



**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

**Annual Inspection and Evaluation
Coast Guard Sector San Francisco**

20 March 2010

UNIFORM OF THE DAY:

League Cadets/Sea Cadets: Service Dress Blues

Instructors/Officers: Service Dress Blues or Khakis or Alternate

**COMMAND DUTY
OFFICER**

CAPT Timothy Cogan,
USN

OFFICER OF THE DECK

WO Guilherme Freitas,
USNSCC

**PETTY OFFICER OF
THE WATCH**

PO3 Spencer Tapia,
USNSCC

**MESSENGER OF THE
WATCH**

SLPO Katrin Freitas,
USNLCC

Schedule

0730-0745	All Hands muster; quarters in Service Dress Blue Uniform at Building 2; complete muster report; collect chow money; review Plan Of The Day
0745-0755	March to Flagpole
0755-0800	First Call to Colors
0800-0805	Morning Colors
0805-0815	March to Building 2
0815-0930	Study and preparation time
0930-1000	Awards Ceremony
1000-1120	Annual Inspection and Evaluation
1120-1130	March to Chow Hall
1130-1215	Dinner (Navy talk for lunch)
1215-1225	March to Building 2
1225-1240	Change to Dungaree Uniform
1240-1345	Pass-In-Review training
1345-1400	Change to PT Uniform (physical training clothes)
1400-1515	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. Dungarees, PT Gear**

Notes:

- 1. Rides can be arranged through your Chain Of Command**
- 2. Next drill is 27MAR10 at Coast Guard Air Station San Francisco**

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