



**ARKANSAS DIVISION
PACIFIC CENTRAL REGION
UNITED STATES NAVAL SEA CADET CORPS**

Commanding Officer

CAPT Timothy Cogan, USN
(650) 728-3504

Executive Officer

ENS Matthew Truesdell, USNSCC
(510) 653-3028

Division Chief

CPO Davis Freitas, USNSCC

**PLAN OF THE DAY
COAST GUARD SECTOR SAN FRANCISCO
Yerba Buena Island**

17 October 2009

UNIFORM OF THE DAY

Officers/Instructors: Khakis or Alternate Uniform

Sea Cadets/League Cadets: Dungarees with Utility Jacket

**COMMAND DUTY
OFFICER**

WO Guilherme Freitas,
USNSCC

OFFICER OF THE DECK

MIDN Kelsey Freitas,
USNSCC

**PETTY OFFICER OF
THE WATCH**

PO2 Katrin Freitas,
USNLCC

**MESSENGER OF THE
WATCH**

APC Alexander Holme,
USNLCC

Schedule

0730-0745	Quarters at Building 2; complete muster report; collect chow money; review POD
0745-0755	March to Flagpole
0755-0800	First Call to Colors
0800-0805	Morning Colors
0805-0815	March to Building 2
0815-0830	Change to PT Gear
0830-0945	Physical Training
0945-1000	Change to Dungarees
1000-1120	TBD
1120-1130	March to Chow Hall
1130-1215	Lunch
1215-1225	March to Training Room, Building 2
1225-1500	TBD
1500-1515	Sweepers
1515-1530	Awards Ceremony
1530	Liberty Call

Please Bring:

- 1. \$4.25 for dinner (Navy talk for lunch), exact change preferred**
- 2. PT (exercise clothes) gear**

Notes:

- 1. Next drill on 07NOV09**
- 2. Officer Professional Development 201, Parks Reserve Forces Training Area, 24-25OCT09**
- 3. Warrant Officer Guilherme Freitas contact telephone number: (209) 277-9375**

**Captain Timothy Cogan, United States Navy
Commanding Officer, Arkansas Division**