



**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**

**Swim Qualifications  
USCG INTEGRATED SUPPORT COMMAND ALAMEDA  
Coast Guard Island**

**05 June 2010**

**UNIFORM OF THE DAY**

**League Cadets/Sea Cadets: Dungarees**

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

**COMMAND DUTY  
OFFICER**

CAPT Timothy Cogan, USN

**OFFICER OF THE DECK**

MIDN Kelsey Freitas,  
USNSCC

**PETTY OFFICER OF  
THE WATCH**

PO3 Spencer Tapia,  
USNSCC

**MESSENGER OF THE  
WATCH**

ABC Clare Ritchie,  
USNLCC

**Schedule**

0730	Enter base at Embarcadero and Dennison Street, Oakland
0730-0745	Muster at Swimming Pool, Campbell Boulevard and Wakefield Drive
0745-0755	March to Flagpole
0755-0800	First Call to Colors
0800-0805	Morning Colors
0805-0815	March to Swimming Pool
0815-0830	Change to Swim Gear
0830-1130	Swim Qualifications
1130-1150	Change to Dungarees
1150-1200	March to Galley
1200-1230	Dinner (Navy talk for lunch); open 1115-1230
1230-1400	GMT; Summer Training Schedule; Pass-In-Review
1400	Bravo Zulu! Early Liberty Call

**Notes:**

- 1. We must submit a list of all attending to the OOD for security and access to the base;**
- 2. There is a uniform shop on base and a Military surplus store about a block south of the base;**
- 3. Midshipman Kelsey Freitas can be reached at (209) 277-9373.**

**Bring:**

- 1. Swim Gear; trunks for males and one-piece suits for females;**
- 2. Chow money**
- 3. Pass-In-Review gear.**

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