



U.S. NAVAL SEA CADET CORPS

LONE SAILOR DIVISION



The Plan of the Day is an official document of the Lone Sailor Division. Its contents reflect current orders of the Commanding Officer and official unit announcements. All Division personnel are responsible for reading and understanding the information contained herein. Parents and guardians of Cadets are encouraged to read the Plan of the Day and to make note of meeting days and special announcements that may affect personal schedules. Officers and Squad Leaders are expected to carry the POD at all times.

COMMAND STAFF

Commanding Officer

ENS Reinhart, Larry
571.451.5010

xo_lonesailor_division@hotmail.com

Executive Officer

INST Ringler, Mark
443.980.8332

ringlermtjm@gmail.com

CPO

CPO Gonzales, Alyssia

LPO

PO1 Raut, Cameron

ALPO

PO1 Schwab, Olivia

Petty Officer of the Watch

PO3 Reinhart, Samantha

Phrase of the Day

Semper Fortis - Always Courageous

Drill Location

Vignetti Center
1910 Adair Street
Ocoee, FL 34761

Saturday - 26 SEP 20

Drill Hours: 0730-1600

Uniform of the Day

Cadets : NWU Type III

New Cadets : Solid White shirt and Mid-Thigh Gray, Navy Blue, Or Black Shorts, White Socks, Sneakers

Officers & Staff : Officers - NWU Type III // Staff - Unit T-Shirt

Drill Schedule

0700 - Officers and Senior Cadets Arrive	1330 - Company Time
0730 - Cadets Arrive & Report to Quarter Deck	1400 - Leadership/Teamwork Challenge
0800 - Morning Colors/Quarters	1530 - Quarters
0830 - CO to discuss hazing and harassment	1600 - Dismissal
0900 - Back to Basics - Drill	
1100 - Squad Knowledge Challenge	
1200 - Chow	
1230 - Color Guard Practice	

Ready List

CADETS WILL BE REQUIRED TO HAVE USNSCC ID IN THEIR POSSESSION

Cadets shall have properly groomed nails, hair cuts, shaved faces, and hair in bun

Cadets shall properly hydrate the evening prior to drill and bring a hydration pack filled with water

Cadets and Staff will bring \$5 for unit chow

Cadets should have a pocket size notebook and pen



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Petty Officer of the Watch

PO3 Reinhart, Samantha

Phrase of the Day

Molon Labe - Come and take them

Drill Location

Vignetti Center
1910 Adair Street
Ocoee, FL 34761

Sunday - 27 SEP 20

Drill Hours: 0730-1600

Uniform of the Day

Cadets : NWU Type III

New Cadets : Solid White shirt and Mid-Thigh Gray, Navy Blue, Or Black Shorts, White Socks, Sneakers

Officers & Staff : Officers - NWU Type III // Staff - Unit T-Shirt

Drill Schedule

0700 - Officers and Senior Cadets Arrive	1500 - Square Away Facilities
0730 - Cadets Arrive & Report to Quarter Deck	1530 - Quarters
0800 - Morning Colors/Quarters	1600 - Dismissal
0830 - Inspirational Moment - AUX Ferrone	
0900 - Back to Basics - Drill	
1130 - Company Time	
1200 - Chow	
1230 - Active Shooter Drill	

Ready List

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