



DEPARTMENT OF THE NAVY
NAVAL JUNIOR RESERVE OFFICERS TRAINING CORPS
SENECA VALLEY HIGH SCHOOL
19401 CRYSTAL ROCK DRIVE
GERMANTOWN, MARYLAND 20874



Plan of the Week

24-30 March 2025

ALL HANDS ARE RESPONSIBLE FOR THE CONTENTS OF THE PLAN OF THE WEEK.

SNSI: LCDR Hernandez USN, Ret

NSI: SCPO Hill USN, Ret

COMMANDING OFFICER: C/LCDR Heisman

EXECUTIVE OFFICER: C/LT Cabrita

COMMAND SENIOR CHIEF: C/SCPO Jean-Baptiste

UNIFORM OF THE DAY: Navy Service Uniform

Webpage URL: <http://www.montgomeryschoolsmd.org/schools/senecavalleyhs/njrotc/njrotc.aspx>

Input to the POW is due in the POW box no later than Tuesday at 1500 a week prior, unless authorized by SNSI, NSI, CO, XO, or PAO

WORD OF THE WEEK: Scuttle - Round, watertight opening in a hatch. To sink a vessel deliberately.

- MONDAY:** 24 March Drill Day
0715-0730 POW Meeting CIC: C/LT Cabrita
1455-1615 Staff Interviews CIC: C/LCDR Heisman
- TUESDAY:** 25 March Academic Day
1455-1530 Physical Fitness Test CIC: C/ENS Aleman
1500-1700 Staff Interviews CIC: C/LCDR Heisman
- WEDNESDAY** 26 March Uniform Inspection Day
0715-0730 Staff and team commanders meeting CIC: C/LCDR Heisman
1500-1700 Staff Interviews CIC: C/LCDR Heisman
- THURSDAY:** 27 March Academic Day
1500-1630 Staff Interviews CIC: C/LCDR Heisman
- FRIDAY:** 28 March PT Day
1500-1615 Staff Interviews CIC: C/LCDR Heisman
- SATURDAY:** 29 March Study
- SUNDAY:** 30 March Rope yarn rest

NOTE: (1) Be on time for your interview
(2) If you are participating in the PFT, sign up first, and **BRING A PARTNER** on test day.

UPCOMING EVENTS:

- 04 Apr 2025-26 Staff recommendations due to NSI/SNSI CIC: C/LCDR Heisman
05 Apr Lions Club Opening Ceremony at Holiday Inn Color Guard CIC: C/ENS Moraes
09 Apr Unit Formation ALL HANDS CIC: C/LCDR Heisman
05 May Annual Awards and Change of Command ceremony ALL HANDS CIC: C/LCDR Heisman
18 May Massing of Colors at Ft. Meade Color Guard CIC: C/ENS Moraes
30 May Seneca Valley Graduation at UMBC Color Guard & Honor Guard CIC: C/ENS Moraes
30 May Damascus Graduation at DHS Color Guard CIC: C/ENS Moraes
05 June Northwest Graduation at UMBC Color Guard & Honor Guard CIC: C/ENS Moraes

S. Cabrita
C/LT Cabrita (XO)