



# 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.

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### COMMAND STAFF

**Commanding Officer**

ENS Reinhart, Larry  
571.451.5010

[xo\\_lonesailor\\_division@hotmail.com](mailto:xo_lonesailor_division@hotmail.com)

**Executive Officer**

INST Ringler, Mark  
443.980.8332

[ringlermtjm@gmail.com](mailto:ringlermtjm@gmail.com)

**CPO**

CPO Gonzales, Alyssia

**LPO**

PO1 Raut, Cameron

**ALPO**

PO1 Schwab, Olivia

**Petty Officer of the Watch**

PO3 Giovacchini, Elizabeth

**Phrase of the Day**

*De Oppresso Liber - To liberate the oppressed*

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### Drill Location

Vignetti Center  
1910 Adair Street  
Ocoee, FL 34761

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**Saturday - 17 OCT 20**

**Drill Hours: 0730-1600**

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### Uniform of the Day

**Cadets** : NWU Type I

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

**Officers & Staff** : Officers - NWU Type I // Staff - Unit T-Shirt

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### Drill Schedule

0700 - Officers and Senior Cadets Arrive	1130 - How to Polish Boots
0730 - Cadets Arrive & Report to Quarter Deck	1200 - Chow
0800 - Morning Colors/Quarters	1230 - Drill Practice
0830 - Drill Practice	1330 - Knowledge Challenge
0900 - Hand Signals	1430 - Field Application of Hand Signals/Radio Calls
0930 - Radio Calls/Reporting	1530 - Quarters
1000 - Standards of Conduct Class	1600 - Dismissal
1030 - Knot Tying	
1100 - Color Guard Practice	

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### 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 will bring boot shining kit (boot brush, polish, old cotton tshirt)**

**Cadets should have a pocket size notebook and pen**



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CPO Gonzales, Alyssia

**LPO**

PO1 Raut, Cameron

**ALPO**

PO1 Schwab, Olivia

**Petty Officer of the Watch**

PO3 Giovacchini, Elizabeth

**Phrase of the Day**

*Celer et Audax - Swift And Bold*

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### Drill Location

Vignetti Center  
1910 Adair Street  
Ocoee, FL 34761

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**Sunday - 18 OCT 20**

**Drill Hours: 0730-1600**

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### 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

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### Drill Schedule

0700 - Officers and Senior Cadets Arrive  
0730 - Cadets Arrive & Report to Quarter Deck  
0800 - Morning Colors/Quarters  
0830 - Inspirational Moment  
0900 - Basic First Aid  
1230 - Chow

1300 - Drill Practice  
1330 - Flag Retirement Practice  
1400 - Leadership Reaction Courses  
1500 - Field Day  
1530 - Quarters  
1600 - Dismissal

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