

2007 May - July

KAC NEWS



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We're on the Web!

See us at:

www.simons-rock.edu

Letter from the Editor

As stated in the Student Handbook, the Mission of Bard College at Simon's Rock is: "To provide its younger students with an academic and social environment in which the fundamental aim of a liberal education – learning that liberates, that frees young people from both ignorance and the received ideas of others and empowers them to think and learn for themselves for the rest of their lives – is achieved." The Kilpatrick Athletic Center (KAC) opened in September 1999 with the intention of enhancing the student's liberal arts curriculum while at the same time welcoming the local community onto the campus.

Over the past couple of years, the KAC management team has had many discussions with the goal of creating a *Mission and Vision* for the KAC that would serve as an extension of the college's mission for its students and intentions for its role in the community. Our experience has been one in which the students, the college, and the community have all benefited equally. The KAC staff is grateful to have the opportunity to serve the recreation and wellness needs of the community and would like to thank you for playing a key role in achieving our *Mission and Vision*.

Mission

The Mission of the Kilpatrick Athletic Center at Bard College at Simon's Rock is to enhance the undergraduate experience by offering a common space for diverse community interaction with focus on the goal of a balanced and healthy lifestyle for all.

Vision

- ❖ Create an environment that recognizes diversity and promotes balance of mind, body, and spirit by offering programs tailored to meet the needs of members of both the College and Berkshire communities.
- ❖ Provide students with a constructive learning experience that enables meaningful growth and enhances the development of values that will be critical for success in later life.
- ❖ Encourage the discovery of passion for physical activity and sport.
- ❖ Create traditions that instill pride in Simon's Rock College and the Kilpatrick Athletic Center leading to a lifelong connection.
- ❖ Provide quality Customer Service in a clean and healthy environment.



KAC Going Green!

The athletic center is proud to announce the installation of a new co generation system. This spring Aegis Generator Company installed a combined heat and power (CHP) producing system for the athletic center. The new system runs on natural gas and produces 75 kw of electricity and 5.23 therms of heat per hour.(that is 22 gallons per minute of 230 degree hot water to be used for the domestic hot water needs and supplemental heat needs in the colder months.) This addition to the facility is welcome not only for its economic benefits but for its substantial environmental and energy saving impacts.

Benefits of CHP - CHP plays an important role in meeting U.S. energy needs and reducing the environmental impact of power generation. CHP provides numerous benefits to the energy user, the environment and the electric grid.

Economic: CHP can reduce a facility's fuel costs, including fuel and electricity costs.

Environment: CHP reduces the amount of fuel burned per unit of energy output, and reduces the corresponding emissions of pollutants and greenhouse gases.

Reliability: CHP systems are a form of distributed generation (located at the point of energy use) that provides reliable electricity and thermal energy to the user. CHP can decrease the impact of grid power outages and can help reduce congestion on the electric grid by removing or reducing load in areas of high demand.

Resources: CHP requires less fuel for a given energy output, so it reduces the demand for our finite natural resources, such as natural gas and coal.

Upcoming Events

KAC HOLIDAY HOURS –

Memorial Day - The KAC will be *open* Memorial Day (May 28th)
9:00 am – 5:00 pm. There will be no classes held that day.

July 4th – The KAC will be *closed* for the day.

KAC SPECIAL EVENTS –

May 18-19 – Mt Everett post-prom party 11:00 pm-6:00 am

May 25-26 – Monument Mtn. post-prom party 11:00 pm-6:00 am

June 4-7 – Monument Valley MS Safety Week 9:00-2:00

June 9 – Tae Kwon Do Demo & Testing 2:00-5:00 (gymnasium)

June 13 – Member Appreciation Day. Bring a guest for *free* for the day. Refreshments will be served from 7-11 am & 5-8 pm

June 18-22 & 25-29 – Jerry Weil Tennis Camp 9:00 am – 3:00

June 25-29 – Snappers Training Week

July 9-13, 16-20, 23-27 – Primetime Hoop Camp 9:00 am – 3:00 (gymnasium)

