



**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 preparation,  
and Physical Readiness Test  
Coast Guard Sector San Francisco**

**27 February 2010**

**UNIFORM OF THE DAY:**

**League Cadets/Sea Cadets: Services Dress Blues, Dungarees with Utility Jacket**

**Instructors/Officers: Khakis or Alternate**

**GOAL:**

**1<sup>st</sup> place at P.I.R**

**COMMAND DUTY  
OFFICER**

MIDN Kelsey Freitas,  
USNSCC

**OFFICER OF THE DECK**

INST Alexey Sobolev,  
USNSCC

**PETTY OFFICER OF  
THE WATCH**

SLPO Katrin Freitas,  
USNLCC

**MESSENGER OF THE  
WATCH**

SR Alexander Holme,  
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  
0815-0915      Personnel Inspection  
0915-0930      Change to Dungarees  
0930-1000      Chief's time  
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](http://www.cgaux.org)  
1120-1130      March to Chow Hall  
1130-1215      Dinner (Navy talk for lunch)  
1215-1225      March to Building 2  
1225-1330      Course work  
1330-1345      Change to PT Uniform  
1345-1545      Physical Readiness Test  
1545-1600      Sweepers  
1600              Liberty Call

**Please Bring:**

- 1. \$4.25 for lunch, exact change preferred**
- 2. Coursework, notebook and pencil or pen**
- 3. Canteen or water bottle**
- 4. PT Gear**

**Notes:**

- 1. Rides can be arranged through your Chain Of Command**
- 2. Next drill is 13MAR10; Annual Inspection is scheduled for 20MAR10**

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