

## Women's Club Soccer

**Captains/President:** Lilah Kinghails & Annie DeVoe

**Email:** claremontcollegesfc@gmail.com

**Competitiveness:**  $\frac{4}{5}$

**Practice Times:** Monday Wednesday 5-7

**General Season Schedule:** Fall and spring seasons

**Time Commitment:** Two practices a week year round, avg 7 game seasons spring and fall with weekend games.

**Will there be tryouts?** Yes

**Open Gyms/Practices?** No

**Is there an email list?** Yes

**How can students be added to the email list?** Send an email to our email!

**Any additional information:** Tryouts are early on in the semester, look out for information!

## Women's Club Ultimate

**Captains/President:** Anna Krutsinger, Nina Alworth, Linda Phan, Anna Wilk

**Email:** claremontgreenshirts@gmail.com

**Competitiveness:**  $\frac{2}{5}$

**Practice Times:** Wednesday 5-7pm, Friday 5-7pm, Sunday 5-7pm

**General Season Schedule:** First practice September 7, assorted tournaments both semesters, Sectionals at the end of both semesters, Nationals follow Sectionals if qualified

**Time Commitment:** 3 practices a week, 1 team lift, 1 pick up with men's team

**Will there be tryouts?** Yes

**Open Gyms/Practices?** No

**Is there an email list?** Yes

**How can students be added to the email list?** We do have a GroupMe, students can email the club email their phone number and we can add them

## Men's Club Volleyball

**Captains/President:** Lewis Smith, David Rodriguez

**Email:** mlsa2019@mymail.Pomona.edu

**Competitiveness:** 4/5

**Practice Times:** M/W 9-11pm, Su 10-12am

**General Season Schedule:** Fall Semester is Pre-season with some friendly games and minor tournaments. Spring Semester has major tournaments as well as Nationals in late spring.

**Time Commitment:** 3 two hour practices a week as well as any games or tournaments on weekends. Some team bonding events/traditions, not mandatory but highly encouraged.

**Will there be tryouts?** Yes

**Open gyms/Practices?** Yes

**Is there an email list?** Yes

**How can students be added to the email list?** send an email to the previously listed email or a text to 949-280-7361 (Lewis Smith)

## Club Lacrosse

**Captains/President:** Bryce Kelly

**Email:** bkab2019@mymail.Pomona.edu

**Competitiveness:** 2/5

**Practice Times:** Monday/Tuesday/Thursday 9-1030pm Pomona Turf Field

**General Season Schedule:** Captains practices fall semester, 3 practices a week/1 game a week on average in spring semester! Plus team bonding throughout the year

**Time Commitment:** 5ish hours a week

**Will there be tryouts?** No

**Open gyms/practices?** Yes

**Is there an email list?** Yes

**How can students be added to the email list?** Email Bryce Kelly at bkab2019@mymail.Pomona.edu

**Any additional information:** All experience levels welcome! Some players never even knew lacrosse existed before they came to the Claremont Colleges. If you are interested, we will be having a (catered) welcome dinner to get acquainted with everyone. The outdoor dinner will be on Friday, September 2 at 6:00 pm at the Kravis Center, CMC.

## Club Fencing

**Captains/President:** Ekeka Abazie

**Email:** 5cclubfencing@gmail.com

**Competitiveness:** 3/5

**Practice Times:** Saturdays at 12-2 PM

**General Season Schedule:** Still in the works

**Time Commitment:** Maybe around 4 hours a week if you want to compete

**Will there be tryouts?** No

**Open Gyms/Practices?** Maybe

**Is there an email list?** Yes

**How can students be added to the email list?** Send us an email and we'll add you!

## Women's Club Volleyball

**Captains/President:** Nora Tahbaz & Nishka Ayyar

**Email:** 5cwomensvb@gmail.com

**Competitiveness:** 5/5

**Practice Times:** Tues/Thurs 6-8 & Sat 2-4

**General Season Schedule:** 3 open gyms in September, 3 days of tryouts in October and finalized roster starts practice mid-October/early November. Possible pre-season tournament in November. Actual season in the spring semester

**Time Commitment:** In the fall: 2 practices a week (4 hours total). In the spring: 2 practices a week and a majority of the tournaments

**Will there be tryouts?** Yes

**Open Gyms/Practice?** yes

**Is there an email list?** Yes

**How can students be added to the email list?** Fill out this form -

<https://docs.google.com/forms/d/e/1FAIpQLSfPUMkNPD2cPAHvQwXlzYEdoAxmV5Qu1bDNbASP9E4NpJid-A/viewform>

