



# UNITED STATES NAVAL SEA CADET CORPS SAN ANTONIO (LPD-17) DIVISION



COMMANDING OFFICER	LTJG Reginald McDonald	215-512-3750	OIC LEAGUE CADETS	INST Blanca Lucas	267-515-7524
EXECUTIVE OFFICER	LTJG Theodore White	215-817-7971	SUPPLY OFFICER	LTJG Mary Kojza	
ADMINISTRATIVE OFFICER	TBD		OPERATIONS OFFICER	LTJG Theodore White	215-817-7971
TRAINING OFFICER	LTC Deborah Freiberg, USAR (Ret.)	484-221-3786	MEDICAL OFFICER	INST Blanca Lucas	267-515-7524
RECRUITING OFFICER	LTJG Reginald McDonald	215-512-3750	PAT FORCE COORDINATOR	Mrs. Jennifer Blazejewski	

**Squadron Phone Number 215-512-3750**

## STAFF CADET ASSIGNMENTS

### Leading Petty Officer of the Division

PO3 Andrew Gordon

### Asst To Leading Petty Officer of the Division

SN/AN Christian Dominguez

### Squad Leaders – Sea Cadets

#### Alpha Squad

SL: SN/AN Josh Blazejewski  
Asst SL: TBD

#### Bravo Squad

SL: SA/AA Richard Hoepfl  
Asst SL: TBD

**THE PLAN OF THE MONTH CONTAINS BOTH OFFICIAL AND UNOFFICIAL INFORMATION.  
ALL HANDS ARE RESPONSIBLE FOR COMPLIANCE WITH THESE DIRECTIVES AND SCHEDULES.**

## P.O.M.

(Plan of the Month)

**09-10 March 2019**

**Naval Support Activity Philadelphia  
Philadelphia, Pa.**

Uniform of the Day:	Officers	Sea Cadets	League Cadets
<b>SATURDAY, 09 March 2019</b>	NWU	NWU	NWU
Optional	Alternate Uniform		
<b>SUNDAY, 10 March 2019</b>	NWU	NWU	NWU
Optional	Alternate Uniform		

Saturday 9 March 2019

TIME	SEA CADETS	LEAGUE CADETS	OFFICERS	TIME
0800	Report to NSA-P, Building 26 (REPORT IN NWUs)			0730
	Sea Bag Inspection/ Signed POM turned in/ Muster/ Admin Time/Submit Muster Report			0745
0845	<ul style="list-style-type: none"> <li>• Change to PT uniforms (AT GYM)</li> <li>• PRT (Gym and Track, weather permitting)</li> <li>• change into NWUs (AT GYM)</li> </ul>	Uniform issue for new cadets / exchange of outgrown uniforms		
1030	STEM training			
1130	Lunch (ALL CADETS MUST BRING THEIR OWN LUNCHES) includes cleanup		Lunch	1130
1245	BMR Introduction/Review (XO)		Uniform issue for new cadets / exchange of outgrown uniforms	
1400	Drill & Ceremony – Prepare for Unit Inspection			
1500	Field Day			1530
1545	Muster and Secure for the Day			1545

Sunday 10 March 2019

TIME	SEA CADETS	LEAGUE CADETS	OFFICERS	TIME
0800	Report to NSA-P, Building 26 (REPORT IN NWUs)			0730
	Sea Bag Inspection/ Signed POM turned in/ Muster/ Admin Time/Submit Muster Report			0745
0845	<ul style="list-style-type: none"> <li>• Change to PT uniforms (AT GYM)</li> <li>• Outdoors San Antonio Division Run (weather permitting) or Indoors Group Run and Obstacle Course</li> <li>• Basketball</li> <li>• change into NWUs (AT GYM)</li> </ul>	Uniform issue for new cadets / exchange of outgrown uniforms		
1030	STEM training		Unit Inspection	
1130	Lunch (ALL CADETS MUST BRING THEIR OWN LUNCHES) includes cleanup		Lunch	1130
1245	Rehearse for/Conduct In-ranks Unit Inspection Awards/Promotions		Unit Inspection	
1400				
1500	Field Day, Muster and Secure for the Day			

\*Schedule subject to change

**SEABAG CHECKLIST updated 9 JAN 2018 (new item added!)**

<b>ITEM</b>	<b>Present (check)/Not Present (blank)</b>
Clean Shave (MALE)	
Proper Hair Style (MALE/FEMALE)	
NWU Blouse	
NWU Pants	
NWU Cover OR Recruit Cap	
Unit T-Shirt	
Black or Navy Blue Shorts (Plain)	
Black or Navy Blue Fleece Pants (Plain)	
Black or Navy Blue Fleece Hoodie or Jacket	
Running Shoes or Sneakers	
Black Dress Shoes (Oxfords)	
White Crew Socks	
Black Crew Socks	
White Crewneck T-Shirts	
White Belt	
Black Belt	
Silver Buckle	
Dixie Cup	
Black Boots (8" or 9")	
(SUMMER- May 1 – Oct 1) Dress White Jumper and Trousers	
(WINTER – Oct 1 – May 1) Dress Blue Jumper and Trousers	
Neckerchief (Male)	
Neck Tab (Female)	
Shaving Kit (Male)	
Earrings (Female – OPTIONAL – 6 mm balls)	
Blue Jackets Manual	
Notebook	
Composition Book	
Pen and Pencil	
Silver Watch	
Nameplate	
Nametapes (USNSCC) sewn on uniforms	
<b>**NEW** “Thumb” or “Flash” drive for training material download</b>	

