

# WHAT IS A GAEL, ANYWAY?

WHEN ONE'S CHARGING DOWN THE FIELD AT YOU, YOU'LL KNOW.

In the simplest terms, a Gael is an Irish person (the Irish speak Gaelic). Legend has it that in the 1920s famous sportswriter Grantland Rice named Saint Mary's "the Gaels" because there were so many Irish guys on the squad.

These days, Saint Mary's fields 14 Division I teams, eight club teams and countless recreational sports clubs. We're a founding member of the West Coast Conference (WCC), which also includes Gonzaga, Pepperdine, Loyola Marymount, Santa Clara, Portland, San Diego, BYU and San Francisco.

We're also home to the GaelForce, the most enthusiastic student cheering squad in the country. (During basketball games, the walls of the McKeon Pavilion practically shake.) Student spirit/cheer groups include the cheerleading team, the dance team and the SMC Sports Band.

## Division I highlights.

- The SMC men's basketball team is one of just eight programs nationally to have won at least 25 games in each of the last four seasons. The Gaels have advanced to the postseason in five of the last seven years, went to the 2010 NCAA Sweet 16 and finished among the top two in the West Coast Conference in seven of the last eight years. In 2010, the Gaels won the annual WCC Tournament, while in 2011 they won the regular-season championship!

- Seven of the 14 Saint Mary's athletic teams have earned the right to advance to postseason competition over the last two seasons. Volleyball, men's basketball, men's golf, women's tennis, softball, women's basketball and men's soccer.
- In 2011, women's tennis senior Alex Poorta and men's basketball's Mickey McConnell each won West Coast Conference Player of the Year honors, while men's soccer senior Dylan Leslie was named the WCC's Male Scholar-Athlete of the Year.

## Club & recreational sports.

SMC club sports are making their mark as well. Men's rugby was ranked number five in the nation at the end of the 2010-2011 season and coach Tim O'Brien was named College Coach of the Year in 2007 by *American Rugby News*. Men's crew and men's lacrosse also regularly have championship showings.

We offer a number of intramural leagues (basketball, dodgeball, flag football, soccer and softball), as well as instructional classes like cardio kickboxing and Pilates. If your tastes run more to the great outdoors, you'll love our Outdoor Adventures Club. Weekend activities include excursions to places like Yosemite and Lake Tahoe for mountain biking, camping, snowboarding, kayaking, white-water rafting and more.

## Facilities:

- The Tim Korth Tennis Center
- Louis Guisto Baseball Field
- Sil Garaventa Sr. Soccer Field
- Cottrell Field (softball)
- Saint Mary's Stadium (lacrosse and soccer)
- McKeon Pavilion (basketball and volleyball)
- Madigan Gymnasium (recreational sports)
- Pat Vincent Memorial Field (rugby and intramurals)
- The Power Plant (fitness and weightlifting)
- swimming pool
- outdoor basketball/volleyball courts