**Any additional information:** even if you are a returning player, please fill out the email list form

## Men's Club Ultimate

**Captains/President:** Jack Weber, David D'Attile, Logan Stouse, Lukas Karapin-Springorum

**Email:** claremontmensultimate@gmail.com

**Competitiveness:**  $\frac{3}{5}$

**Practice Times:** T 5-7 pm PO Turf, R 7-9 pm PO Turf, S 5-7 pm Parents Field (CMC)

**General Season Schedule:** We will compete at sectionals in April 2023 to qualify for a national tournament in May 2023. We compete at 3-4 tournaments in both the fall and spring (3-4 games per day for one or two days over a weekend, many close enough to Claremont to allow for us to drive there from Claremont each day)

**Time Commitment:** 6 hours/week

**Will there be tryouts?** No

**Open Gyms/Practices:** No

**Is there an email list?** Yes

**How can students be added to the email list?** Join the team discord at

<https://discord.gg/ed3kPHpe>

**Any additional information:** The Brains welcome all interested players and expect no prior experience. We enjoy playing ultimate Frisbee together and aim to have a good time while competing at a national level. Come join us for a practice! No prior experience required - most new players have not played ultimate Frisbee before.

Brains have wheels.

Brains don't throw in threes.

## Women's Club Basketball

**Captains/President:** Lauren Lau, Elizabeth Yoshitake, Alayna Nonhomme

**Email:** 5Cwcbb@gmail.com

**Competitiveness:**  $\frac{4}{5}$

**Practice Times:** Mondays/Wednesdays 7-9

**General Season Schedule:** Year-round

**Time Commitment:** 4 hours a week, add 2 hours for a game week

**Will there be tryouts?** No

**Open Gyms/Practices?** Yes

**Is there an email list?** Yes

**How can students be added to the email list?** Please fill this out -

<https://forms.gle/ZRpCPPJ57e1uK6r67>

## Club Swim

**Captains/President:** Helen Jentoft-Herr

**Email:** fivecswimclub@gmail.com

**Competitiveness:**  $\frac{3}{5}$

**Practice Times:** Mornings (we're trying for 5 days a week)

**General Season Schedule:** We'll have practices throughout the school year. We are planning on attending a few meets in the fall and spring with the goal of going to nationals in April.

**Time Commitment:** You can come to as many or as few practices as you want!

**Will there be tryouts?** No

**Open gyms/practices?** No

**Is there an email list?** Yes

**How can students be added to the email list?** Navigate to Google Groups search: fivecswim@googlegroups.com Ask to join the group and wait approval!

## Club Taekwondo

**Captains/President:** Liv Deangelis, Cecilia Ransburg, Soren Laskin

**Email:** orda2018@mymail.pomona.edu

**Competitiveness:**  $\frac{1}{5}$

**Practice Times:** Mondays and Wednesdays 7-9 pm

**General Season Schedule:** Meet twice a week for an hour, also some self defense training workshops and collabs with other clubs

**Time Commitment:** Flexible! Come to a few classes or come to all. All levels welcome

**Will there be tryouts?** No

**Open gyms/practices?** No

**Is there an email list?** Yes

**How can students be added to the email list?** Send an email to orda2018@mymail.pomona.edu

## Woman's Club Rugby

**Captains/President:** Asia Anderson (President) / Sydney Riley (Vice President) - We will know the captain later this Fall

**Email:** Claremontfoxesrugby@gmail.com; Coach:

**Competitiveness:**  $\frac{3}{4}$

**Practice Times:** Monday-Thursday (5-7pm) @ Bizantz

**General Season Schedule:** - We participate in small competitions and tournaments in the Fall but the season starts in Spring and ends in the last weeks of the semester (if we go to nationals).- We start practices and team bonding in the fall; even though we accept new players throughout the year

**Time Commitment:** 5hrs each week (minimum)

**Will there be tryouts?** No

**Open gyms/practices?** Yes

**Is there an email list?** Yes

**How can students be added to the email list?** Please fill out - Google Form:

<https://forms.gle/UHUG9gosc6Uax8ks6>

**Any additional information:** No experience required. Fall practices will be 5-7pm on Mondays & Thursdays @ Bizantz Field (near the CMS tennis courts).

## Club Surfing Team

**Captains/President:** Nick Morgenstein

**Email:** 5csurfclub@gmail.com

**Competitiveness:**  $\frac{1}{4}$

**Practice Times:** Trips every weekend.

**General Season Schedule:** All year round.

**Time Commitment:** Whatever you like.

**Will there be tryouts?** No

**Open gyms/practices?** No

**Is there an email list?** Yes

**How can students be added to the email list?** Please fill this out -

<https://forms.gle/XWSujGAitAS7YiXN7>

## Club Equestrian Team

**Captains/President:** Ava Graves and Irene Roman

**Email:** claremontequestrian@gmail.com

**Competitiveness:**  $\frac{1}{4}$

**Practice Times:** Everyone has their own lesson time

**General Season Schedule:** We compete 1-3 times per semester

**Time Commitment:** 2-3 hours a week for lessons and each competition takes a weekend

**Will there be tryouts?** No

**Open gyms/practice?** No

**Is there an email list?** Yes

**How can students be added to the email list?** Send an email to claremontequestrian@gmail.com asking to be added

**Any additional information:** No experience needed, we will try to let everyone who is interested take lessons but we do have to cap beginners at 10 people

## Club Field Hockey

**Captains/President:** Daniela Sechen, Emma Podhorsky, Carolyn Coyne

**Email:** serpentsfieldhockey2020@mymail.pomona.edu

**Competitiveness:**  $\frac{3}{4}$

**Practice Times:** Mon/Weds 7-9pm, Pomona turf field

**General Season Schedule:** The official season (practices twice a week and games on the weekends) will run for the entire fall semester, but we will continue to hold practices in the spring semester as well.

