



**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  
(209) 277-9375

**Division Chief**

CPO Davis Freitas, USNSCC

**PLAN OF THE DAY**

**Regional Training Site-Medical  
Parks Reserve Forces Training Area**

**23 January 2010**

**UNIFORM OF THE DAY:**

**Officers/Instructors: Khakis or Alternate Uniform**

**Sea Cadets/League Cadets: Dungarees with Utility Jacket**

**COMMAND DUTY  
OFFICER**

MIDN Kelsey Freitas,  
USNSCC

**OFFICER OF THE DECK**

MAJ Eugene Ritchie, USA  
(RET)

**PETTY OFFICER OF  
THE WATCH**

SLPO Katrin Freitas,  
USNLCC

**MESSENGER OF THE  
WATCH**

SA Daria Perkova, USNSCC

**Schedule**

0730-0745	Quarters at Building 860, parking lot; complete muster report; collect chow money; review POD - Enter main gate, right at intersection, continue until you see the RT MED sign on your right; look for some mobile medical tents and a Huey helicopter mock up
0745-0800	Move into Building 860
0800-1115	RT MED Training, US Army
1115-1130	March to Mess Hall
1130-1215	Lunch
1215-1230	March to Building 860
1230-1235	Move into Building 860
1230-1600	RT MED Training, US Army, continued
1600-1615	Sweepers
1615	Liberty Call

**Please Bring:**

- 1. \$4.25 for lunch, exact change preferred**
- 2. Notebook and pencil or pen**
- 3. Canteen or water bottle**
- 4. USNSCC/USNLCC Identification Card**
- 5. Road guard vests**

**Notes:**

- 1. Next drill 06FEB10**
- 2. Officers Call at Naval Postgraduate School, 30JAN10**
- 3. Annual Inspection is scheduled for 13MAR10**
- 4. Midshipman Kelsey Freitas contact telephone number: (209) 277-9373**

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