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!

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)

TSGB RHO EVENT
EXPLORATORIUM
Email Karina or Lucy to sign up!
Kmartjaharris0737@csun.edu
lfuglestad2580@csu.m.edu
FEBRUARY 27, 2020
6 PM-10 PM

Explore After Dark!
Come learn about the arts and sciences at the Exploratorium!

Make S'more Friends
August 30 @ 6pm
Waterfront fire pit
Living on Campus

StarRez Housing Portal is now open!
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.
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
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
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
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Lavella Wilson – Administrative Support Coordinator
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Jeff Ward – Head Athletic Trainer, Head Men’s & Women’s Cross Country Coach
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Tina Rossi – Aquatics Supervisor
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Natalie Brown – Assistant Athletic Trainer
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Mike Tressel – Head Men’s and Women’s Crew Coach
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Steve Hiatt – Head Rugby Coach
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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
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.
We accommodated our spin classes outdoors as COVID colored tiers changed.
- 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.
- 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.
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.
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.
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.
• Parent & Family Support
  – Newsletters with campus updates
  – Orientation Zoom Calls - August

• Campus contact
  Vineeta Dhillon
  Vdhillon@csum.edu
  707-718-0707

• Join the Facebook Group
Questions?

• Cadet Life: studentaffairs@csum.edu
• Corps of Cadets: ofc_com_cad@csum.edu
• Residence Life: housing@csum.edu
• Inclusivity: eop@csum.edu
• Student Activities: jfalexander@csum.edu
• Athletics/Intramurals: athletics@csum.edu
• Keelhauler Family: Vdhillon@csum.edu