 8), Yogi Explorers (pg. 13)						
21	22	23	24	25	26	27
Adventure Camps: Summer Splash (pg. 7), Three Day Rock Climbing (pg. 7)						
Sports Camps: Golf (pg. 10), Little Swingers Golf (pg. 11)						

# Adventure Camps

## Enrollment

Member registration for Summer Adventure Camps will start Saturday, May 7 at 8:00am in the Main Lobby (an Adventure Department staff person will be present to answer questions). Initially, a parent or guardian is only allowed to register members of one family. If you are also acting as a proxy for a friend or relative, you must return to the end of the line. Non-member registration will begin Saturday, May 14 at 8:00am at the Main Desk. Fill out the Adventure Camp registration form found at the end of this brochure and submit it with your payment to the Main Desk staff.

## Adventure Camp Enrollment Rule

In order to ensure each child gets a chance to participate in our camps, on the sign up day you will be allowed to sign your child up for only one session of any

particular Adventure Camp. If you would like your child to participate in multiple sessions of a camp, their name will be placed at the bottom of the waiting list. If a spot becomes available, you will be called and your child may attend that camp if you are still interested.

## Special Note

Our camps do not meet the definition of children's camps under New York State regulations; therefore, they are not regulated by the NYS Department of Health. An Assumption of Risk waiver form is required and must be signed by a parent or guardian for all camp participants. Forms can be found at the Main Desk and must be turned in 2 weeks prior to camp start date.

## Adirondack Explorers

Ages: 12–14 Level: Moderate

Time: Overnights, Drop off at 7:00am Monday, August 15, and pickup 4:00pm Friday, August 19

Cost: \$460 Members or \$560 Non-members • Limit: 8

Adirondack Explorers is a week-long canoe trip in the Adirondacks. Join us Monday morning packing gear, getting to know each other and learning the basics of canoeing before you take off Monday afternoon for the Adirondacks. We will spend 5 days traveling on some of the state's most beautiful lakes and taking in breath taking views at the top of some of the Adirondacks greatest peaks. We will camp under the stars, learn to cook in the backcountry, and paddle to each campsite. No previous technical or wilderness experience is needed for this trip, just willingness to have fun, learn, and meet new people. All backcountry equipment will be provided by the Clark Sports Center.



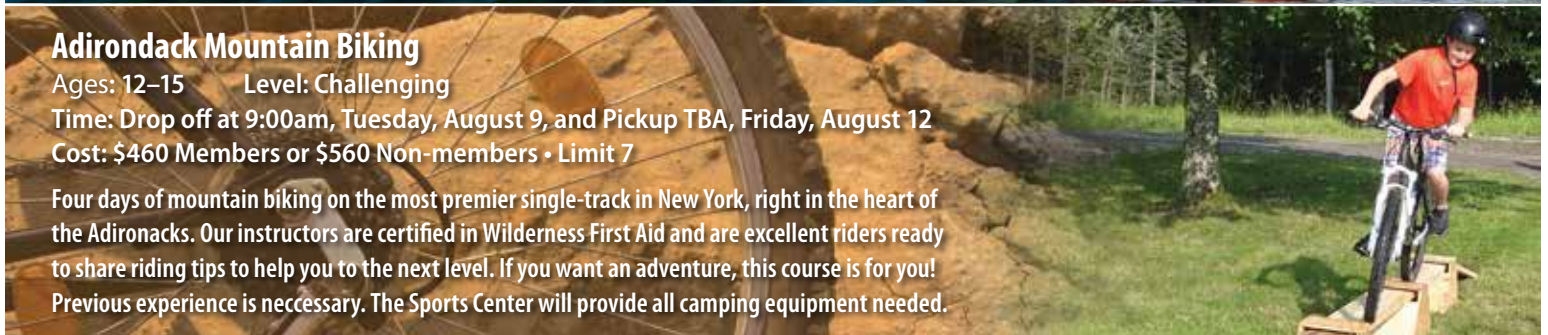
## Adirondack Mountain Biking

Ages: 12–15 Level: Challenging

Time: Drop off at 9:00am, Tuesday, August 9, and Pickup TBA, Friday, August 12

Cost: \$460 Members or \$560 Non-members • Limit 7

Four days of mountain biking on the most premier single-track in New York, right in the heart of the Adirondacks. Our instructors are certified in Wilderness First Aid and are excellent riders ready to share riding tips to help you to the next level. If you want an adventure, this course is for you! Previous experience is necessary. The Sports Center will provide all camping equipment needed.



## Extreme Adventure Discovery

Grades: 5–6 Level: Moderate

Time: 9:00am–4:00pm. Overnight on Thursday. Pickup at 3:00pm on Friday.

Session 1, Thursday, will start at 6:00am. Session 2, Thursday, will start at 8:00am.

