



UNITED STATES NAVAL SEA CADET CORPS
VADM JAMES H. FLATLEY JR. DIVISION
PLAN OF THE MONTH
 "One Mission, One Team"

| STAFF | | | |
|------------------------------|-------------------|--------------------------|---------------|
| Commanding Officer: | LTJG Stephen Mann | Chief Petty Officer: | CPO S. Croy |
| | | Lead Petty Officer | LPO B. Gannon |
| Admin Officer: | INST VanBeek | Asst. Lead Petty Officer | |
| Awards / Advancement Officer | | Master at Arms: | SN S. Mann |

UNIT MOBILE PHONE: (920) 256-1091 OR (920) 493-3387

| Uniform of the Day: | |
|---|-------------------------------|
| 05 Nov: Utilities / PT Gear / Swim Gear (watch email for swim gear details) / Dress Blue | Staff: Civilian / Kaki |
| 06 Nov: Utilities / PT Gear | |
| Upcoming Drills: Jan 10: 23-24 Feb 10: 20-21 Mar 10: 20-21 Apr 10: 17-18 May 10: 15-16 Jun 10: 12-13 | |

Saturday, 05 December 2009
To be held at NOSC Green Bay

| Time | | NSCC | NLCC |
|------|------|--|------------------------------------|
| 0715 | 0730 | Muster in Classroom –General Orders Drawing. | >> |
| 0730 | 0800 | Briefing, Transportation Arrangements | >> |
| 0800 | 0830 | TM to Pool | |
| 0830 | 0900 | Pool Time -See Swim Quals for schedule | >> |
| 0900 | 1000 | Pool Time | >> |
| 1000 | 1130 | Pool Time | >> |
| 1130 | 1200 | TM to NOSC | >> |
| 1200 | 1300 | Chow, Subway. | >> |
| 1300 | 1400 | Uniform Supply Call be prepared. | NLCC Review |
| 1400 | 1500 | Presentation, Uniform Regs.ppt E-1 to E-2 | E-3 and above Color Guard Practice |
| 1500 | | Dismissed | >> |

Sunday, 06 December 2009
To be held at NOSC Green Bay

| | | | |
|------|------|--|-----------------------|
| 0715 | 0730 | Muster in Classroom Staff Meeting | >> |
| 0730 | 0800 | Uniform Inspection by Squad Leaders | >> |
| 0800 | 0900 | Marlin Spike –Splicing presentation & practice | NLCC Classroom |
| 0900 | 1000 | Squad Competition –Line Heaving | NLCC Quiz |
| 1000 | 1100 | Presentation -Ethics | |
| 1000 | 1100 | PT Test –Squad Competition | >> |
| 1100 | 1200 | CO, Ethics for Jr. Officers / Leadership | Presentation 30' Boat |
| 1200 | 1300 | Chow, at NOSC. | >> |
| 1300 | 1400 | Guest Speaker | NLCC Activity |
| 1430 | 1500 | Advancement & Awards Ceremony | >> |
| 1500 | | Dismissed | >> |

FOR OFFICIAL USE ONLY | The contents of the POM (Plan of the Month) are official and considered, as duly constituted orders. Squad Leaders will ensure that all cadets in their squad have received the POM and have passed all appropriate information to unit personnel. All hands are responsible for reading and adhering to the POM. **PARENTS NOTE:** Cadets are required to read the POM before Drill & present the POM to Parents/Guardians for their review & signature. Your cadet's success in the Sea Cadet program depends greatly on the parents/guardians support, interest, and participation in the UNITED STATES NAVAL SEA CADET PROGRAM

| | | | |
|--------------------------|--|---------------------------|--|
| Cadets Signature: | | Parents Signature: | |
|--------------------------|--|---------------------------|--|

***NOTES:**

- Check your ID for expiration date and get your fees in if they are due. You cannot participate with an expired ID.
- CPOA Meeting Saturday 12 December in Green Bay @ USCG Station Green Bay and Title Town Brewery. Cadets and Parents are welcome. Cadets needed to do a public presentation.



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All Hands,

THIS MONTH'S DRILL:

Please find the following files attached:

- 1) Plan of the Month (.pdf format)
- 2) Swim Qualifications.
- 3) Uniforms and Gear. Cadets, inventory all of your uniforms and fit them before Saturday's drill. We have very little time for this task. So prepare and bring a detailed list of what you need or may need action can be taken.

FUTURE DRILLS

- 1) Vist King Veterans Home
- 2) Leadership Course
- 3) Public Speaking for Cadets Exercise

LAST MONTH'S DRILL: Thank you to parents who supported last month's drill. Please note that our unit is experiencing a 'paradigm shift'. Our enrollment of cadets and active adult leaders/parents is demanding increased structure to insure the unit operates effectively. Thanks for your support and patience as we build this structure. Your comments and feedback will remain extremely important, so keep them coming.

Saturday: Partly sunny, with a high near 29.

Saturday Night: Partly cloudy, with a low around 22.

Sunday: Mostly sunny, with a high near 32.

Cadets: Questions / Concerns, use your Chain of Command.
Parents: Questions / Concerns, please reply.

v/r

LTJG Mann



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USNSCC SWIM QUALIFICATION STANDARDS

All cadets must become swim qualified in order to participate in Coast Guard training. A minimum of 3rd class qualification must be achieved each year with a qualification of 1st class exempting you from annual re-qualification. Each event will be explained and demonstrated before you are required to perform it. The standards for each class are as follows:

Swim Skills Assessment:

- Shallow Water Swim – 15 yards in water chest deep
- Deep Water Swim – 15 yards in water over the head
- Tread Water for 1 minute
- Prone Float for 1 minute

3rd Class

- Successful completion of Swim Skills Assessment
- Deep Water jump: Enter the water from a minimum height of 5 ft
- Prone float for 5 minutes
- 50 yard swim – demonstrating front crawl, breaststroke, backstroke, elementary backstroke
- Demonstrate Shirt and Trouser Inflation shallow water

2nd Class

- Successfully complete 3rd Class swim qualification
- Enter the water from a minimum height of 5 ft
- 5 minutes of prone float & 5 minutes back float
- 100 yard swim
 - 25 yards front crawl
 - 25 yards breaststroke
 - 25 yards backstroke
 - 25 yards elementary backstroke

1st Class

- Successfully complete 2nd Class swim qualification
- 100 yard swim
 - 25 yards front crawl
 - 25 yards breaststroke
 - 25 yards backstroke
 - 25 yards elementary backstroke
- 5 minutes of prone float & 5 minutes back float
- Enter water wearing trousers and remove them to use as a floatation device for 1 minute
- Swim 25 yards underwater coming up for air twice while simulating flaming oil removal. (note, you must come up for air two times)
- Optional: Swim 25 yards while carrying someone of equal or greater size
- Optional: Swim 220 yards utilizing any combination of the three survival strokes (breast, freestyle, side)