U.S. NAVAL SEA CADET CORPS

LT MICHAEL MURPHY DIVISION 03-5
50 WEST AVE, WEST SAYVILLE NY 11796
WWW.LMMDSEACADETS.COM

PLAN OF THE MONTH

The Plan of the Month is an official document of the LT Michael Murphy Division and Training. Its contents reflect current orders of the Commanding Officer and official unit announcements. All Division personnel are responsible for reading and understanding the information contained herein. Parents and guardians of Cadets are encouraged to read the Plan of the Month and to make notes of meeting days and special announcements that may affect personal schedules.

NOVEMBER 2026

LT Nora Atcosta
COMMANDING OFFICER
n.atcosta@seacadets.org

LCDR Gary Vertichio
PUBLIC AFFAIRS OFFICER
lmmdofficervertichio@gmail.com

LTJG Kevin Imparato
EXECUTIVE OFFICER
kimparato@seacadets.org

CPO Sean Hogan
CHIEF PETTY OFFICER
schogan84@gmail.com

PO1 Viggo Collins
LEAD PETTY OFFICER
viggo.collins@icloud.com

CPO Christopher Lindsay
CHIEF PETTY OFFICER
christopherwlindsay@gmail.com

PO2 Luke Kreuscher
ASSISTANT LEAD PETTY OFFICER
lukescottkr@gmail.com

Drill Dates:	Saturday 14 NOV 26	Sunday 15 NOV 26	
Drill Hours:	14 NOV 26 – 0730 – 1330 Hours (Cadets must report aboard by 0745) SEA CADET FACILITY		
	15 NOV 26 – 0730 – 1330 Hours (Cadets must report aboard by 0745) SEA CADET FACILITY		
Uniform of the Day:	14 NOV 26	Officers/Staff:	Report in Type III's/Bring PT Gear& Dress Blues
		Cadets/Recruits:	Report in Type III's/Bring PT Gear & Dress Blues
	15 NOV 26	Officers/Staff:	Report in Dress Blues/Bring Type III's & PT Gear
		Cadets/Recruits:	Report in Dress Blues/Bring Type III's & PT Gear

SATURDAY 14 NOV 26 – UOD: Type III's
0730 – Staff/Leadership Reports Sea Cadet Training Facility
0745 – Division Reports Sea Cadet Training Facility
0800 – Muster – Morning Formation/Colors @ Flagpole
0805 – Recite Sea Cadet Oath/Sailors Creed
0815 – CO/XO Briefing /Attendance / Uniform Inspection
0830 – Dress Blue – Hanger Inspection
0900 – Uniforms – Patches – Ribbons
0930 – Change into PT Gear
0945 – PT/PRT's
1045 – Change into Type III's
1100 – CHOW - BAGGED LUNCH & HYDRATION
1130 – Color Guard Practice
1300 – Review 11 General Orders
1315 – Clean up
1330 – Evening Formation (Dismissal at C.O.s Discretion)

SUNDAY 15 NOV 26 – UOD: Dress Blues
0730 – Staff/Leadership Reports Sea Cadet Training Facility
0745 – Division Reports Sea Cadet Training Facility
0800 – Muster – Morning Formation/Colors @ Flagpole
0805 – Recite Sea Cadet Oath/Sailors Creed
0815 – CO/XO Briefing / Attendance
0830 – Dress Uniform Inspection
0900 – Change into PT Gear
0915 – PT/PRT
1000 – Change into Type III's
1015 – Detail to inventory uniforms
1015 – Drill and Ceremonies
1100 – Review Slack, Quarterdeck, Polaris, Winter Trainings
1130 – CHOW - BAGGED LUNCH & HYDRATION
1200 – Detail to inventory uniforms
1200 – Mil Drill
1230 – GMT
1315 – Clean Up
1330 – Evening Formation (Dismissal at C.O.s Discretion)

NOTES

1. **ATTENDANCE** – USNSCC Regulations state that you must attend 75% of all scheduled drills. If you do not meet this minimum standard, you will be administratively warned. If you continue to fail to meet minimum attendance standards, you will be discharged from the NSCC/NLCC. To report excused absences, please complete form on our website. To arrange for makeup of missed drill at Theodore Roosevelt Division fill out makeup drill request form on our website. Once received you will be given orders for date, time and location of drill.

2. **MEDICAL EXAM/PHYSICAL**- DUE ANNUALLY – Please be aware of when your physical is due and visit https://www.lmmdseacadets.com/usnscc-forms (NSCADM001 page 5 & 6) This must be filled out by your physician and submitted to staff at drill.

3. **COURSEWORK** – All assignments will now be done on Polaris through Quarterdeck. Visit our website https://www.lmmdseacadets.com/polaris for help.

4. **PROMOTIONS/AWARDS**– Cadets ready to take next promotion exam should contact LMMD34info@gmail.com. For ribbon/award request please visit https://www.lmmdseacadets.com/awards and complete form. Keep track of your community service and color/honor guard detail for your own records.

5. **INCREASE YOUR KNOWLEDGE** - Find out everything you wanted to know about the U. S. Naval Sea Cadet Corps on the NSCC Online Portal: http://homeport.seacadets.org

6. **ENROLLMENT FEES** - The cost of re-enrollment is $200.00 for both NSCC and NLCC. If you are coming up on your re-enrollment day please visit our websitehttps://www.lmmdseacadets.com/renew-membership

7. **REPORT CARDS** – Do not forget to submit a copy of your report card to LMMD34info@gmail.com for possible awards of the Academic Achievement Ribbon. The award of this ribbon has been extended to NLCC Cadet as well. Report cards are due at the end of each school year.

8. **DIXIE COVER CARE** – Always must be **WHITE!** Please take the time to soak it in warm water and Oxi Clean. Place over a bowl for drying and to keep shape. NO BLEACH!

9. **SITUATIONAL AWARENESS** – Watch the weather. PT Gear chosen accordingly (sweats/shorts).

10. **CHOW** – All cadets are required to bring a bagged lunch and hydration system. Cadets are **NOT** permitted to leave the grounds at any time or have CHOW delivered via Uber Eats, Door Dash, etc.

11. **BASIC HYGIENE** – Cadets, be aware of your personal hygiene. As a courtesy to your shipmates, bring baby wipes, deodorant or body spray to clean up after PT.

12. **GROOMING STANDARDS** – Male's hair will be neat, clean and present a well-groomed appearance. Females' hairstyles and haircuts shall present a professional and balanced appearance. (see Chap 2. Grooming Standards; Section 1 & 2)

PARENTS ARE REQUIRED TO PICK UP AND DROP OFF AT THE DRILL LOCATIONS
SATURDAY 14 NOV 26 - Sea Cadet Training Facility @ 50 West Ave, West Sayville
SUNDAY 15 NOV 26 - Sea Cadet Training Facility @ 50 West Ave, West Sayville

Let us continue to "LEAD THE FIGHT"

Drill and Ceremonies:

Explain and demonstrate proper execution of the following drill positions: Attention, At Ease, Parade Rest, Fall In, Fall Out, Dress Right Cover/Uncover.

Correctly demonstrate the following facing movements: Left Face, Right Face, and About Face.

From the position of attention, demonstrate a proper hand salute.

Demonstrate the proper process of accepting an award (when told to report while in formation), requesting to fall into formation, and reporting to an adult volunteer in an office/space.

Demonstrate the proper process of crossing a quarterdeck (coming aboard and going ashore).