Cost: \$300 Members or \$400 Non-members • Limit: 9

Session One: Monday, July 18–Friday, July 22

Session Two: Monday, August 15–Friday, August 19

Join us for an action packed week of Extreme Adventure Discovery! Paddle down rapids and hike to new heights. Spend a day at beautiful Moss Island in Little Falls climbing and caving. Learn the basics of mountain biking and ride around our local mountain biking trails.

Session 1 Thursday: Meet at the Sports Center at 6:00am. We will go white water rafting and finish out the day with a BBQ with our rafting buddies. We will finish the night with a camp out under the stars.

Session 2 Thursday: Meet at the Sports Center at 8:00am. We will take a trip to Enchanted Forest Water Safari and spend a day splashing down the water slides. We will finish our day with a BBQ and camp out under the stars.



## GPS Geocaching Camp

Ages: 11–16 Level: Easy to Moderate

Time: 8:30am–3:30pm

Location: Biological Field Station

Dates: Tuesday, August 9–Friday, August 12

Cost: \$260 Members or \$360 Non-members • Limit: 9

Join the exciting new high tech global treasure hunt known as geocaching. Campers will be using hand held GPS receivers to search for hidden caches all over Otsego County and the surrounding area. The camp activities will include learning to use a GPS device, seeking caches locally, creating and hiding our own geocaches, and sending a “travel bug”. Campers will also be hiking, swimming and taking field trips.



## Little Caveman

Grades: K–2 Level: Easy

Time: 9:00am–1:00pm

\$160 Members or \$260 Non-members • Limit: 9

Cost for Session 2: \$128 Members or \$228 Non-members

Session One: Monday, June 27–Friday July 1

Session Two: Tuesday, July 5–Friday, July 8 [4 days]

Session Three: Monday, July 18–Friday, July 22

Session Four: Monday, August 1–Friday, August 5

Session Five: Monday, August 8–Friday, August 12

Begin your Adventure with Little Caveman adventure camp. Spend your week hiking, exploring and caving all over Otsego County. Learn about insects, trees, and much more on your adventures. Little Caveman is a beginner adventure week where participants will learn all about the outdoors and the importance of nature.



## Little Explorers

Grades: 3–4 Level: Easy

Time: 9:00am–3:30pm

Cost: \$240 Members or \$340 Non-members • Limit: 9

Session One: Monday, July 11–Friday, July 15

Session Two: Monday, July 25–Friday, July 29

Session Three: Monday, August 15–Friday, August 19

Join our fun filled week of Little Explorers. Explore local hiking trails, canoe local waterways, and take field trips to spectacular places including some waterfalls. Pack your bags for a great exploration and enjoy many new activities. At the end of the week we will spend the day splashing at Zoom Flume Water Park.



## Mountain Biking Clinic

Ages: 10–14 Level: Easy to Moderate

Time: 9:00am–4:00pm

Dates: Tuesday, July 19–Thursday, July 21

Cost: \$180 Members or \$280 Non-members • Limit: 8

If you love to ride, and want to learn the skills to ride smooth and efficiently in the woods, then this mountain biking course is for you! Over three days you will learn the basic techniques associated with mountain biking and ride on local trails. Must be able to ride a bike on a trail. Mountain bikes and helmets can be provided by Clark Sports Center if necessary.



## Science Camp

Grades: 4–7 Level: Easy to Moderate Location: Biological Field Station  
Time: 8:30am–3:30pm, Monday through Friday  
Cost: \$240 Members or \$340 Non-members • Limit: 9

Session One: Monday, June 27–Friday, July 1  
Session Two: Monday, July 4–Friday, July 8  
Session Three: Monday, July 11–Friday, July 15  
Session Four: Monday, July 18–Friday, July 22  
Session Five: Monday, July 25–Friday, July 29  
Session Six: Monday, August 1–Friday, August 5

Science Camp is full of experiments, model rockets, chromatography, games and field trips! We will travel around experimenting with science in different places and create new experiences. We will build rockets and watch them launch. Every day will be a new scientific adventure!



## Summer Splash Camps

Time: 8:30am–5:00pm, Tuesday–Friday (July), Monday–Thursday (August)  
Cost: \$240 Members or \$340 Non-members • Limit: 9

Session 1: Grades 4 & 5. Tuesday, July 5–Friday, July 8  
Session 2: Grades 6 & 7. Tuesday, July 26–Friday, July 29  
Session 3: Grades 4 & 5. Monday, August 15–Thursday, August 18  
Session 4: Grades 6 & 7. Monday, August 22–Thursday, August 25

Summer Splash Camp returns with an additional session, and split by grade level to allow more opportunity to enjoy this fun packed summer camp. The camp gives participants a chance at a whole summer of fun activities packed into four days. Each camp will start out with trips to Glimmerglass State Park, Zoom Flume, and Enchanted Forest: Water Safari. There are rainy day options of Howe's Caverns and Six Flags Great Escape Indoor Waterpark.



