

# The Cadet Experience

Cal Maritime Week 2021



# Campus Life

- Our distinction- **Leadership Laboratory**
- **Everyone Belongs**
- We develop **Character** – Environment is KEY
- Small campus - strong **Support**
- **Engagement** – no back rows



Leadership

Hands on Learning



# No back rows





# Corps of Cadets

Community-based

Coaching & Mentoring

Values & Professionalism

Leadership Development





# Living on Campus

We're your *home away from home*!

- Personal growth
- Social connections and friendships
- Ethic care & safety
- Academic and campus engagement





# Living on Campus

## Get to know your RHO Staff!





# Living on Campus

## Be engaged, learn, and have fun!



### MARITIME MOVIE MARATHON

STARTING 1100 11/14/2020

Come down to Lower Mess to watch an  
assortment of maritime-related movies!

TSGB RHO EVENT

### SOCIALLY DISTANT STAR GAZING

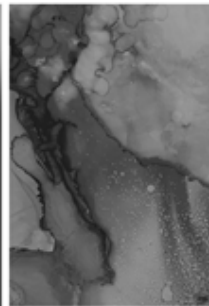
Come up to the Helo Deck with a chair or  
blanket to hang out and watch the stars!

**AUG 28 | 8 PM**  
**HELO DECK (04 AFT DECK)**

### Explore After Dark!

COME LEARN ABOUT  
THE ARTS AND  
SCIENCES AT THE  
EXPLORATORIUM!  
Email Karina or Lucy  
to sign up!  
Kmartijaharris0737@  
csum.edu  
Lfuglestad2580@csu  
m.edu

**FEBRUARY 27, 2020**  
**6 PM-10 PM**



### Make S'more Friends

August 30 @ 6pm  
Water front fire pit



CAL MARITIME

# Living on Campus

## StarRez Housing Portal is now open!



### Important Links

- [Daily COVID-19 Symptom Check](#)
- [Facilities Service Request \(includes COVID-19 cleaning & supplies\)](#)
- [HR COVID-19 Employee Resources](#)
- [Office 365 Email](#)
- [Peoplesoft - HR](#)
- [Peoplesoft - Finance](#)
- [Peoplesoft - Student Systems](#)
- [Employee Resource Center](#)
- [New Employee Onboarding](#)
- [CSULearn](#)
- [Keelhaulers Care \(Volunteering\)](#)
- [Keelhaul Career Connect](#)
- [Resiliency Project](#)
- [Brightspace](#)
- [The Passport](#)
- [StarRez](#)
- [VPN](#)
- [Library](#)

### Spotlight



### Campus News



#### Cal Maritime is Economic Driver in Bay Area and Beyond

APR 1, 2021

Cal Maritime, the most unique of the 23-campus California State University (CSU) system, is an important contributor to the local economy as well as outside its direct geographic area, according to a new report...



CAL MARITIME



# Living on Campus

## StarRez Process Timeline

- **Now** – complete housing application
- **June** – select a roommate
- **July** – finalize housing assignment
- **August** – receive room & Fall check-in confirmation

# Living on Campus

## Move-in Day is August 31st!



# Living on Campus

## More questions about housing?

- Room photos and res hall amenities
- What to bring to college
- StarRez user guides
- Estimated housing costs

Visit our webpage.

Send email to [housing@csum.edu](mailto:housing@csum.edu).

# Inclusive Environment

- Inclusive Excellence as an institutional goal
- Unity Council, Clubs, Campus programs, etc.
- Black History Month, International Day, Hispanic Heritage Month, WML, etc.





# Educational Opportunity Program (EOP)

- Support program to increase access and overall educational and personal success of students
- Workshops, activities, peer mentorship, academic advising, bookstore credit, laptop loans, etc.
- Eligibility based on family financial & educational backgrounds
- To learn more, visit [www.csum.edu/EOP](http://www.csum.edu/EOP)

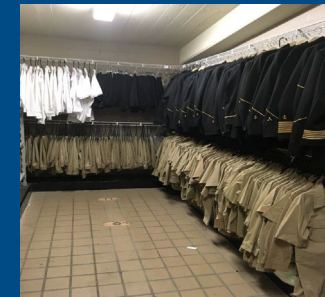


# Student Engagement

- Associated Students (Student Government)
  - Clubs & Organizations
  - On campus & Off campus programming
  - Outdoor Rec Equipment Rental (FREE)



