

		November		December				
		25-Nov	2-Dec	9-Dec	16-Dec	23-Dec	30-Dec	
Training Program								
Phase 1								
Period	1	1900-1930hrs	M103.01	Mess Dinner	M121.03	Drill Night	MX05.01	Stand Down
			Identify the Responsibilities of a Follower in a Team	Mess Dinner	Coil and Heave a Line	Drill Night	Participate in Physical Activities	No Training
			CPO2 Brunet (CV Proux)	All Hands	CPO2 Miller & Lt(N) Bremner	All CPO2s	All Hands	
			Deck / Side of Building	The Ship	Ship	Ship/Lower Legion	TBD	
	2	1930-2000hrs	C123.02	Mess Dinner	M121.03	Drill Night	MX05.01	Stand Down
			Recite the Phonetic Alphabet	Mess Dinner	Coil and Heave a Line	Drill Night	Participate in Physical Activities	No Training
			CPO2 Brunet (CV Proux)	All Hands	CPO2 Miller & Lt(N) Bremner	All CPO2s	All Hands	
			Deck / Side of Building	The Ship	Ship	Ship/Lower Legion	TBD	
	3	2015-2045hrs	Corps Drill	Corps Drill	Corps Drill	Corps Drill	MX05.01	Stand Down
Corps Drill			Corps Drill	Corps Drill	Corps Drill	Participate in Physical Activities	No Training	
All Hands			All Hands	All Hands	All CPO2s	All Hands		
		Deck	The Ship	Ship	Ship	TBD		
Phase 2								
Period	1	1900-1930hrs	M223.02	Mess Dinner	M221.03	Drill Night	MX05.01	Stand Down
			Identify the Watch System	Mess Dinner	Reeve a Block	Drill Night	Participate in Physical Activities	No Training
			PO1 Lavinge (Lt(N) Griffin)	All Hands	PO1 Garroway, K (CV Magolan)	All CPO2s	All Hands	
			Deck	The Ship	Lower Legion	Ship/Lower Legion	TBD	
	2	1930-2000hrs	M223.02	Mess Dinner	M221.03	Drill Night	MX05.01	Stand Down
			Identify the Watch System	Mess Dinner	Reeve a Block	Drill Night	Participate in Physical Activities	No Training
			PO1 Lavinge (Lt(N) Griffin)	All Hands	PO1 Garroway, K (CV Magolan)	All CPO2s	All Hands	
			Deck	The Ship	Lower Legion	Ship/Lower Legion	TBD	
	3	2015-2045hrs	Corps Drill	Corps Drill	Corps Drill	Corps Drill	MX05.01	Stand Down
Corps Drill			Corps Drill	Corps Drill	Corps Drill	Participate in Physical Activities	No Training	
All Hands			All Hands	All Hands	All CPO2s	All Hands		
		The Ship	The Ship	Ship	Ship	TBD		
Phase 3								
Period	1	1900-1930hrs	M309.01	Mess Dinner	M323.01	Drill Night	MX05.01	Stand Down
			Explain Principles of Instruction	Mess Dinner	Perform Corps Duties	Drill Night	Participate in Physical Activities	No Training
			Lt(N) Bremner + CV Ferreirinha	All Hands	PO1 Lavigne (Capt King)	All CPO2s	All Hands	
			Lower Legion	The Ship	Upper Legion	Ship/Lower Legion	TBD	
	2	1930-2000hrs	M309.01	Mess Dinner	M323.01	Drill Night	MX05.01	Stand Down
			Explain Principles of Instruction	Mess Dinner	Perform Corps Duties	Drill Night	Participate in Physical Activities	No Training
			Lt(N) Bremner + CV Ferreirinha	All Hands	PO1 Lavigne (Capt King)	All CPO2s	All Hands	
			Lower Legion	The Ship	Upper Legion	Ship	TBD	
	3	2015-2045hrs	Corps Drill	Corps Drill	Corps Drill	Corps Drill	MX05.01	Stand Down
Corps Drill			Corps Drill	Corps Drill	Corps Drill	Participate in Physical Activities	No Training	
All Hands			All Hands	All Hands	All CPO2s	All Hands		
		The Ship	The Ship	Ship	Ship	TBD		
Phase 4								
Period	1	1900-1930hrs	M408.04	Mess Dinner	M408.03	Drill Night	MX05.01	Stand Down
			Inspect a Cadet on Parade	Mess Dinner	Command a Squad	Drill Night	Participate in Physical Activities	No Training
			CPO2 Mehta (CV Lavigne)	All Hands	CPO2 Rainville (CV Lavigne)	All CPO2s	All Hands	
			Legion	The Ship	Deck	Ship/Lower Legion	TBD	
	2	1930-2000hrs	M408.04	Mess Dinner	M408.03	Drill Night	MX05.01	Stand Down
			Inspect a Cadet on Parade	Mess Dinner	Command a Squad	Drill Night	Participate in Physical Activities	No Training
			CPO2 Mehta (CV Lavigne)	All Hands	CPO2 Rainville (CV Lavigne)	All CPO2s	All Hands	
			Legion	The Ship	Deck	Ship/Lower Legion	TBD	
	3	2015-2045hrs	Corps Drill	Corps Drill	Corps Drill	Corps Drill	MX05.01	Stand Down
Corps Drill			Corps Drill	Corps Drill	Corps Drill	Participate in Physical Activities	No Training	
All Hands			All Hands	All Hands	All CPO2s	All Hands		
		The Ship	The Ship	Ship	Ship	TBD		
DRESS	Cadets:	C5	C1	C5	C5	Civ — Swim	N/A	
	CAF:	NECU	No1	NECU	NECU	Civ — Swim	N/A	
Planning Notes (Example):			CD's & Mess Dinner	Command a squad should be co-taught between CPO2 Rainville & CV Lavigne	All CPO2 will plan a review night of drill broken by skill/phase and will assign senior cadets to teach. Period 3 will be a drill competition, one for Phase 1/2, one for Phase 3/4, CV Lavigne & Lt(N) Bremner will have one for PO1s and above	Swim Night	Christmas Stand Down	