## Three Day Rock Climbing

Ages 12-15 Level: Easy to Moderate  
Time: Drop off at 9:00am, Monday, August 22 and Pickup at 6:00pm, Wednesday, August 24. Overnights.

Cost: \$280 Members or \$380 Non-members • Limit: 9

Rock climbing embodies the truest form of the love of nature and physical fitness. Spend 3 days with the Adventure Department gaining a fresh appreciation of both.



## White Water Kayaking Clinics

### Novice

Ages: 10–14

Level: Moderate

Time: 9:00am–4:00pm, Wednesday, July 6–Friday, July 8

Cost: \$180 members or \$280 non-members • Limit: 7

This is the perfect introductory course to paddling on rivers. Our American Canoe Association certified instructors will progressively share proper paddling techniques, as well as responsible white water kayaking practices. This clinic takes place on Class I–II rivers and can be strenuous. Equipment provided by the Clark Sports Center.

### Intermediate - White Water Clinic on the Deerfield

Ages: 12–15

Level: Challenging

Time: Overnights Pickup and Dropoff time TBA, Tuesday, August 2–Friday, August 5

Cost: \$460 members or \$560 non-members • Limit: 7

This clinic is designated for whitewater kayakers with previous paddling experience. We offer instruction on Class II and short sections of Class III white water. This clinic will focus on the skills needed to advance to the next level of the sport with control and finesse. This is a fast paced clinic, focused on giving you confidence in running more difficult rapids. Experience is necessary.



# Sports Camps

## Enrollment

Member registration for Summer Sports Camps will start Monday, May 2 at the Main Desk of The Clark Sports Center. Non-member registration will begin Saturday, May 14 at 8:00am at the Main Desk. Fill out the Sports Camp registration form found at the end of this brochure and submit it with your payment when you register for your camps. An Assumption of Risk waiver form is required and must be signed by a parent or legal guardian.

## Facilities Used For Sports Camps

Inside of the Sports Center is a multi-purpose gym floor that features an NBA length basketball court with six full-size glass backboards, space for two full-size volleyball nets, and ample room for gymnastics. Our indoor facilities also include racquetball courts and an eight lane bowling alley. Outdoor athletic facilities include tennis courts, two softball fields and many multi-purpose playing fields.

## Baseball Camp

Dates: Monday, August 15–Friday, August 19

Time: 9:00am–12:00pm Grades: 3–6

Location: Baseball Fields • Cost: \$80 Members or \$180 Non-members • Limit: 24

This camp will be coached by Assistant Athletic Director Scott Whiteman with assistance from Sports Center staff. This camp will provide excellent instruction in a positive learning environment. Campers will learn basic fundamentals of hitting, bunting, pitching, catching, fielding and positional play. Campers will then apply skills and strategy through playing games and contests. Campers should have hat, glove, spikes, water bottle, and proper baseball attire. (Baseball pants or sweat pants).

**This camp may be cancelled on a day due to severe weather. Please check [www.clarksportscenter.com](http://www.clarksportscenter.com) or call (607) 547-2800 for updates. Refunds for any day cancelled will be available.**



## Boys Basketball Camp

Dates: Tuesday, July 5–Friday, July 8 [4 days]

Time: 1:00–3:30pm Grades: 3–8

Location: Gym Floor • Cost: \$80 Members/\$180 Non-members • Limit: 60

Boys Basketball camp will be directed by Assistant Athletic Director Scott Whiteman and Jessica Lorence with help from Cooperstown High Schools Varsity Basketball Coach Mike Niles and Sports Center's Staff. This camp will emphasize basic basketball fundamentals through drills, demonstrations, and daily contests. Sneakers and shorts are required.





## Girls Basketball Camp

Dates: Tuesday, July 5–Friday, July 8 [4 days]

Time: 9:30am–12:00pm Grades: 3–8

Location: Gym Floor • Cost: \$80 Members/\$180 Non-members • Limit: 60

Girls Basketball camp will be directed by Assistant Athletic Director Scott Whiteman and Jessica Lorence with help from Cooperstown High Schools Varsity Basketball Coach Mike Niles and Sports Center's Staff. This camp will emphasize basic basketball fundamentals through drills, demonstrations, and daily contests. Sneakers and shorts are required.



