

U.S. NAVAL SEA CADET CORPS

**Fort McHenry Division and TS
Constellation**



Plan of the Month

December 7th and 8th

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.

COMMANDING OFFICER LT Alyssa Haley	EXECUTIVE OFFICER INST Claire Marie Filone	OPERATION OFFICER INST John Scully	NSSC DIVISION OFFICER AUX Crystal Johnson
NLCC DIVISION OFFICER AUX Ajoke Foresythe	ADMIN OFFICER INST Melissa Wagner	SUPPLY OFFICER INST Jeanie Abbey	TRAINING OFFICER AUX Kayleen Bantell
TRAINING OFFICER AUX Ailena Temples	TRAINING OFFICER AUX Sean Temples	YOUR NAME HERE (NEED ADULT VOLUNTEERS)	YOUR NAME HERE (NEED ADULT VOLUNTEERS)

DRILL LOCATION

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

HOLIDAY PARTY LOCATION

**Marine Corps League Baltimore Detachment
1426 E. Fort Avenue
Baltimore, MD 21230**

UNIFORM OF THE DAY

OFFICERS, INSTRUCTORS	NWUs, PT Gear, Alternate Uniform
CADETS	Saturday – Arrive in NWUs (Bring ironed neckerchiefs [if supplied] along with a dime for hands on tying demonstration). Change in PT Gear in the afternoon. Sunday - Arrive in PT, change into NWUs – Holiday Party *Parent or Doctors note needed to be excused from PT/PRT

TIME	Saturday December 7th, 2024 – NRC, Fort McHenry	Responsible Person
0745	Drop-Off at NRC	All Cadets & Parents
0800	Muster [Review General Orders & Sea Cadet Oath]	LPO Vegad & ALPO Bantell
0805	Knot Tying [Half-Hitch]	Parent Volunteers, All Cadets & Division Officers
0820	Drill with Dundalk High School ROTC Team led by Petty Officer James Banks	All Cadets & Division Officers
0930	Indoc Division: Finish lessons; NLCC/NSCC Divisions: Pearl Harbor Remembrance Day Discussion	All Cadets & Division Officers
1000	Lessons [bullying/hazing, fraternization, fair treatment & respect and cadet protections]	All Cadets & Division Officers
1030	Sea Cadets Neckerchief Lessons [Need dime and ironed neckerchiefs] and League Cadets [Oath and Anchors Aweigh]	All Cadets & Division Officers
1100	Chow	
1130	Guest Speaker – Richard Hosier (Former Air Force Cyber Systems Operator – White House Communications Agency)	All Cadets & Division Officers
1200	Lesson 16 - Communication Lesson and Games	All Cadets
1230	Change into PT	All Cadets & Division Officers
1245	To Ft. McHenry for PT	All Cadets & Division Officers
1330	Field Day, Debrief	Division Officers & LPOs
1400	Dismissal	All Cadets & Parents

TIME	Sunday, December 8th, 2024 - NRC Baltimore & Holiday Party (1426 E. Fort Avenue, Baltimore, MD 21230)	Responsible Person
0745	Drop-Off at NRC	All Cadets & Parents
0800	Muster [Review General Orders & Sea Cadet Oath]	LPO Vegad & ALPO Bantell
0805	Knot Tying [Becket (Sheet) Bend]	Parent Volunteers and All Cadets
0820	Workbook lessons [Personnel Qualifications – Seaman Recruit PQS (knowledge check)]	All Cadets & Division Officers
0900	To Ft. McHenry for PT	All Cadets & Division Officers
1000	Return and change	All Cadets

1015	Warrior Toughness Training [HMCS Henderson]	Division Officers & All Cadets
1130	Field Day	Division Officers & LPOs
1145	Walk to Holiday Party	Division Officers & All Cadets
1200	Holiday Party & Awards Ceremony	Parents, Division Officers & All Cadets
1400	Dismissal	All Cadets & Parents

IMPORTANT NOTES

- FUTURE DRILL CONFIRMED DATES (subject to change with limited notice):
 - 2024
 - **Wreaths Across America December 14 @ 1045 required**
 - 2025
 - **DRILL - January 11-12 required**
 - **DRILL - February 1-2 or 22-23 required**
 - **DRILL - March 15-16 required**
 - **DRILL - April 12-13 required**
 - **DRILL - May 17-18 required**
 - **DRILL - June 21-22 required**
 - **DRILL - July 12-13 required**
 - **DRILL - August 2-3 or 16-17 required**
 - **DRILL - September 13-14 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.

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.

LT 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