**Time Commitment:** Required at least 1 practice (2 hours) a week. Home games can take 2-3 hours. Away games can take up an entire day.

**Will there be tryouts?** No

**Open gyms/practices?** No

**Is there an email list?** No

**Any additional information:** We are a co-ed team, and players of all skill levels are welcome! We have extra equipment (sticks, shin guards, mouthguards) for players to borrow.

## Men's Club Soccer

**Captains/President:** Jan Charatan, Nic de Mello, Ari Benveniste

**Email:** jbca2019@mymail.pomona.edu

**Competitiveness:**  $\frac{4}{5}$

**Practice Times:** Tuesday 5-7 PM on Parents Field, Thursday 5-7 PM on Pomona Turf

Tryouts: 9/6 & 9/8 same times as practice

**General Season Schedule:** We have two practices a week; players who are on the team are expected to come to both. Beyond that we have 10 games throughout the school year in the WCSA league. These games are local in the SoCal area. The only game that will be heavy travel is one away game in San Luis Obispo. Additionally, we may add other weekend-long tournaments and we may play in playoffs for our league.

**Time Commitment:** Two practices per week and zero to one game per weekend, potentially weekend long tournaments as well.

**Will there be tryouts?** Yes

**Open gyms/practices?** Yes

**Is there an email list?** No

**Any additional information:** Please join "Claremont Colleges Soccer Club" on Facebook. That is where we will post information for the start. Once we have formed a team, we will use GroupMe to communicate. The first week of school will be open practices at the above training times and the second week will be tryouts most likely.

## Club Tennis

**Captains/President:** Cynthia Hom, Charlotte Cheah, Oliver Siegfried

**Email:** claremontclubtennis@gmail.com

**Competitiveness:**  $\frac{3}{5}$

**Practice Times:** Thursday 7-10 pm and Sunday 2-5 pm at Bizantz Tennis Center, (TBD: Tuesday 4:30-6:30 pm at Pauley Tennis Complex)

**General Season Schedule:** We have weekly practices throughout the school year, where anybody can attend, regardless of skill level! We also have about 2-4 tournaments during the school year where the more competitive players can compete against other club tennis teams in SoCal.

**Time Commitment:** As much or as little as you'd like!

**Will there be tryouts?** Maybe

**Open gyms/practices?** No

**Is there an email list?** No

**How can students be added to the email list?** We don't have an email list, but we do have a Facebook group (<https://www.facebook.com/groups/1444491962452577/>) and a



GroupMe ([https://web.groupme.com/join\\_group/88116098/WlB55Ug](https://web.groupme.com/join_group/88116098/WlB55Ug)). Please join using these links!

**Any additional information:** Everyone is welcome! We have players of all skill levels, from people who have just picked up a racket to those who have previously played on college teams or in USTA tournaments.

We will not have tryouts (as everyone is welcome to attend practices regardless of skill level!) but we will form teams for tournaments based on skill and attendance at practices.

Again, everyone is welcome at practices and it is not required to be competitive/attend tournaments to be a part of club tennis! Hope to see you there! :))

## Ski and Snowboarding Club

**Captains/President:** Zoe Hancock, John Peabody

**Email:** [contact@5cski.org](mailto:contact@5cski.org)

**Competitiveness:** ⅔

**Practice Times:** 1-3 times a week based on team availability. Schedule will be determined after meeting with the team

**General Season Schedule:** We will have consistent practices starting in the spring with the possibility of dry land training in the fall. Practices will be held at Mountain High at least once a week, adding more training days according to everyone's availability. We will travel to competitions throughout the spring semester pending the USCSA Southwest conference schedule.

**Time Commitment:** 3 hours a week minimum with lots of optional/additional practices

**Will there be tryouts?** Maybe

**Open gyms/practices?** No

**Is there an email list?** Yes

**How can students be added to the email list?**

[https://docs.google.com/forms/d/e/1FAIpQLSeo0jjoPC2SKETmD\\_5KvWrSa9EH4bSEIGK74LDaAPh5YqHV-A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeo0jjoPC2SKETmD_5KvWrSa9EH4bSEIGK74LDaAPh5YqHV-A/viewform?usp=sf_link)

**Any additional information:** We welcome any level of skier, including those who have never raced before, as long as they are committed to the team!