## Bowling Camp

Dates: Tuesday, July 5–Friday, July 8 [4 days]

Time: 9:00am–12:00pm Grades: 3–12

Location: Bowling Alley • Cost: \$80 Members or \$180 Non-members • Limit: 24

Four time PBA Champion and New York State Bowling Hall of Famer Gus Lampo will direct this camp with assistance from Clark Sports Center Athletic Director Barry Gray and Mike Kenney. Campers will learn basic fundamentals through drills, competition, videos, tournament play, and one on one instruction with Gus Lampo.



## Circus Theatricks Camp

Dates: Monday, July 11–Friday, July 15 • Each child should bring a lunch.

Location: Gym Floor • Circus show starts at 3:00pm on Friday, July 15, for parents & guests!

### Level 1

Grades: K–2 • Limit: 20

Time: 9:00–12:00am (9:00am–4:00pm on Friday)

Cost: \$150 members or \$300 non-members

### Level 2

Grades 3–12 • Limit: 50

Time: 9:00am–3:00pm (Until 4:00pm on Friday)

Cost: \$275 members or \$350 non-members

Seano's Summer Circus OLYMPIC Spectacular returns for its fifth summer anniversary! Run away with us and explore this athletic artform and together we'll reach new dreams, soar to new understandings, and Go for the GOLD!!

Sean Fagan created Circus Theatricks to introduce "children of all ages" to the athleticism and artistry of Circus and Theatre performance in fun, high-energy, and nurturing environments throughout the Capital District and beyond. Whether you're a curious circus fan wanting to know "How do you do that?," or a serious young adult looking for guidance into a career in Theatre... Circus Theatricks can help you develop your sense of confidence, bag of tricks, and build your skills on any level— from process to performance!

Sean Fagan wears many hats as the Artistic Director of Circus Theatricks, introducing young people of all ages to circus, theatre, and the visual arts in school programs, summer camps, after-school enrichment settings, and private coaching. A former Ringling Bros. Barnum & Bailey Circus clown, Sean's "theatricks" include a wide range of ground skills proficiency, including juggling, slapsticks, pratfalls, stilt-walking, unicycle, rolling globe, rola-bola, tumbling, partner acrobatics, magic and more.

Seano worked for many years in South Florida where he had the opportunity to study with José Quintero, Charles Nelson Reilly, and Burt Reynolds. Their guidance and encouragement led him to relocate to New York City where he spent ten years working in the business. Since 2001, Seano has called the Capital Region of New York State home. He continues to work at many of the professional and community theatres in the area.

Early in his career he discovered his niche: "family entertainment and education through the arts." He's honored to have worked with the Walt Disney Organization, Nickelodeon JR. Television, and the national and international theatrical tours of Scholastic's Magic School Bus Live. He has performed at the International Children's Arts Festival in Singapore, on the streets in Holland, and at the Golden Week Family Festival.



## Golf Adventure Camp

Dates: Monday, August 8–Friday, August 12

Time: 9:00–4:00pm • Grades: 7–12 • Limit: 8

Location: Clark Sports Center • Cost: \$175 Members or \$300 Non-members

This camp will play 5 area courses in 5 days with Assistant Athletic Director Scott Whiteman. This camp is for golfers who have had some experience playing 18 holes on a golf course. Campers will learn proper etiquette and will be assisted in strategies of the game and also have fun playing different courses. Campers will be driven to each course except Wednesday, August 10. Greens fees and lunch are included at each course. This Camp will play rain or shine. We will suspend play for thunder and lightning. Campers must have their own equipment.

On Wednesday, August 10, campers must be dropped off at 9:00am, and picked up at 4:00pm at the Otsego Golf Club. Located at the North end of the lake.



## Golf Camp

Dates: Monday, August 22–Friday, August 26

Location: Racquetball Courts & Outdoor Fields

### Level One

Grades: 4–6 • Limit: 12

Time: 9:00–10:00am • Cost: \$80 M/\$180 NM

### Level Two

Grades: 7–9 • Limit: 12

Time: 10:30–11:30am • Cost: \$80 M/\$180 NM

Clark Sports Center Assistant Athletic Director Scott Whiteman will direct this camp. Campers will receive excellent instruction as well as a 9 hole round of golf at the end of the week. The camp focuses on teaching the correct swing to help produce the most efficient swing for maximum power. Parents will need to provide transportation to the Meadow Links Golf Course on Friday at 9:00 am. The golf and picnic will finish at noon and parents will need to pick their children up then. Campers must provide their own equipment.



## Gymnastics and Dance Camp

Dates: Monday, July 18–Thursday, July 21 [4 days]

Location: Gym Floor

### Level One

Ages: 4–6 • Limit: 24

Time: 11:00am–12:00pm • Cost: \$50 M/\$180 NM

### Level Two

Ages: 7–13 • Limit: 40

Time: 9:00–11:00am • Cost: \$80 M/\$180 NM

Long time instructor and coach Betty Gavin-Singer will direct this camp. The program will provide first class instruction in an exceptional environment. Improved self-image, increased body awareness, and enhanced health and fitness are some of the outcomes for those engaged in these activities. Proper stretch and warm up will be in the daily program.



