



# U.S. NAVAL SEA CADET CORPS

LT MICHAEL MURPHY DIVISION 03-4  
88 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 note of meeting days and special announcements that may affect personal schedules.

## MAY 2022

LTJG Nora Atcosta  
EXECUTIVE OFFICER  
[noraatcosta@gmail.com](mailto:noraatcosta@gmail.com)

LT Gary Vertichio  
COMMANDING OFFICER  
[lmmdofficervertichio@gmail.com](mailto:lmmdofficervertichio@gmail.com)

Ensign Thomas Russo  
TRAINING OFFICER  
[russo4921@optonline.net](mailto:russo4921@optonline.net)

CPO Roarke Tosi  
CHIEF PETTY OFFICER  
[Roarketosi@gmail.com](mailto:Roarketosi@gmail.com)

Ensign Danielle Russo  
ADMINISTRATIVE OFFICER  
[russo782001@optonline.net](mailto:russo782001@optonline.net)

CPO Anthony Russo  
CHIEF PETTY OFFICER  
[ajrusso2004@optonline.net](mailto:ajrusso2004@optonline.net)

PO2 Myla Atcosta  
ALPHA COMPANY COMMANDER  
[lmmdcadetatcosta@gmail.com](mailto:lmmdcadetatcosta@gmail.com)

PO2 Brian Acerno  
LEAD PETTY OFFICER  
[bacerno25@gmail.com](mailto:bacerno25@gmail.com)

PO1 Michael Cancellieri  
BRAVO COMPANY COMMANDER  
[lmmdcadetcancellieri@gmail.com](mailto:lmmdcadetcancellieri@gmail.com)

PO1 Eian Crean  
COLOR GUARD COMMANDER  
[eiancrean72@gmail.com](mailto:eiancrean72@gmail.com)

Drill Dates:	Saturday 14 MAY 22 & Sunday 15 MAY 22		
Drill Hours:	Saturday 0745-1330 Hours (Cadets must report aboard by 0800) <b>SCPD Firearms Training Center</b>		
	Sunday 0730-1500 Hours (Cadets must report aboard by 0745) <b>Long Island Maritime Museum</b>		
Uniform of the Day:	14 MAY 22	Officers/Staff:	Report in Type 3's/Bring Rain Gear
		Cadets/Recruits:	Report in TYPE 3's/Bring Rain Gear
	15 MAY 22	Officers/Staff:	Report in TYPE 3's/Bring PTU
		Cadets/Recruits:	Report in TYPE 3's/Bring PTU

### DRILL ROUTINE

#### SATURDAY 14 MAY 22

0745 – Staff/Squad Leaders report to RANGE  
0800 – Cadets report to RANGE  
0815 – Attendance - CO/XO Briefing  
0830 – ENS Tom Russo Safety Briefing  
0900 – Marksmanship Training Begins  
1200 – CHOW  
1230 – Marksmanship Training Resumes  
1345 – Clean Grounds  
1400 – Evening Formation (Dismissal at C.O.s Discretion)  
**\*Bring Sunscreen, Bug Spray & Rain Gear**

#### SUNDAY 15 MAY 22

0730 – Staff/Squad Leaders report to The L IMM  
0745 – Cadets report to The L IMM  
0800 – Morning Colors/Attendance  
0810 – Uniform Inspection/Parent Meeting  
0830 – Change into PTUs  
0900 – Physical Readiness Competition  
1000 – Change into UOD  
1030 – Resume Activities  
1210 – CHOW  
1300 – Resume Activities  
1430 – Clean Grounds  
1500 – Evening Formation (Dismissal at C.O.s Discretion)

---

1. ATTENDANCE – USNSCC Regulations state that you must attend 75% of all scheduled drills. That is four (4) of six (6) drills per quarter. 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 IS 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 n]be filled out by your physician and submitted at drill.

3. COURSEWORK – All assignments will now be done on Polaris through Quarterdeck. NO MORE PAPER SUBMISSIONS.

4. PROMOTIONS/AWARDS – Cadets ready to take next promotion exam should contact [lmmdattendance@gmail.com](mailto:lmmdattendance@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 date, please submit payment online @ <https://www.lmmdseacadets.com/renew-membership>

7. REPORT CARDS – Do not forget to submit a copy of your report card to [lmmdreportcard@gmail.com](mailto:lmmdreportcard@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 OxyClean. 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 anytime 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)

**Saturday 14 MAY 22 drill will be held at Suffolk County Police Department Firearms Training Center 110 Old Country Road Westhampton (DROP OFF/PICK UP @ THIS LOCATION)  
Make sure to bring plenty of hydration, sunscreen, bug spray and rain gear.**

**Sunday 15 MAY 22 drill will be held at The Long Island Maritime Museum 86 West Ave, West Sayville (DROP OFF/PICK UP @ THIS LOCATION)**

**\*\*\*\*\*Our next orientation will be in August \*\*\*\*\***

**SITUATIONAL AWARENESS – Watch the weather! If needed bring Black Gloves, Black Earmuffs, Black Watch Cap and wear UnderArmour or Thermals under your uniform to stay warm.**

**2022 TENTATIVE DRILL DATES: JUN 11/12, JUL 9/10**

Let us continue to “LEAD THE FIGHT”