



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

Commanding Officer

CAPT Timothy Cogan, USN
(650) 728-3504

Executive Officer

WO Guilherme Freitas, USNSCC
(510) 862-1371

Division Chief

CPO Davis Freitas, USNSCC

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

07 NOVEMBER 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**

ABC 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 San Francisco Veterans Day Parade preparation: color guard, marching unit, rifle drill team
1120-1130 March to Chow Hall
1130-1215 Lunch
1215-1530 SS Jeremiah O'Brien working party (TBD)
1215-1225 March to Training Room, Building 2
1225-1300 Continue with parade preparation; supply time, shift to Service Dress Blue Uniform
1300-1400 Supply time continued; Advanced Winter Training preparation
1400-1500 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 08NOV09; San Francisco Veterans Day Parade and Festival of Remembrance with RCL San Francisco Bay Area Branch at Grace Cathedral**
- 2. Officer Professional Development 301, Parks Reserve Forces Training Area, 14NOV09**
- 3. Warrant Officer Guilherme Freitas contact telephone number: (209) 277-9375**

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