## Jr. Lifeguard Camp

Dates: Monday, August 1–Thursday, August 4

Time: 12:30–4:30pm Ages: 10–14 Limit: 9

Cost: \$80 Members or \$180 Non-members

Location: Camp Minnetoska (Campers will be picked up at CSC)

Want to be a lifeguard, but not old enough yet to enroll in an American Red Cross Lifeguard Training Course? Get a jump start on your future as a lifeguard with our summer camp that allows kids to learn the skills of a lifeguard.

Campers will learn the basic skills and knowledge of prevention of aquatic accidents, specific responses to an aquatic emergency, teamwork, and professionalism of a lifeguard. This camp will have a waterfront environment that will allow Jr. Lifeguards to have fun through activities, games, and skills to become successful, future lifeguards. Camp will be led by American Red Cross Lifeguard Instructors Matt Phillips and Lindsey Bailey.



## Lacrosse Camp

Dates: Monday, July 18–Thursday, July 21 [4 days]  
Time: 1:00–3:00pm Grades: 4–10 Limit: 40  
Location: Gym Floor & Outdoor Fields  
Cost: \$80 Members or \$180 Non-members

This camp will be directed by Jim Peterson who has coached and played lacrosse for many years. This is an introductory camp for the sport of lacrosse which will focus on individual fundamental skills; cradling, ground balls, passing, catching, dodging and shooting. No prior experience is necessary. Participants will need to provide their own lacrosse sticks.



## Little Swingers Golf Camp

Dates: Monday, August 22–Friday, August 26  
Time: 8:30am–9:00am Grades: 1–3 Limit: 10  
Location: Outdoor Fields  
Cost: \$30 Members or \$80 Non-members

Clark Sports Center Assistant Athletic Director Scott Whiteman will direct this camp. The camp will focus on introducing kids to the game of golf. Campers will learn basic fundamentals. Campers must have their own equipment.



## Boys & Girls Little Tots Basketball Camp

Dates: Tuesday, July 5–Friday, July 8 [4 day camp]  
Time: 8:00–9:00am • Grade: K–2 Limit: 40  
Location: Gym Floor • Cost: \$40 Members or \$80 Non-members

Boys & Girls Little Tots Basketball camp will be directed by Assistant Athletic Director Scott Whiteman and Jessica Lorence with help from Cooperstown High Schools Varsity Basketball Coach Mike Niles and Sports Center's Staff. This camp will emphasize basic basketball fundamentals through drills, demonstrations, and daily contests. Sneakers and shorts are required.



## Soccer Intermediate Camp

Dates: Tuesday, July 26–Friday, July 29 [4 days]  
Time: 9:00am–12:00pm Grades: 4–6  
Location: Outdoor Fields  
Cost: \$80 Members or \$180 Non-members • Limit: 60

Frank Miosek will direct this camp with assistance from Clark Sports Center Athletics staff Jessica Lorence. This camp will focus on all the fundamentals necessary for campers to improve their skills and take their game to the next level. Coach Miosek will lead a team of coaches to instill proper fundamentals for your child. Spikes, shin guards, and water bottles are required.

**This camp may be cancelled on a day due to severe weather. Please check [www.clarksportscenter.com](http://www.clarksportscenter.com) or call (607) 547-2800 for updates. Refunds for any day cancelled will be available.**



## Soccer Training Camp

Dates: Monday, August 8–Friday, August 12  
Time: 9:00am–12:00pm Grades: 7–12  
Location: Soccer Fields  
Cost: \$80 Members or \$180 Non-members • Limit: 60

Camp will be led by Frank Miosek and assisted by Jessica Lorence. This camp will deliver first rate instruction, superior team competition, and strategic and tactical skills needed for the motivated individual trying out for school soccer teams. Spikes, shin guards, and water bottles are required.

**This camp may be cancelled on a day due to severe weather. Please check [www.clarksportscenter.com](http://www.clarksportscenter.com) or call (607) 547-2800 for updates. Refunds for any day cancelled will be available.**



## Speed, Agility & Quickness Camp

Dates: Tuesday, June 28– Thursday, August 4. Tuesdays and Thursdays. [6 week program]

Time: 12:00–2:00 Grades: 8–12 • Location: Meet in the Fitness Center

Cost: \$150 Members or \$300 Non-members • Limit: 20

Each session will cover speed and agility work. Athletes will work on developing their footwork, changing directions, explosiveness, balance, proper body mechanics, reactions, and quickness. Incorporating these skills into game related situations also helps improve tactical awareness of each player. Certified Strength and Conditioning Specialist Adam Swartout will lead the camp.



