



CAL MARITIME

The Department of Athletics and Physical Education

Athletics, Recreation, and Resiliency

Presented by Director Karen Yoder
4/17/21

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Captain Sam Pecota –
Head Golf Coach

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Sailing Coach - TBA



Men's & Women's
Water Polo Coach - TBA



CAL MARITIME Recreational Offerings



Custom 10-foot outdoor exercise module built by **Beaver Fit USA** features free weights, kettlebells, 12 different dip and pull-up stations, a 12-foot rope climb, three squat racks, and more.




Water Safety Workshop to increase cadet confidence in the water and familiarity with safety equipment.



Strength and conditioning sessions with Coach Mark Johnson.

Spin and Yoga classes

We accommodated our spin classes outdoors as COVID colored tiers changed.



Vinyasa Yoga
WITH CAROL IRVING

WHEELHAULERS


WHEN?
TUESDAYS & THURSDAYS
7:30-8:15 PM

WHERE?
THE SMALL BASKETBALL GYM IN THE P.E.A.C.

DO I SIGN UP?
FIRST COME FIRST SERVE

HOW MANY SLOTS AVAILABLE?
6 CADETS PER CLASS TO KEEP PHYSICAL DISTANCE AT THIS TIME

WHAT TO BRING?
BRING A YOGA MAT, WATER, & TOWEL
***MASK ON DURING CLASS**
****SILENT PHONES!!!**



SPIN CLASS!
WITH CAROL IRVING

WHEN?
TUESDAYS & THURSDAYS
6:30-7:15 PM

WHERE?
P.E.A.C. SMALL GYM

ARE THERE SIGN UPS?
STRICTLY FIRST COME FIRST SERVE

HOW MANY BIKES AVAILABLE?
SEE CAPACITY SIGNAGE IN GYM

CAL MARITIME Athletic Excellence Intercollegiate Sports



- The Sailing Team has won 7 of 12 Harbor Cups.
- Competes in the Kennedy Cup hosted by the U.S. Naval Academy, the Newport to Cabo San Lucas International Yacht Race, and the Transpac Race.
- Competes in small-boat Dinghy races and regularly finishes in the top 3 of most regattas.



- Rugby reached the Elite 8 of the NCR's National Tournament in 2019
- Finished 4th in the NCR's National Rankings, the fourth top-five finish in the last seven years, and the 10th time in the past 11 seasons they've finished in the top 15.
- Two Final Four appearances (2012 & 2015) and finishing as a runner up after making the championship game in 2012.



- The Men's and Women's Crew Programs had eight first-place finishes, two second-place finishes and seven third-place finishes in 2019-20.
- In 2018 the Men's Team finished 5th in a field of 40 boats at the prestigious Head of the Charles Regatta in Boston.
- Crew participated in two virtual races this year, finishing 4th in the Head of the Hooch and 1st in the ACRA Championships.



CAL MARITIME Athletic Excellence

Men's Golf and Men's and Women's Water Polo



- Men's Water Polo captured their first Sierra Pacific Conference Championship and earned a 4th seed in the National Tournament at the University of Pittsburgh in 2019.
- They defeated Oregon State in the first round of the tourney, had the Sierra Pacific's Most Valuable Player, and three All Americans.



- Women's Water Polo began play in 2006-07. They were off to a 2-2 start and a player of the week award for the team's leading scorer before last season was cut short.
- They'll resume play in the spring of 2022 with a new coach at the helm.



- Men's Golf was able to participate intercollegiately in the spring of 2021 and just wrapped up the Cal Pac Championships.
- Captain Sam Pecota, master of Cal Maritime's Training Ship Golden Bear, became the new Cal Maritime's Men's Golf Coach for the 2020-2021 season.

CAL MARITIME Athletic Excellence

Men's and Women's Basketball



- The Men's Basketball program has won 7 conference championships, had 5 consecutive trips to the NAIA National Tournament, and 2 trips to the NAIA Sweet 16.
- The Keelhaulers have had 6 seasons of 20 or more wins and 5 players earning NAIA All-American Honorable Mentions, while 45 players received All Conference accolades.



- The Women's Basketball began intercollegiate play in 2004-05. Two straight conference tournament appearances in 2015 & 16, including a finals appearance in 2016.
- New Women's Head Basketball Coach, Denise Bennett, brings 15 years of experience as a basketball coach as well as expertise in training, development, leadership, and administration to her new role.



CAL MARITIME Athletic Excellence

Men's and Women's Soccer



The newest program in Keelhaulers athletics began in 2018 and saw its play improve from season 1 to season 2. Head Coach Emily Scheese is the first head coach in program history and has previously been awarded the Division III Association of Independents' Coach of the Year in 2013, 2014, and 2016.



Cal Maritime has a new Head Soccer Coach in Mike Carvalho, who was formerly an assistant for the first two seasons of the Women's Soccer Program. He has all three United Soccer Coach Credentials as well as the United Soccer Coaches Master Coach Diploma.



CAL MARITIME Athletic Excellence

Men's and Women's Cross Country



The Cross Country Teams were able to participate Intercollegiately in the spring of 2021 and both teams finished 3rd at the Cal Pac Championships, including every member of the Women's Team beating their previous times at the same course. Head Coach Jeff Ward has been head Coach for 10 seasons and has been with Cal Maritime for 17 years as Head Athletic Trainer.

A stylized, low-poly illustration of a pirate's head and shoulders. The pirate has a light blue face, a yellow mustache, and a blue bandana with a white skull and crossbones. The background is a solid light blue.

Gokeelhaulers.com