- Basic Needs Program
  - Food Pantry
  - CalFresh Application Help





# Student Engagement







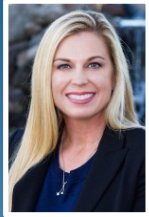
CAL MARITIME

# The Department of Athletics and Physical Education

Athletics, Recreation, and Resiliency

Presented by Director Karen Yoder  
4/17/21

# Athletics and Physical Education Staff



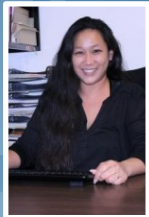
Karen Yoder - Director of Athletics and Physical Education

kyoder@csum.edu



Tim Fitzgerald – Sports Information Director

tfitzgerald@csum.edu



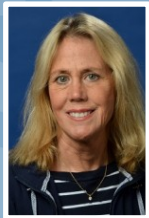
Lavella Wilson – Administrative Support Coordinator

lwilson@csum.edu



Jeff Ward – Head Athletic Trainer, Head Men's & Women's Cross Country Coach

jward@csum.edu



Tina Rossi – Aquatics Supervisor

trossi@csum.edu



Natalie Brown – Assistant Athletic Trainer

nbrown@csum.edu



# Athletics and Physical Education Staff



Mike Tressel– Head Men's and Women's Crew Coach

mtressel@csum.edu



Steve Hiatt – Head Rugby Coach

shiatt@csum.edu



Tim Bross – Head Men's Basketball Coach

tbross@csum.edu



Emily Scheese – Head Women's Soccer Coach

escheese@csum.edu



Denise Bennett – Head Women's Basketball Coach

dbennett@csum.edu



Mike Carvalho – Head Soccer Coach

mcarvalho@csum.edu



Captain Sam Pecota – Head Golf Coach

specota@csum.edu



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


**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 4<sup>th</sup> in the Head of the Hooch and 1<sup>st</sup> 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 white skull and crossbones on his forehead. He is wearing a blue shirt. The background is a solid blue color with a yellow horizontal band across the middle.

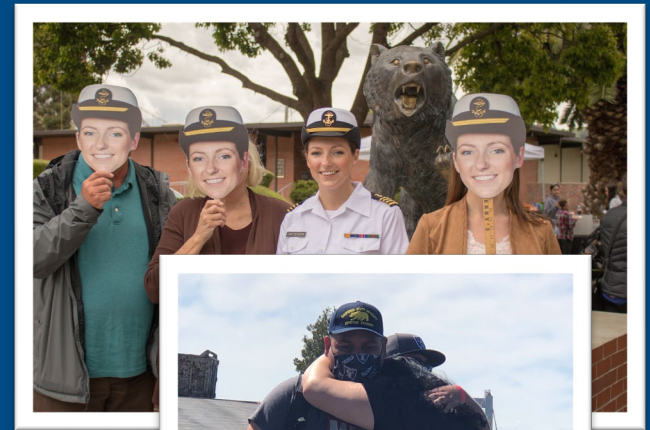
**Gokeelhaulers.com**



# KEELHAULER Family

- Parent & Family Support
  - Newsletters with campus updates
  - Orientation Zoom Calls - August
- Campus contact

Vineeta Dhillon  
[Vdhillon@csum.edu](mailto:Vdhillon@csum.edu)  
707-718-0707
- Join the Facebook Group



# Questions?

- Cadet Life: [studentaffairs@csum.edu](mailto:studentaffairs@csum.edu)
- Corps of Cadets: [ofc\\_com\\_cad@csum.edu](mailto:ofc_com_cad@csum.edu)
- Residence Life: [housing@csum.edu](mailto:housing@csum.edu)
- Inclusivity: [eop@csum.edu](mailto:eop@csum.edu)
- Student Activities: [jfalexander@csum.edu](mailto:jfalexander@csum.edu)
- Athletics/Intramurals: [athletics@csum.edu](mailto:athletics@csum.edu)
- Keelhauler Family: [Vdhillon@csum.edu](mailto:Vdhillon@csum.edu)