## Sports Performance Camp

Dates: Monday, June 27– Wednesday, August 3. Mondays and Wednesdays. [6 week program]

Time: 12:00–2:00 Grades: 8–12 • Location: Meet in the Fitness Center

Cost: \$150 Members or \$300 Non-members • Limit: 20

The Sports Performance Camp will provide young athletes with a summer-long training program to improve flexibility, core strength, agility, endurance, speed, and overall body strength. All sports are welcome. Certified Strength and Conditioning Specialist Adam Swartout will lead the camp.



## Super Juniors Soccer Camp

Dates: Monday, June 27–Friday, July 1

Location: Gym Floor & Soccer Fields

**Level One** • Grades: K–1

Time: 8:30–9:30am Limit: 60

Cost: \$80 Members or \$180 Non-members

**Level Two** • Grades: 2–3

Time: 10:00am–12:00pm Limit: 60

Cost: \$80 Members or \$180 Non-members

This popular camp will be directed by coach and teacher Sherri France along with Jessica Lorence. Campers will get their fill of fitness, fun, lead-up games, and friendly competition. Join the excitement and be a part of the world's fastest growing sport! This camp will have a series of stations teaching the children basic fundamentals of passing, dribbling, positioning, and goalie instruction. Spikes, shin guards, and water bottles are required.



## Tennis Camp

Dates: June 27–July 1, July 25–29

Cost: Level 1 & 2: \$40 M/\$80 NM, Level 3: \$80 M/\$180 NM

Location: Tennis Center

**Level One**

Ages: 6–7 • Limit: 20

Time: 10:00–10:45am

**Level Two**

Ages: 8–9 • Limit: 20

Time: 11:00–11:45am

**Level Three**

Ages: 10–14 • Limit: 20

Time: 12:00–1:30pm

Session 1: Monday, June 27–Friday, July 1

Session 2: Monday, July 25–Friday, July 29

Tennis Camp will introduce tennis to youths over a week-long training period. The camp will establish solid fundamentals and basic tennis skills including stroke production, proper footwork, game strategy, conditioning, sportsmanship, and court etiquette. The Varsity Tennis Coach from Mt. Markham High School will be leading the sessions of Tennis Camp.



## Volleyball Camp

Dates: Monday, June 27–Friday, July 1

Location: Gym Floor Cost: \$80 Members/\$180 NM

### Session One

Time: 1:00–2:30pm

Ages: 10–13 • Limit: 18

### Session Two

Time: 2:30–4:00pm

Ages: 14–18 • Limit: 18

Volleyball Camp will consist of focused offensive and defensive skills training, game-like drills, and learning teamwork through competitive play in a fun and meaningful experience. The camp is directed by The Clark Sports Center's Health, Fitness and Racquets Director Rich Jantzi, who coached the CCS Varsity Volleyball team to a Section Three Class C Championship, Regional Championship, and earned 2009 Section Three Coach Of The Year honors.



## Volleyball Skills Clinics

Dates: Monday, June 27–Friday, July 1

Location: Gym Floor Cost: \$25 Members/\$50 NM Per Clinic

### Hitting Clinic

Time: 12:30–1:00pm

Ages: 10–18 • Limit: 8

### Setting Clinic

Time: 4:00–4:30pm

Ages: 10–18 • Limit: 8

The Skills Clinics require a fee additional to the Volleyball Camp and will feature focused small group training in hitting and setting. The clinics will be led by CCS Varsity Volleyball Coach Rich Jantzi.



## Wrestling Camp

Dates: Monday, July 11–Friday, July 15

Grades: 2–12 • Limit: 30

Time: 1:00–3:30pm

Location: Cooperstown Central School Wrestling Room

Cost: \$80 Members or \$180 Non-member

This camp will be run by Cooperstown Physical Education teacher and modified wrestling coach Bud Lippit. Bud brings many years of competing and teaching experience in the sport of wrestling to this exciting camp. This camp will focus on introductory skills for younger campers and more extensive skills for older campers. A great experience for your child to learn the sport of wrestling or continue to cultivate their talent in a great sport. Reminder: This camp will meet and take place in the Cooperstown Central School's wrestling room.



## Yogi Explorers Camp

Dates: Monday, August 15–Friday, August 19

Grades: 1–4 • Limit: 10

Location: Bowling Alley & Outside in nice weather

Cost: \$80 Members or \$180 Non-member

### Level One

Grades: 1–2

Time: 8:30–10:00am

### Level Two

Grades: 3–4

Time: 10:30am–12:00pm

This camp is designed to be a FUN, enriching, and creativity-boosting experience that includes yoga, mindfulness and relaxation, journaling, crafts, cooperative games, and outdoor time (weather permitting). Children will enjoy a non-competitive and supportive environment where they will stretch, strengthen, and explore both their bodies and minds, and create lasting memories, new friendships, and a foundation for overall well-being!



