



# ALL THINGS CAMPUS LIFE

Corps of Cadets

Residence Life

Student Activities

Resiliency & Wellness

Athletics



# CORPS OF CADETS

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All Cal Maritime students are called cadets and the larger student body is called the Corps of Cadets

# What it means to be a Cadet

## Corps – Company – Division

- Contributing to something bigger than yourself
- Uniforms as an expression of pride and sense of belonging
- Academic support through intentional activities

## Corps Activities:

- Formation and Ceremonies
- Watch
- Leadership Development



# RESIDENCE LIFE

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Cal Maritime is a fully residential campus

# Residence Life

Our mission: To create and sustain communities that support the academic goals of Cal Maritime, maintain cadet safety, promote campus engagement, and encourage student growth.

Professional staff and cadet leaders that live in each hall that host social and education programs as well as serve in a 24hr on-call rotation.

Each resident is provided with:

- XL Twin bed
- Wardrobe/dresser
- Desk/chair
- Micro-fridge\*  
(refrigerator/microwave unit)

Each residence hall has:

- Card Swipe Exterior Entry
- Laundry facilities
- Lounges/Study Space
- Printers



# 5 Residence Halls



Upper Residence Hall



Training Ship Golden Bear



McAllister Residence Hall



Lower Residence Hall



Maritime North Residence Hall



# ACTIVITIES & BASIC NEEDS

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Cal Maritime offers a variety of social, educational, and  
community oriented programs

# Student Activities & Basic Needs

## ASCMA:

- Leadership Opportunities
- On & Off campus Activities
- Clubs & Organizations
- Outdoor Recreational Activities & Equipment

## Basic Needs:

- Food Pantry
- Uniform Locker
- Emergency Grant
- Cal Fresh Ambassadors







# RESILIENCY & WELLNESS

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Cal Maritime promotes resiliency and other wellness mechanisms within our campus community. We provide resources, programs, campus events, and other activities aimed at ensuring a healthy, balanced, and resilient campus community

# Resiliency & Wellness

## Four Dimensions of Wellness

- Spiritual Capacity
- Mental Capacity
- Emotional Capacity
- Physical Capacity

## On campus events/activities/resources and virtual offerings:

- Health Center
- Counseling Services
- Recreation
- Campus Resiliency Portal
- You at College and Tao Connect



# ATHLETICS

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Cal Maritime offers intercollegiate, recreational, and intramural activities at state of the art facilities

# DEPARTMENT OF ATHLETICS AND PHYSICAL EDUCATION

## Intercollegiate Athletics

- 7 NAIA Sports competing in the Cal Pac:
  - M/W Basketball, M/W Soccer, M/W Cross Country, Men's Golf
- 7 Sports competing under their own governing bodies:
  - M/W Crew, Rugby, M/W Water Polo, Dinghy Sailing, Offshore Sailing





# Promoting Leadership & Character Development through Sports and Competition





# Intercollegiate, Recreational & Intramural Offerings at State of the Art Facilities

NATIONAL ASSOCIATION OF  
INTERCOLLEGIATE ATHLETICS



# Promoting Health & Wellness at Cal Maritime

## Intramurals

- Kickball
- Softball
- Futsal / Indoor Soccer
- Flag Football

## Recreation

- Crew
- Running Club
- Martial Arts
- Self-Defense
- Yoga
- Dance

## Facilities

- PEAC: Cardio Room, Weight Room, Pool, Large Gym, Small Gym
- Bodnar Stadium Track & Field
- Mayo Hall
- Sports Courts
- *TSGB* Gym





# QUESTIONS?

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Follow us on Social Media



California State University Maritime Academy – Cal Maritime  
Cal Maritime Families  
Cal Maritime Keelhauler Athletics



@calmaritime  
@asmaritime  
@keelaulers



# Other Sessions about the Cadet Experience

Support Services: Monday (10/19) at 5:30pm

- Career Services, Student Health Services & Education, & Disability Services

Athletics Full Session: Wednesday (10/21) at 4pm

Academic Support Services: Thursday (10/22) at 5:30pm

- University Advising, Tutoring, Library Services, & Educational Opportunity Program (EOP)

Cadet Panel: Thursday (10/22) at 7pm

To find the session for your academic major & view the whole schedule, check out [www.csum.edu/previewweek](http://www.csum.edu/previewweek)