



# U.S. NAVAL SEA CADET CORPS



AMERICAN PRIDE SQUADRON  
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## PLAN OF THE DAY

The Plan of the Day is an official document of AMERICAN PRIDE SQUADRON. Its contents reflect current orders of the Commanding Officer and official unit announcements. All Flight 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.

### 25 SEP 2021

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**Location:** Lake Nona High School

**Drill Hours:** 0730-1400 Hours (Cadets must report aboard by 0730)

**Uniform of the Day:** **Officers/Midshipmen/Instructors:** Alternates, Khakis, or NWU  
**Cadets:** Arrive in PT Gear, Bring NWU

### DRILL ROUTINE

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0730-0745	Muster All Cadets	1000	Color Guard Training
0745-0755	Morning Quarters for Muster and Instruction	1100-1130	Chow
0755	First Call to Colors	1145-1230	Parade Marching/Close Order Drill
0800	Colors	1230-1315	Team Building Stations and Knot Tying
0810	PT	1315-1330	Clean up
0910	Change Uniform	1330	Afternoon Quarters for Promotions/Awards
0925	Uniform Inspection	1400	Dismissal

### NOTES

- Visitors** – We will have visitors observing APS. Your military bearing will be kept to the highest standards.
- Chow** – All Hands will bring their own chow. It will be kept indoors at room temperature. Bring brown bag lunch such as sandwich, fruit, chips, etc. Bring your canteens filled and we will have a water baby on site for refills. No outside food (e.g. Uber Eats, Door Dash, etc)

*Signed Copy on File*  
LTJG Keith Quiles, NSCC  
Commanding Officer