# Sports Camps Registration 2016

Name of participant: \_\_\_\_\_ Member? (Circle one): Yes No

Grade (entering Fall '16): \_\_\_\_\_ Age (at time of camp): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

Camp	Session & Age/Grade	Dates	Time	Cost	Page
Baseball Camp	Grades 3-6	August 15-19	9:00-12:00	\$80/\$180	8
Boys Basketball Camp	Grades 3-8	July 5-8	1:00-3:30	\$80/\$180	8
Girls Basketball Camp	Grades 3-8	July 5-8	9:30-12:00	\$80/\$180	9
Bowling Camp	Grades 3-12	July 5-8	9:00-12:00	\$80/\$180	9
Circus Theatrics Camp	Level One • Grades K-2	July 11-15	9:00-12:00	\$150/\$300	9
Circus Theatrics Camp	Level Two • Grades 3-12	July 11-15	9:00-3:00	\$275/\$350	9
Golf Adventure Camp	Grades 7-12	August 8-12	9:00-4:00	\$175/\$300	10
Golf Camp	Level One • Grades 4-6	August 22-26	9:00-10:00	\$80/\$180	10
Golf Camp	Level Two • Grades 7-9	August 22-26	10:30-11:30	\$80/\$180	10
Gymnastics & Dance Camp	Level One • Ages 4-6	July 18-July 21	11:00-12:00	\$50/\$180	10
Gymnastics & Dance Camp	Level Two • Ages 7-13	July 18-July 21	9:00-11:00	\$80/180	10
Jr. Lifeguard Camp	Ages 10-14	August 1-4	12:30-4:30	\$80/\$180	10
Lacrosse Camp	Grades 4-10	July 18-21	1:00-3:00	\$80/\$180	11
Little Swingers Golf Camp	Grades 1-3	August 22-26	8:30-9:00	\$30/\$80	11
Boys & Girls Little Tots Basketball Camp	Grades K-2	July 5-8	8:00-9:00	\$40/\$80	11
Soccer Intermediate Camp	Grades 4-6	July 26-29	9:00-12:00	\$80/\$180	11
Soccer Training Camp	Grades 7-12	August 8-12	9:00-12:00	\$80/\$180	11
Speed, Agility & Quickness	Grades 8-12	June 28-August 4	12:00-2:00	\$150/\$300	12
Sports Performance Camp	Grades 8-12	June 27-August 3	12:00-2:00	\$150/\$300	12
Super Juniors Soccer Camp	Level One • Grades K-1	June 27- July 1	8:30-9:30	\$80/\$180	12
Super Juniors Soccer Camp	Level Two • Grades 2-3	June 27- July 1	10:00-12:00	\$80/\$180	12
Tennis Camp (Session One)	Level One • Ages 6-7	June 27- July 1	10:00-10:45	\$40/\$80	12
Tennis Camp (Session One)	Level Two • Ages 8-9	June 27- July 1	11:00-11:45	\$40/\$80	12
Tennis Camp (Session One)	Level Three • Ages 10-14	June 27- July 1	12:00-1:30	\$80/\$180	12
Tennis Camp (Session Two)	Level One • Ages 6-7	July 25-29	10:00-10:45	\$40/\$80	12
Tennis Camp (Session Two)	Level Two • Ages 8-9	July 25-29	11:00-11:45	\$40/\$80	12
Tennis Camp (Session Two)	Level Three • Ages 10-14	July 25-29	12:00-1:30	\$80/\$180	12
Volleyball Camp	Session One • Ages 10-13	June 27- July 1	1:00-2:30	\$80/\$180	13
Volleyball Camp	Session Two • Ages 14-18	June 27- July 1	2:30-4:00	\$80/\$180	13
Volleyball Skills Clinic • Hitting	Ages 10-18	June 27- July 1	12:30-1:00	\$25/\$50	13
Volleyball Skills Clinic • Setting	Ages 10-18	June 27- July 1	4:00-4:30	\$25/\$50	13
Wrestling Camp	Grades 2-12	July 11-15	1:00-3:30	\$80/\$180	13
Yogi Explorers Camp	Level One: Grades 1-2	August 15-19	8:30-10:00	\$80/\$180	13
Yogi Explorers Camp	Level Two: Grades 3-4	August 15-19	10:30-12:00	\$80/\$180	13

**Total:** \_\_\_\_\_

# Adventure Camps Registration 2016

Name of participant: \_\_\_\_\_ Member? (Circle one): Yes No

Grade (entering Fall '16): \_\_\_\_\_ Age (at time of camp): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