July 30-August 3 - Primetime Hoop Camp 9:00 am – 12:30 (gymnasium)

SIMON'S ROCK COLLEGE EVENTS –

May 19 – Commencement 11:00 am on the lawn at the Daniel Arts Center. The keynote speaker is [NASDAQ CEO Robert Greifeld](#)

May 25-27 – Alumni Weekend & Reunion 40^t Anniversary

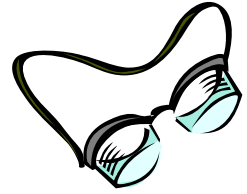
Aquatic Notes

The Lenox High School Coop Swim Team

Although not an 'official' KAC program, our pool is the home of the Lenox Coop Swim Team. Many of these athletes have trained here at some point in their career and consider our pool home. To any of you who had to adjust your schedule because of limited pool time that sometimes resulted, we thank you for your support and flexibility. The team certainly 'brought home the bacon' to the South county and wracked up quite a list of accomplishments:

- Both Men's and Women's teams were undefeated in the regular season.
- In post-season championships, the women's team came in 2nd in Western Massachusetts Finals and 5th at the State Championships. The men came in 8th in Western Massachusetts.
- For the All-Eagles Team, out of the 14 athletes picked as the best in Berkshire County by The Berkshire Eagle, 8 were from the Lenox Coop Team including both MVP's. The Women's MVP was Maggie Rosenbaum, the Men's MVP was Zane Martin. Rounding out the list was Lizzie Meier, Keeley Farnum, Claire Smith, Lauren Stephenson, Max Cowart, and Olivier Keseru

Coach Jill Brown, who happens to be our Assistant Aquatics Director, did a great job with both teams.



The Simon's Rock Master's Swim Team

Under the leadership of Coach John Fulop, the Master's made quite a dramatic showing at the New England Master's sanctioned meet held at the KAC on April 28. Although the showing was modest with only 12 swimmers from across Massachusetts participating, there was unanimous agreement that the event was a complete success. Everyone got to know each other quite well and there was great camaraderie among all the participants in the low pressure, party like atmosphere. Some new Simon's Rock Masters records were set by our senior members and tied by a not-so-senior member.

A newcomer to our group, Jerry Kraus (75), set two new records in the 75-79 age group: 50 Free (38.84) and 100 Free (1:28.80). These are times that will place him in 7th and 5th place in the New England Masters All Time Top Ten list.

Barbara Rosenbaum (65) set new records in the 50 Butterfly (49.19), 50 Breaststroke (49.89) and the 100 Breaststroke (1:50.81) which places her 5th, 4th and 4th respectively in 65-69 age group in New England.

Our very own intrepid Bruce Bernstein (71), was no slouch either setting records in the 100 Free (1:29.26), 200 Free (3:19.40) and the 500 Free (9:05.07) which places him at 11th on the (70-74) all time list.

Fred Rudman tied the 40-44 age group, 50 Butterfly record at 28.12.

Great job KAC Master's!

Remember, the only prerequisites to join the Master's are that you are 18 years or older and that you enjoy swimming. If you want to improve your stroke, be inspired by like-minded adults, or just enjoy the motivation of swimming with a group, this may be something for you to try. The schedule is T&TH, 6:00-7:00 p.m. and S, 9:00-10:00 a.m.

SwimAmerica Swim Lessons

This has been our busiest lesson season since the Kilpatrick opened in 1999. Since February, the pool has seen the following participation from young swimmers:

- 114 school-age children (5 years and up)
- 69 preschoolers (3-4 years)
- 17 toddlers (2 years)
- 6 infants (7-18 months)

Also, during the second week of April, the Southern Berkshire Regional School District sent their 6th grade to the Kilpatrick for one of two Safety Weeks we will host for local schools. When The Berkshire Hills School District comes with their 6th graders during the first full week of June, over 150 area students will have been exposed to Red Cross CPR and First Aid and completed our aquatic safety course. Safety Week is a program developed by the staff at the KAC in conjunction with The Berkshire Red Cross. It is our hope, in the future, to see it offered throughout the Berkshires.

