



Commanding Officer  
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# U.S. NAVAL SEA CADET CORPS

F.D. ROOSEVELT SQUADRON and T.S. ROOSEVELT  
NAVAL AIR STATION JACKSONVILLE  
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Executive Officer  
(Vacant)

## FDR PLAN OF THE DAY

The Plan of the Day is an official document of F.D. Roosevelt Squadron and Training Ship Roosevelt. Its contents reflect current orders of the Commanding Officer and official unit announcements. All Squadron personnel are responsible for reading and understanding the information contained herein. Parents and guardians of Cadets are encouraged to read the Plan of the Day and to make note of meeting days and special announcements that may affect personal schedules.

LCPO: CPO K. Bonzo  
LPO: PO1 G. Dollar

# 12-Apr-25

### Uniform of the Day

Officers: Working Uniform  
Auxiliary: Alternate Working  
CPO: PTUs/Type 3s  
Cadets: PTUs/Type 3s

### ALL CADETS ARRIVE IN PHYSICAL TRAINING UNIFORM

Drill Hours: 0845 -1500

0830	<b>*FDR Leadership Muster</b>	1140	Chow
0845	Quarterdeck Opens	1230	Part 2 - 14 Leadership Traits and Ethic
0900	Muster Formation (Roll Call)	1330	Squadron Small Groups Training
0905	Colors	1420	Unit Clean Up
0910	Swim Qual / PRT	1445	Squadron Awards and Ceremony
1015	Change Out (Type 3)	1500	Dismissal
1030	Medical Training (INST Platt)		
	Operations Training (INST Arbolaez)		

### Cadets:

For those cadets that are due to promote to PO3 or PO2 over the summer, Unit boards will be held in May 2025 AT THE LATEST. Course work and exam has to be completed prior to requesting a board. Requests are made via email to the CO. Please remember to copy another adult on the email.

### **Drill Notes:**

**Cadets: The Squadron will be conducting a PRT for those that still require to pass their PRT for Summer Training, Training Ship will be conducting a Swim Qual.**

**Cadets:** Bring personal hydration and your Sea Cadet ID's.

**Cadets:** Any cadet not in proper grooming standards or is missing uniform items will be ordered into PT Gear. This applies the moment you report to the unit and to all rates. The Squadron also expects you to bring ALL items ordered in the Seabag list as well.

**Parents:** Please ensure your cadet is hydrated, eats good meal the night prior, sleep well, has a small breakfast or snack, and applies sunscreen prior to attending drill.

**Unit Review Boards for Cadet will be conducted please study your respective study guides, bring your dress whites, and self evaluation write up: AN Casto. Failure to bring dress whites will be an auto fail.**

### **Appearance/Uniform of the Day (UOD)**

- All cadets will report in UOD and note any additional uniform changes for the drill - BRING ALL ITEMS FROM YOUR UNIFORM TO DRILL. Do not wait until the morning of drill to assemble your seabag.
- Cadets need to try on all issued uniform items before drill. If something needs to be replaced or swapped out, please put that item in the seabag and inform your FDR staff cadets or complete a supply request
- Grooming Standards: Males must have proper haircuts and clean-shaven face. Females-proper hair style, hair color. No unnatural hair color. Cadets without regulation haircuts, will be given a "free" haircut.

**Attendance is Mandatory** - You must attend 75% of all scheduled drills to remain a member of this unit.

Valid reasons include illness, school/family/church obligations. You MUST submit a Leave of Absence form (found on website) to be excused. Absences regardless of reason, counts against the unit.

**General Knowledge** – Sea Cadets Rates and Ranks, US Navy Rates and Ranks, 11 General Orders, Sea Cadet Oath, Sea Cadet Oath, and Chain of Command [All information can be found in Cadet Drill Assignments]

## **Sea Bag List**

- **Sea Cadet ID:** If your ID has expired, or you have not received your ID card, info the cadet command
- **Boot/Shoe Shining Kit;** Recommended Kit: Black Shoe Polish, Shine Brush, and White-Tee Shirt. Please research "Shoe Shine Kit" for general options or cadets can reach out to their staff cadets.
- Maintenance Kit: [Males] Shaving cream, razors, and hair maintenance product and [Females] Bobby Pins/Clips, hair maintenance product, and gel.
- **Bring personal chow** [no refrigeration/microwave accommodation available]
- ALL CADETS ARRIVE INPTU(with white socks), and Sea Cadet ID card in hand.
- Extra Set of PT Gear: NSCC PT Shirt or Yellow Shirt (if cadet did not buy additional PT Shirt), NSCCPT Shorts or Navy Blue Shorts (if cadet did not buy additional PT Shorts), Underwear, and White Socks
- Towel [recommending a beach-sized towel] [TSR ONLY]
- Small bag [Small bag will be used to wet clothes for conclusion of Swim Quals, [TSR ONLY]
- Shower Shoes [Flip Flops / Open Toe Shoes] [TSR ONLY]
- Bring whole seabag and all elements of the NWU Type III
- Swim Wear: Males Swimming Trunks and Females One Piece Swimsuits [TSR ONLY]

**Authorized swim wear for MALES is plain Blue/Navy Blue/Black swim trunks OR PT Gear.**

**Authorized swim wear for FEMALES is plain Blue/Navy Blue/Black ONE PIECE AND PT Gear.**

**Females have the option to conduct swim evolution in a one piece OR PT Gear with one piece underneath. Failure to comply with guidance may disqualify cadet from Swim Qual at the discretion of the Training Officer**