

## **From the Outrigger Duke Kahanamoku Foundation**

Born and raised in Hawaii, Cappy Sheeley is a decorated canoe paddler, sailor, and swimmer, who first sailed with Duke Kahanamoku when he was just 11 years old.

Sheeley began his lengthy swimming career at Punahou School, where he was named a high school All-American in 1959. He continued at El Camino College, where he was a junior college All-American in 1962 and 1963 and qualified for the US Olympic swimming trials in 1964 in the 100-meter and 200-meter butterfly. He was also named to the 1962 El Camino College First Team All Select for water polo.

An avid canoe paddler, Sheeley was on Healani Canoe Club's 1970 and 1971 Moloka'i Hoe world championship teams. In the same year, he was named Hobie Sailing National Champion. Sheeley earned a major victory in the 1972 Olympic Class Tornado Catamaran in the Italian National Championships and went on to place second overall in the 1972 and 1973 Olympic Class Tornado Catamaran World Championships. In 1988, he also took first place in the Na Holo Kai Canoe Sailing Championships.

Sheeley returned to competitive swimming in the 1990s, participating in the US Masters, setting numerous age group records. In 2002, at the Nationals, he won the 100-meter fly and set a national record in the 400 IM. In 2007, Sheeley won the 50-meter fly, setting a new national record. He was also recognized for dominating open water races in Hawai'i with numerous age group wins in the Waikiki Roughwater Swim and the North Shore Swim Series. He was inducted into the El Camino College Hall of Fame in 1993 and the Hawai'i Swimming Hall of Fame in 2008.

A true waterman, Sheeley served in the United States Coast Guard Honor Guard. He also cared deeply for his community, passionately giving back by organizing and sponsoring the Annual 10K Fundraising Run for Big Brothers, Big Sisters of Maui for 14 years. He also shared his love and knowledge of the ocean with youth as a mentor and coach to young sailors at the Waikiki Yacht Club.