



**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**

**USNS Mercy (T-AH-19) Mercy-class Hospital ship  
&  
Coast Guard Sector San Francisco**

**13 March 2010**

**UNIFORM OF THE DAY:**

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

**Instructors/Officers: Khakis or Alternate**

**COMMAND DUTY  
OFFICER**

CAPT Timothy Cogan,  
USN

**OFFICER OF THE DECK**

INST Eugene Ritchie,  
USNSCC

**PETTY OFFICER OF  
THE WATCH**

SN Meghan Blomdal,  
USNSCC

**MESSENGER OF THE  
WATCH**

ABC Clare Ritchie,  
USNLCC

**Schedule**

0730-0745	Muster at BAE Systems San Francisco Ship Repair, ex-Southwest Marine, Pier 70, San Francisco Twentieth Street and Illionois Street; if available, bring eye and hearing protection, and hard hat
0745-0800	Shipyard and ship briefing
0800-0915	Drydock and ship tour
0915-0945	Transport to Coast Guard Sector San Francisco, Yerba Buena Island
0945-1000	Quarters at Building 2; collect chow money; review Plan Of The Day
1000-1120	United States Coast Guard Auxiliary Oyster Point Flotilla, Boating Skills And Seamanship Class
1120-1130	March to Chow Hall
1130-1215	Dinner (Navy talk for lunch)
1215-1225	March to Building 2
1225-1255	Summer Advanced Training briefing
1255-1310	Change to Service Dress Blue Uniform
1310-1340	Personnel Inspection
1340-1355	Supply time; fix personnel inspection hits
1355-1410	Change to PT Gear (physical training clothes)
1410-1515	Redo Physical Readiness Test and Physical Training
1515-1530	Sweepers
1530	Liberty Call

**Please Bring:**

- 1. \$4.25 for lunch, exact change preferred**
- 2. Notebook and pencil or pen**
- 3. Canteen or water bottle**
- 4. Service Dress Blue Uniform, PT Gear**

**Notes:**

- 1. Rides can be arranged through your Chain Of Command**
- 2. Annual Inspection is 20MAR10**

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