

U.S. NAVAL SEA CADET CORPS

Fort McHenry Division and TS  
Constellation



Plan of the Month

September 14<sup>th</sup> and 22<sup>nd</sup>

**FOR OFFICIAL USE ONLY.** The month's plan constitutes official orders and unofficial matters to report to and perform duties scheduled for all hands. All personnel are charged with knowledge of its contents. All orders contained herein shall be considered as being issued by the Commanding Officer.

<b>COMMANDING OFFICER</b> LTJG Alyssa Haley	<b>EXECUTIVE OFFICER</b> INST Claire Marie Filone	<b>OPERATION OFFICER</b> INST Liam Scully	<b>TRAINING OFFICER</b> AUX Kayleen Bantell
<b>ADMIN OFFICER</b> AUX Melissa Wagner	<b>SUPPLY OFFICER</b> INST Jeanie Abbey	<b>NLCC DIVISION OFFICER</b> AUX John Scully	<b>NSCC DIVISION OFFICER</b> AUX Crystal Johnson

**DRILL LOCATION**

**Saturday, September 14**  
**Navy Reserve Center (NRC)**  
**1201 Halsey Rd, Room 323**  
**Baltimore, MD 21230**

**Sunday, September 22**  
**Bainbridge Museum**  
**6 S Main St, Port Deposit, MD 21904**

**NEED ADULT VOLUNTEERS FOR CARPOOL TO AND FROM PORT DEPOSIT**

**UNIFORM OF THE DAY**

<b>OFFICERS, INSTRUCTORS</b>	<b>NWUs, PT Gear, Alternate Uniform</b>
<b>CADETS</b>	<b>September 14: Arrive in PT, change into NWUs - Dress whites for Color Guard Change of Command ceremony.</b> <b>September 22: Dress whites for Color Guard (bring NWU's to change) and NWUs for other cadets.</b>

<b>TIME</b>	<b>Saturday, September 14th, 2024 – NRC, Fort McHenry</b>	<b>Responsible Person</b>
<b>0945</b>	Drop-Off at NRC	All Cadets & Parents
<b>1000</b>	Muster [Review General Orders & Sea Cadet Oath]	LPO Vegad & ALPO Bantell

<b>1005</b>	To Ft McHenry for PRT	All Cadets & Division Officers
<b>1115</b>	Return and change	All Cadets
<b>1130</b>	Chow	All Cadets
<b>1200</b>	Drill (all cadets) and Color Guard Practice	Operations Officer & All Cadets
<b>1330</b>	Field Day, Debrief	Division Officers & LPOs
<b>1400</b>	Change of Command Ceremony – CO of Navy Reserve Center	Color Guard, All Cadets & Division Officers
<b>1600</b>	Dismissal	All Cadets & Parents

<b><u>TIME</u></b>	<b><u>Sunday, September 22<sup>nd</sup>, 2024 – Bainbridge Day Ceremony, Bainbridge Museum Fort Deposit, MD</u></b>	<b><u>Responsible Person</u></b>
<b>0745</b>	Drop-Off at NRC	All Cadets & Parents
<b>0800</b>	Drill (all cadets) and Color Guard Practice	Division Officers & All Cadets
<b>0900</b>	Head to Bainbridge Museum	All Cadets & Division Officers
<b>1000</b>	Arrival at Bainbridge Museum	All Cadets & Division Officers
<b>1030</b>	Chow	All Cadets
<b>1100</b>	Color Guard Practice and Set up for Ceremony	Division Officers & All Cadets
<b>1200</b>	Bainbridge Day Ceremony – Color Guard	Division Officers & All Cadets
<b>1245</b>	Head Back to NRC	Division Officers & All Cadets
<b>1400</b>	Dismissal	All Cadets & Parents

### **IMPORTANT NOTES**

- FUTURE DRILL CONFIRMED DATES (subject to change with limited notice):
  - 2024
    - **DRILL - October 19-20 required - possible makeup drill overnight event on SS John W. Brown “ghost ship” – haunted adventure where cadets can assist staff to be ghosts and ghouls to scare guests. Date and times TBD.**
    - **DRILL - November 16-17 required**
    - **DRILL - December 7-8 required**
  - 2025
    - **DRILL - January 11-12 required**
- The Fort McHenry Division website:
  - <https://ftmchenrydivtsconstellation.com/home>

## COMMANDING OFFICER ANNOUNCEMENT

Please make sure that you are completing your coursework on Quarterdeck. For promotions, you must have time in grade and have passed required courses!

### PARENT RESPONSIBILITIES

- Ensure the Cadets arrive and are picked up on time. Cadets cannot be left waiting on or around the premises more than 15 minutes after dismissal for safety reasons.
- ALL components of the cadet's uniform must be clean and attached as instructed.
- Cadets **MUST** have **CHOW** or appropriate snacks and **WATER** for ALL DRILLS. **NO CANDY OR SODA.**
- Any updated information on allergies, injuries, and medication must be given to the Medical Officer.

### CADET RESPONSIBILITIES

- Read the POM for changes. Arrive in the correct uniform as instructed. Bring all other gear for changing, this includes boots/sneakers.
- Ensure you have your **MANDATORY Recruit Orientation Booklet** at every drill
- Ensure you have **CHOW AND WATER.**
- Complete assigned coursework on Quarterdeck on a weekly basis to keep it manageable. Completion of coursework is mandatory for promotion.
- Exercise as instructed at least 15 minutes a day. See the chart below for requirements.
- Cadets **MUST** report to their section leaders regarding availability so it can be **NOTED** and the cadet can be **EXCUSED** for drill.

### ALL CADETS and OFFICERS:

- As always, it is your responsibility to read the POM and have your parent/guardian review it as well.
- ALL HANDS are responsible for the information contained in the Plan of the Month.

**LTJG Alyssa Haley**

**Commanding Officer - Training Ship Constellation and Fort McHenry Division**

## PRT REQUIREMENTS



# SEA CADETS

## CHOOSE ADVENTURE

Plank				
Female & Male				
Age	Level 2	Level 3	Level 4	Level 5
10	45 sec.	1:00	1:40	2:10
11	50 sec.	1:05	1:45	2:20
12	55 sec.	1:10	1:50	2:30
13	1:05	1:15	1:55	2:40
14	1:10	1:20	2:00	2:50
15	1:15	1:25	2:05	3:00
16	1:20	1:30	2:10	3:10
17/18	1:20	1:30	2:10	3:10

Push-Ups									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10*	7	9	13	20	10	10	12	14	22
11	6	7	11	19	11	11	14	15	27
12	4	5	10	20	12	11	15	18	31
13	6	7	11	21	13	13	20	24	39
14	6	7	10	20	14	16	20	24	40
15	9	10	15	20	15	22	25	30	42
16	9	10	12	24	16	24	25	30	44
17/18	9	10	16	25	17/18	28	30	37	53

1-Mile Run									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10	14:00	13:00	11:22	9:19	10	12:50	11:40	9:48	7:57
11	13:40	12:42	11:17	9:02	11	12:35	11:25	9:20	7:32
12	13:20	12:24	11:05	8:23	12	11:35	10:22	8:40	7:11
13	12:55	12:15	10:23	8:13	13	10:55	9:45	8:06	6:50
14	12:30	12:00	10:06	7:59	14	10:40	9:30	7:44	6:26
15	12:20	11:45	9:58	8:08	15	10:25	9:15	7:30	6:20
16	12:30	12:15	10:31	8:23	16	10:00	9:00	7:10	6:08
17/18	12:30	12:15	10:22	8:15	17/18	9:45	8:45	7:04	6:06