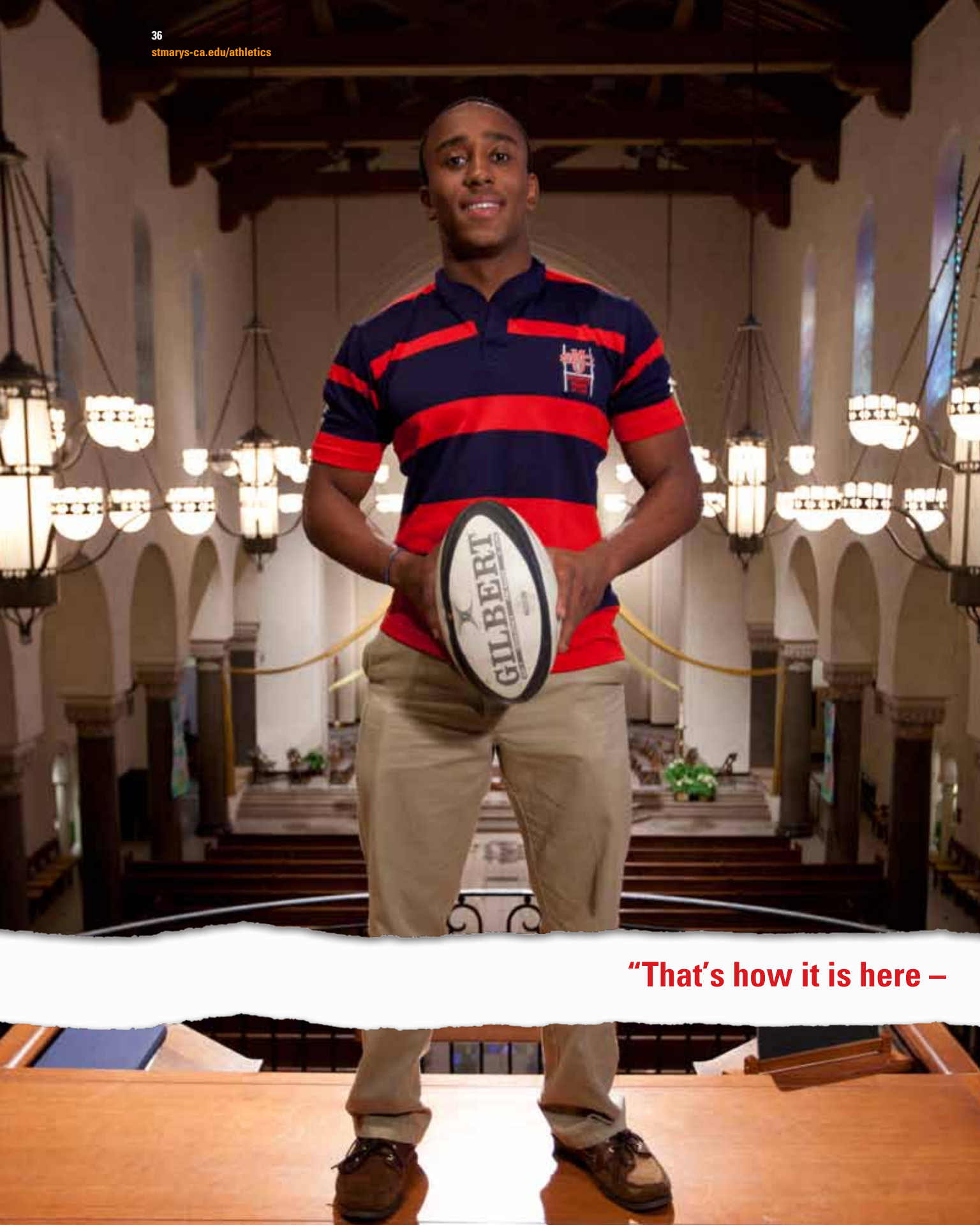


## Division I teams:

- Baseball (M)
- Basketball (M,W)
- Cross Country (M,W)
- Golf (M)
- Lacrosse (W)
- Rowing (W)
- Soccer (M,W)
- Softball (W)
- Tennis (M,W)
- Volleyball (W)

## Club teams:

- Crew (M)
- Lacrosse (M)
- Rugby (M)
- Soccer (M,W)
- Tennis (W)
- Volleyball (M,W)
- Water Polo (M,W)



# HITTING THE ROWING MACHINES AT 6:45 EVERY MORNING (EVEN IF YOU'RE NOT AN OARSMAN).

## It's an attitude.

*Kingsley McGowan, student, accounting and economics major*

My college search was focused on two equally important things: academics and rugby. I chose Saint Mary's because it had both, plus the California culture. (I'll admit it – I wanted to get as far away from home as possible!) And I thought being close to the water would be a good thing ... until my coach made the brilliant connection between rugby and the women's rowing team.

Suddenly my rugby teammates and I were getting up at 6:45 every morning to row. It's the hardest workout I've ever done in my life; there were times when I literally didn't think I could row for one more second. But, it's made a huge difference in my overall fitness. My coach tends to come at things from a different perspective, and in this case it really helped me get stronger.

That's how it is here – they help you think about challenges in new ways. My residential director, who's become a real friend and mentor, is a great example. If

I'm working on a paper, he won't tell me how to write it; he'll teach me the kinds of questions I should be asking in order to write it well. I'll definitely be applying that to my accounting and economics classes.

Rugby and classes take up most of my time, and what's left I spend hanging out with my friends. Some people might think that's kind of boring, but it works for me. My teammates are like brothers: We help each other with everything from workout routines to homework.

This year – my first year at Saint Mary's – we went to the playoffs at Arkansas State. And even though we didn't win, we had so much fun that it's still a great memory. It's like a home away from home to have such a close-knit group of friends.

The rest of Saint Mary's is like that too. There are a lot of different people who come from different places, but everyone is so sociable and easy to talk to. Instead of having a bunch of separate groups, it feels more like one big crowd. I've met so many people and learned so much. I'm really looking forward to next year.

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**they help you think about challenges in new ways.”**