



OMS STUDENT SCHEDULE

Mondays: Day off snow

Arrive at OMS: 11:45 am

Please eat lunch prior to arriving at school

1st period: 11:55 – 12:42 pm

2nd period: 12:45 – 1:32 pm

3rd period: 1:35 – 2:22 pm

4th period: 2:25 – 3:12 pm

5th period: 3:15 – 4:02 pm

6th period: 4:05 – 4:52 pm

7th period: 4:55 – 5:42 pm

Pick up at OMS: 5:45 pm

Conditioning Periods:

Period 1: Grades 5-6 Girls

Period 2: Grades 7-8 Girls

Period 3: Grades 8-9 Boys

Period 4: Grades 5-7 Boys

Period 5: Grades 10-11 Boys

Period 6: Grade 12/PG Boys

Period 7: Grades 9-12/PG Girls



OMS STUDENT SCHEDULE

Tuesday - Friday

Drop-off at Okemo: 8:15 am

Meet at the base of AB quads

Athletes should be dressed and ready for on-snow warmup

Load lift: 8:30 am

Morning Athletics: 8:30 am – 11:40 am

Buses depart for OMS: 11:50 am

Lunch at OMS: 12:00 pm – 12:27 pm

1st period: 12:30 – 1:12 pm

2nd period: 1:15 – 1:57 pm

3rd period: 2:00 – 2:42 pm

4th period: 2:45 – 3:27 pm

5th period: 3:30 – 4:12 pm

6th period: 4:15 – 4:57 pm

7th period: 5:00 – 5:42 pm

Pick up at OMS: 5:45 pm

Conditioning Periods:

Period 1: Grades 5-6 Girls

Period 2: Grades 7-8 Girls

Period 3: Grades 8-9 Boys

Period 4: Grades 5-7 Boys

Period 5: Grades 10-11 Boys

Period 6: Grade 12/PG Boys

Period 7: Grades 9-12/PG Girls



OMS STUDENT SCHEDULE

Tuesday - Friday (1 day a week): Full on snow day

Drop-off at Okemo: 8:15 am

Meet at the base of AB quads

Athletes should be dressed and ready for on-snow warmup

Load lift: 8:30 am

AM Training: 8:30 am – 11:45 am

Lunch on the mountain: 11:50 am – 12:25 pm

PM Training: 12:30 pm - 2:30 pm

2:45 pm – Students will be transported back to OMS for video review, sports education, tuning, and trampoline.

Pick up at OMS: 4:30 pm

Groupings:

Tuesday: U18 Men

Wednesday: All U14s & U16 Men

Thursday: U16/18 Women & Snowboard

Friday: U12s & Freeski