Camp	Session & Age/Grade	Dates	Time	Cost	Page
Adirondack Explorers	Ages 12-14	August 15-19	7:00 Drop-off & Overnight	\$460/\$560	5
Adirondack Mountain Biking	Ages 12-15	August 9-12	9:00 Drop-off & Overnight	\$460/\$560	5
Extreme Adventure Discovery	Session One • Grades 5-6	July 18-22	9:00-4:00 & Overnight	\$300/\$400	5
Extreme Adventure Discovery	Session Two • Grades 5-6	August 15-19	9:00-4:00 & Overnight	\$300/\$400	5
GPS Geocaching Camp	Ages 11-16	August 9-12	8:30-3:30	\$260/\$360	6
Little Caveman	Session One • Grades K-2	June 27-July 1	9:00-1:00	\$160/\$260	6
Little Caveman	Session Two • Grades K-2	July 5-8	9:00-1:00	\$128/\$228	6
Little Caveman	Session Three • Grades K-2	July 18-22	9:00-1:00	\$160/\$260	6
Little Caveman	Session Four • Grades K-2	August 1-5	9:00-1:00	\$160/\$260	6
Little Caveman	Session Five • Grades K-2	August 8-12	9:00-1:00	\$160/\$260	6
Little Explorers	Session One • Grades 3-4	July 11-15	9:00-3:30	\$240/\$340	6
Little Explorers	Session Two • Grades 3-4	July 25-29	9:00-3:30	\$240/\$340	6
Little Explorers	Session Three • Grades 3-4	August 15-19	9:00-3:30	\$240/\$340	6
Mountain Biking Clinic	Ages 10-14	July 19-21	9:00-4:00	\$180/\$280	6
Reading Adventures	Session One • Grades K-2	June 27-July 1	10:00-3:00	\$200/\$300	N/A
Reading Adventures	Session Two • Grades 3-5	July 11-July 15	10:00-3:00	\$200/\$300	N/A
Science Camp	Session One • Grades 4-7	June 27-July 1	8:30-3:30	\$240/\$340	7
Science Camp	Session Two • Grades 4-7	July 4-8	8:30-3:30	\$240/\$340	7
Science Camp	Session Three • Grades 4-7	July 11-15	8:30-3:30	\$240/\$340	7
Science Camp	Session Four • Grades 4-7	July 18-22	8:30-3:30	\$240/\$340	7
Science Camp	Session Five • Grades 4-7	July 25-29	8:30-3:30	\$240/\$340	7
Science Camp	Session Six • Grades 4-7	August 1-5	8:30-3:30	\$240/\$340	7
Summer Splash Camp	Session One • Grades 4 & 5	July 5-8	8:30-5:00	\$240/\$340	7
Summer Splash Camp	Session Two • Grades 6 & 7	July 26-29	8:30-5:00	\$240/\$340	7
Summer Splash Camp	Session Three • Grades 4 & 5	August 15-18	8:30-5:00	\$240/\$340	7
Summer Splash Camp	Session Four • Grades 6 & 7	August 22-25	8:30-5:00	\$240/\$340	7
Three Day Rock Climbing	Ages 12-15	August 22-24	9:00 Drop-off & Overnight	\$280/\$380	7
White Water Course - Novice	Ages 10-14	July 6-8	9:00-4:00	\$180/\$280	8
White Water Course - Intermediate	Ages 12-15	August 2-5	Drop-off TBA & Overnight	\$460/\$560	8

**Total:** \_\_\_\_\_



# Assumption of Risk Form

Children under 18 years of age

## Parent/Guardian Contact Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

## Emergency Contact Information

Phone: \_\_\_\_\_ Name: \_\_\_\_\_

### Consent with Respect to Minors

I am applying for a subscription or registration in a Clark Sports Center program on behalf of my children under the age of 18 years, listed below. I have explained to them the nature of the facilities and activities available at and under the sponsorship of the Center and of the inherent dangers of such facilities and activities. On behalf of my children, I agree that neither the Center, nor The Clark Foundation, nor the staff, officers, trustees, agents or instructors of either organization may be held liable in any way for any injury, death or other damage to them or their property arising out of or resulting from their participation in activities at or sponsored by the Center except to the extent that any such claim arises from an accident or injury caused by or resulting from the negligence or willful misconduct of the Center, The Clark Foundation or the staff, officers, trustees, agents or instructors of such organizations and I waive any such claim on their behalf.

Permission is hereby given for any emergency anesthesia, operation, hospitalization or other treatment which might become necessary as a result of my children's participation.

### Names of Clark Sports Center's participants under the age of 18

### Date Of Birth

_____	_____
_____	_____
_____	_____
_____	_____

**This consent must be completed, signed, and dated by a parent or legal guardian.**

Signature: \_\_\_\_\_ Check one: Parent  Legal Guardian