



WISTEM ATHLETIC CAMP

Caltech Athletics is excited to partner with Caltech Admissions, in hosting WiSTEM (Women in STEM)!

AUGUST 7, 2024

Register Now! (\$75)

During your time on campus, you will experience what it means to be a Caltech Beaver on and off the playing grounds, and have the opportunity to converse with current students, athletes, coaches, and faculty.



APPLY AND REGISTER FOR WISTEM AND ATHLETIC CAMP [**HERE**](#)

The athletic camp registration form will be sent via Admissions once you apply for WiSTEM or apply separately through gocaltech.com.

Schedule of Events

August 7

11:00-12:00 PM- Check in

12:15-1:30 PM- Welcome + Athletic Panel

- Betsy Mitchell, Director of Athletics, Physical Education and Recreation
- Sarah Beene, Head Athletic Trainer
- Grace Wong, Occupational Therapist
- Faculty-Athletic Representative
- Student-Athlete Representative

1:45-4:00 PM- Sports Participation

4:30-5:45 PM- WiSTEM Social Hour

6:00PM- Depart with Admissions Ambassadors

August 8 & 9

Remaining WiSTEM schedule can be found [**here**](#)



What

T O E X P E C T

Women's Basketball

Annie Tarakchian, Head Coach-atarakch@caltech.edu

Players can expect a mix of both offensive and defensive drills, shooting competitions, and a breakdown of various game play strategies. Please bring your basketball shoes and gym attire, and be ready to hoop!

Women's Cross Country and Track & Field

Kelli Blake, Head Coach-krblake@caltech.edu

After a discussion of training principles, we will go through a full sequence of movement prep exercises and warm up drills.

Sprinters/hurdlers/jumpers can expect to do an intensive tempo workout (e.g. 3-4 sets of 3X100 with 45-60 sec rest). Due to warmer weather, distance athletes will go for a 3-5 mile easy run and do strides. Throwers will do a sequence of drills and review technique for shot put and discus. Individual adjustments can be made as needed. Please bring running shoes/throwing shoes, athletic clothes, and a water bottle.

Women's Soccer

Emmy Meyring, Head Coach-emeyring@caltech.edu

During this session, players can expect technical and tactical ball work training, positional play, and small sided scrimmages. Players will receive verbal feedback throughout the camp. Please bring an athletic shirt, shorts, soccer socks, shin guards, soccer cleats and water bottles along with any other gear you may need.

Women's Swim & Dive

Andy Brabson, Head Coach- abrabson@caltech.edu

Swimmers will have the option to choose between a technique-driven session or a sample mid-season-type workout. Accommodations can be made based on where they are currently in their training plan. Please bring a suit, cap, goggles, towel, and water bottle. Fins and snorkels are optional, but not required.

Women's Tennis

Adam Clark, Head Coach- aclark2@caltech.edu

All tennis players can expect to properly warm up, participate in drills, match play and cool down stretches. Please bring your tennis gear (rackets, tennis shoes, grips, etc.) towel, water bottle, hat/visor, sunscreen and any other necessary items. Come with an open mind and positive attitude for a fun time!

Women's Volleyball

Tom Gardner, Head Coach- tgardner@caltech.edu

During this session, players can expect a variety of skill work dependent on position players in attendance, with instruction and game play with verbal feedback throughout. Please bring volleyball gear, including shoes, knee pads and any other protective equipment that you generally wear.

Women's Water Polo

Jon Bonafede, Head Coach- bonafede@caltech.edu

During this session, Field players can expect: Warming up in the water, ball-handling skills, work on passing and catching, drill shooting techniques for outside, inside, and post-up shots, and drill driving and driver defense skills. Goalies can expect: To warm up in the water, work on passing and catching, drill lunging and blocking techniques, and receive instructions on positioning. All athletes will receive verbal feedback and be able to ask questions throughout the session. Please bring a water polo suit, goggles, towel, water bottle, and sunscreen.



What TO EXPECT

Parking

Use Parking Garage #3 when you arrive: 1248 East California Blvd Pasadena, CA 91106. Please do not park at the Children's Center.

Check In

Enter Braun Athletic Center where you will be greeted by the Athletic and Admissions staff. Bring your belongings with you and they will be stored in a secure location until you move into your room. Checks can be made payable to Caltech Athletics and submitted during the check-in process if attending the athletic portion separately from WiSTEM.

Over Night Accommodations for Campers

Rooms are available in campus housing for those participating in WiSTEM. There are limited rooms available. Please indicate your interest for housing on the WiSTEM application.

Parents/Guardians

You are welcome to join from 12:15-1:30 pm for the welcome and panel on August 7th! See list below of recommended activities and eateries in the Pasadena area.

Sports Medicine

Staff will be presenting during the panel and will be available during the individual sports participation component.

Weather

Come prepared for sunny Southern California weather. Check the forecast as you plan your trip and plan accordingly for outdoor activities.



What TO EXPECT

Point of Contact

For all inquiries regarding WiSTEM, please contact Sophia Stills (ssills@caltech.edu).

General inquiries regarding Caltech Athletics, can be directed to the respective coaching staff.

Recommendations Around Caltech & Pasadena

Some of our Athletic Department's favorite dining spots are below.

Pasadena's famous streets with local shopping and restaurants are Lake and Colorado.

Restaurants:

- Urbane Cafe
- Urban Plates
- Pasadena Sandwich Company
- Pie Life Pizza
- La Grande Orange / Luggage Room Pizzeria
- Gale's Restaurant
- Green Street Restaurant
- Guisados Tacos
- In-N-Out Burger
- Porta Via Italian Foods
- Mijares Mexican Restaurant
- Mama M Sushi
- Oba Sushi and Thai Tapas
- Sugarfish Sushi
- Urth Caffe
- U Street Pizza

Activities:

- Tournament House and Wrigley Gardens
- Old Town Pasadena
- Huntington Library, Art Museum & Botanical Gardens
- The Rose Bowl
- Echo Mountain- Inspiration Point Hike
- Pasadena Civic Auditorium
- Pasadena Playhouse
- Norton Simon Museum

Overnight Accommodations:

- Comfort Inn, Pasadena
- Pasadena Hotel & Pool, Pasadena
- Courtyard Marriott, Monrovia
- Double Tree, Monrovia