SIGNED BY PARENT/GUARDIAN: \_\_\_\_\_

SIGNED BY CADET: \_\_\_\_\_

**1-800-NAMETAPES**

USNSCC for Sea Cadets – Blue Digital Camo with SILVER Lettering:

- 2 Nametapes with LAST NAME only
- 2 Nametapes with USNSCC

**Nameplate:** LAST NAME ONLY

## Training Notes

**ALL CADETS AND PARENTS MUST READ AND SIGN THE  
LAST PAGE OF THE POM AND THE CADET MUST SUBMIT  
THE SIGNED PAGE ON THE SATURDAY OF EACH DRILL**

1. **\*\*\*PARENTS NOTES\*\*\*** – There have been recent updates by National Headquarters to have a photo copy of all cadets Health Insurance cards, and Immunization Shot records. Please get this information to me (LTJG White) ASAP!!! Also, please have your cadet bring with them a thumb drive (USB drive) so that we can download there BMR assignments. BMR's and correspondent courses are very important for the cadets promotions and advancements.
2. **\*\*\*RECRUTI TRAINING\*\*\*** – Dates to be determined for summer training.
3. **PHYSICAL READINESS TRAINING (PRT)** – Cadets **MUST** pass the PRT to be eligible for all National trainings! PRT will be scheduled for the September, December, March, April, May, and June drills. PT will be scheduled for all other drills. Any cadet who does not pass the PRT will be tested each subsequent month until he/she passes the requirements. The requirements are age specific and may be found on the Unit website.

Until all cadets can complete the PRT successfully, PT will be conducted both mornings of drill. To facilitate PT first thing in the morning, cadets must eat prior to 0630 in the morning and bring a snack to eat after PT.

All cadets must bring PT gear to every drill! Any cadet who does not bring PT gear to drill will perform PT in NWUs.

4. **CHOW** – All cadets must bring a packed lunch, including beverage.
5. **CANTEENS** – All cadets **MUST** bring canteens on belts to drill. There is water available for refills from the water fountain. No bottled water will be supplied to cadets. Canteens may be obtained from any army navy store. The canteen, cover, and belt must be olive drab or black. The Montgomeryville Army Navy Store gives Sea Cadets a 10% discount on items with ID Card. The Unit now has a limited number of canteens available for sale at \$12.00 apiece.
6. **CADET SEA BAG LIST FOR EACH DRILL** – All cadets are required to bring the following items with them each drill:

NWUs **and** Dress Uniform  
Notebook and black ball point pen  
PT gear (seasonally appropriate)

Marlinspike ropes (supplied by Unit)  
Canteen (full)  
Bluejacket's Manual

7. **UNIFORMS** –All Cadets must wear the Uniform of the Day unless it is being returned for size or condition. In this case, the cadet will wear the optional uniform and change to the Uniform of the Day as soon as possible. A watch is part of the regulation uniform. Earrings are to be worn only by females and must conform to the regulations in the USNSCC Uniform Manual. Any other devices in piercings, inappropriate clothing or head coverings worn at drill will be grounds for discipline. The latest Uniform Manual is in the parents section of the Unit website. Cadets are encouraged to download the portions applicable to their rate for easy reference.

All cadets will bring their dress uniforms to every drill to allow for Color Guard practice in full uniform.

All Cadets must enter and leave drill in uniform of the day. The **only** exception is when the Cadet is leaving to go to a job. When this occurs, the Cadet is expected to change from the Sea Cadet uniform to business casual attire or work uniform. **Any Cadet found leaving Drill in inappropriate attire will be required to return to spaces and put the Sea Cadet uniform back on to leave drill.**

8. **GROOMING CODE** – Sea Cadet regulations require proper haircuts and styles for all Cadets. If a Cadet arrives on the second day of drill with an inappropriate haircut/hairstyle or any Cadet refuses to adhere to the hair, makeup, or jewelry regulations, the Cadet will be sent home. If a Cadet is sent home due to improper grooming, the day will count as an unexcused absence. Please refer to grooming standards in the new Uniform Regulation for the grooming regulations.
9. **PHYSICAL TRAINING (PT) UNIFORMS** – Warm weather: Unit T-shirt, dark blue shorts or shorts with military logos, and sneakers. **Cold weather:** Dark blue sweatshirt and sweatpants, or sweatshirt and sweatpants with military logos with sneakers. **NOTE:** All PT gear should fit loosely to allow free movement during exercise.

LTJG Reginald McDonald  
Commanding Officer  
San Antonio (LPD-17) Division

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cadet's Signature: \_\_\_\_\_

Date: \_\_\_\_\_