



U.S. NAVAL SEA CADET CORPS

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

OCTOBER 2024

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

LCDR Gary Vertichio
COMMANDING OFFICER
lmmdofficervertichio@gmail.com

LTJG Kevin Imparato
DIVISION OFFICER
kimparato@seacadets.org

MIDN Roarke Tosi
STAFF
roarketosi@gmail.com

ENS Nore Gutierrez
SUPPLY OFFICER
nore1lovecrew@aol.com

AUX Cory Atcosta
STAFF
lmmdcadetatcostac@gmail.com

PO1 Liam Gutierrez
LEAD PETTY OFFICER
preachermanliam@gmail.com

PO2 Sean Hogan
COLOR GUARD COMMANDER
schogan84@gmail.com

PO2 Tyler Nedos
ASSISTANT LEAD PETTY OFFICER
tynedos33@yahoo.com

PO2 Sean Hogan
ALPHA COMPANY COMMANDER
schogan84@gmail.com

PO3 Christopher Lindsay
BRAVO COMPANY COMMANDER
christopherwindsay@gmail.com

PO2 Kate Gironda
CHARLIE COMPANY COMMANDER
kategironda14@gmail.com

Drill Dates: Saturday 12 OCT 24 Sunday 13 OCT 24

Drill Hours: 12 OCT 24 - 0730-1330 Hours (Cadets must report aboard by 0745) **Sea Cadet Training Facility**
13 OCT 24 - 1400-2100 Hours (Cadets must report aboard by 1400) **Sea Cadet Training Facility**

Uniform of the Day: 12 OCT 24 Officers/Staff: Report in TYPE 3'S/Bring PT Gear
Cadets/Recruits: Report in TYPE 3'S/Bring PT Gear
13 OCT 24 Officers/Staff: Report in Dress Blues/Bring TYPE 3'S/PT Gear
Cadets/Recruits: Report in Dress Blues/Bring TYPE 3'S/PT Gear

SATURDAY 12 OCT 24 – UOD: Type 3's
0730 – Staff/Leadership Reports **Sea Cadet Training Facility**
0745 – Division Reports **Sea Cadet Training Facility**
0800 – Muster – Morning Formation/Colors
0815 – CO/XO Briefing /Attendance /Uniform Inspection
0830 – Classroom Time - COC - Customs & Courtesies
0900 – Hand out Fliers to Community Members
0930 – Clean up Beach
1015 – Change into PT Gear
1030 – PRT's/PT
1145 – Change into Type III's
1200 – CHOW - **BAGGED LUNCH & HYDRATION**
1230 – Practice Ceremony
1300 – New Photos for ID Cards
1315 – Clean up
1330 – Evening Formation (Dismissal at C.O.s Discretion)

SUNDAY 13 OCT 24 – UOD: Dress Blues
1400 – Staff/Leadership Reports **Sea Cadet Training Facility**
1405 – Muster – Morning Formation/Colors
1410 – CO/XO Briefing / Attendance/ Uniform Inspection
1415 – Prepare for Ceremony
1430 – Ceremony Begins
1500 – Light Refreshments
1530 – Cadets change into TYPE 3's
1545 – Classroom Time "Safety Lecture" w/DIVO
1600 – CHOW (pizza provided) – **Bring Hydration**
1630 – Set up obstacles for TEAM NIGHT (Interview Shadows)
1830 – Training Begins
2000 – Clean Up
2100 – Evening Formation (Dismissal at C.O.s Discretion)
BRING GARBAGE BAG FOR WET CLOTHS

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 website <https://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)

NOVEMBER DRILL 9TH & 10TH – DRILL MASTER
NOVEMBER 11TH – VETERANS DAY – MARCH TO SPARROW PARK
DECEMBER DRILL 14TH & 15TH – HOLIDAY PARTY

SWIM AT PATCHOGUE YMCA MONDAY AND THURSDAY FROM 7-8PM

Let us continue to “LEAD THE FIGHT”