



**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

**Coast Guard Sector San Francisco
and**

SS Jeremiah O'Brien National Liberty Ship Memorial

08 May 2010

UNIFORM OF THE DAY:

Officers/Instructors: Khakis or Alternate Uniform

Sea Cadets/League Cadets: Dungarees with Utility Jacket or Coveralls (see note below)

**COMMAND DUTY
OFFICER**

MIDN Kelsey Freitas,
USNSCC

OFFICER OF THE DECK

INST Gabriel Mikulich,
USNSCC

**PETTY OFFICER OF
THE WATCH**

SLPO Katrin Freitas,
USNLCC

**MESSENGER OF THE
WATCH**

SA Stephan Sobolev,
USNSCC

Schedule

0730-0745	Quarters 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
0815-0830	Change to PT Uniform
0830-0945	Physical training
0945-1000	Change to Dungarees
1000-1120	United States Coast Auxiliary Oyster Point Flotilla, Boating Skills And Seamanship Class; Arthur Park, USCGA; for more information go to: www.cgaux.org
1120-1150	Transport to SS Jeremiah O'Brien National Liberty Ship Memorial, Pier 45, Port of San Francisco
1150-1230	Training aboard SS Jeremiah O'Brien and Pass In Review training
1230-1300	Lunch
1300-1530	Continue training evolutions
1530	Liberty Call

Please Bring:

- 1. \$4.25 for lunch, exact change preferred**
- 2. PT (Physical Training) Uniform**
- 3. Notebook and pencil or pen**
- 4. Canteen or water bottle**

Notes:

- 1. Use of Coveralls is authorized. See NSCC Uniform Manual Table 5; Appendix 6, Figure 6-11; Appendix 7, Figure 7-11 for proper uniform wear. SS Jeremiah O'Brien patch sewn over left breast**
- 2. Next drill is 22MAY10, Carl Marion Marine Mud Run, Naval Air Station Lemoore**
- 3. Midshipman Kelsey Freitas contact telephone number: (209) 277-9373**

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