

A Look Inside OKEMO MOUNTAIN SCHOOL



OMS

OKEMO MOUNTAIN SCHOOL

**OKEMO
MOUNTAIN RESORT**

**OMS
OKEMO MOUNTAIN SCHOOL**



WHAT IS

Okemo Mountain School?

Okemo Mountain School is a winter sports academy that challenges and supports motivated student-athletes to grow into successful individuals. OMS offers training in competitive alpine ski racing, freestyle skiing, and snowboarding.

Okemo Mountain Resort is the on-hill training facility for the program and the academic building and fitness facility is located at 53 Main Street in Ludlow, VT. Okemo Mountain School is an independent school approved by the Vermont State Board of Education.



H O W D O I

G E T I N T O

Okemo Mountain School?

Admission to OMS is gained through an application process. Student-athletes are selected for admission to OMS based on various criteria.

These include, but are not limited to, academic performance, athletic performance, recommendations, and extra-curricular activities. In addition, the ability to balance a demanding physical training program with a rigorous academic schedule and the desire to become a better competitor are necessary qualities for each applicant to possess.

2024-2025 TERM OPTIONS

Full Term

September 3 - June 6

Winter Term *or* Winter Term-Training Only

November 4 - April 4



Target Term A

December 2 - March 14

Target Term B

January 6 - April 4



Target Term C

January 6 - March 14



Tuesday-Friday



Daily Schedule

8:15 am

Arrive at Okemo for on hill warm up and on-snow training

11:50 am

Return to OMS for lunch

12:30 -

5:42 PM ACADEMIC/CONDITIONING PERIODS

Six academic periods & 1 Strength & Conditioning period

5:45 PM

Pick up @ OMS



Daily Schedule *Winter Term Schedule*

Continued

Mondays: Student-athletes have Monday mornings off, therefore, they have a slightly longer academic day with classes beginning at 11:55am.

Long Day On Snow: Once a week, student-athletes have a longer training day and no academics. They train from 8:30am-2:30pm. Athletes are then transported from the hill to OMS to participate in video review, sports education, tuning, and trampoline work until 4:30pm.



Fall & Spring Full Term Schedule

Daily Schedule

8:30 am Arrive at OMS

8:40 am Period 1

9:30 am Period 2

10:20 am Period 3

11:10 am Period 4

12:00 pm Lunch

12:30pm Period 5

Six academic periods &

1:20 pm Period 6

1 Strength & Conditioning period

2:10 pm Period 7

3:00 pm Dismissal



HOW ARE
ACADEMICS

CONDUCTED AT

Okemo Mountain School?



Okemo Mountain School offers a small, personalized program for those student-athletes looking to learn with us for the full school year. As with all that we do at OMS, individualized academic attention is a mainstay. Academic course offerings are currently focused on 7th-12th grade in mathematics, science, social studies, civics, language arts, foreign language, and visual arts. With the help of our Dean of Academics, student-athletes will select courses from the OMS curriculum, which utilizes Oak Meadow materials in many subject areas. Academic content is rigorous and meant to challenge each student-athlete to learn and grow, achieving their personal best.

For the Winter Term, Okemo Mountain School facilitates each student's individual curriculum from his or her sending school. Our goal is to ensure that our students return to their sending schools in sync with their classmates, having covered all of the same material in the same manner. Typically, our students even return ahead in their coursework, and with a deeper understanding of the course content covered. To achieve this goal of seamless transitions between OMS and sending schools, all of our students' curriculum plans are completely individualized. Furthermore, students enjoy a low faculty-to-student ratio of one to two.

We facilitate a wide range of courses, including AP and college prep courses, foreign languages, and visual arts. OMS' faculty is comprised of many unique individuals who return to OMS year after year because of their passion and joy in educating OMS students. All of our faculty have a wealth of knowledge and teaching experience that will instill a love of learning in your student.



OVERVIEW

Alpine Ski Racing Program

The Okemo Mountain School Alpine program is designed to help any alpine athlete achieve his or her athletic goals. With a close coach-to-athlete ratio, OMS supports U12 USSA racers up to FIS level skiers.

Through the use of progressive developmentally based training, OMS skiers build their skiing with a foundation in fundamentals and a philosophy that concentrates on teaching all aspects of great ski racing: technique, tactics, physical conditioning, the mental game of training and racing, equipment tuning, and time management.

Alpine ski racing student-athletes spend their mornings training on the slopes of Okemo Mountain, which generously provides multiple training venues and exceptional opportunities. They can be found freeskiing the mountain to work on drills and fundamentals or training gates on a variety of trails. Wardance is our dedicated alpine training facility at Okemo. Okemo also provides us with space on Chief for speed training or other trails to meet specific training goals.



OVERVIEW

Snowboarding Program

OMS snowboard athletes are immersed fully in the many different aspects of snowboarding to help develop knowledge, appreciation, and passion for the sport. The snowboard student-athletes can be found freeriding at Okemo Mountain or in one of its many mountain terrain parks. However, most often they are found taking lap after lap in the halfpipe or terrain park (both serviced by a T-Bar for quick turnaround) - with design input directly from our athletes and coaching staff here at the school.

On snow training focuses on improving the athlete's fundamental riding ability, as well as on natural terrain riding, terrain park riding, and the halfpipe. Athletes will learn edging, stance, and proper posture, as these are the fundamental skills that are the essential foundation of riding. We expect that when a snowboard athlete leaves OMS, he/she will be versatile and can rip ALL types of terrain.

We strongly encourage all OMS snowboarders to compete while here at school. There are many opportunities to compete including the USASA Southern Vermont Series, where they have the option of competing in slopestyle, halfpipe, boardercross, and GS & SL. This is a sanctioned event series where athletes from surrounding mountains compete in GS/SL, slopestyle, pipe, and BX in hope of making USASA Nationals in Copper, CO. When an athlete matures competitively and becomes more advanced, competing in USSA Rev Tours and Grand Prix's are also a possibility. Some of our most experienced compete in USSA Toyota Rev Tour events, US Open Junior Jam, and Last Call at Loon.



OVERVIEW

Freeski Program

Okemo Mountain School empowers athletes to explore all aspects of freeskiing - halfpipe, slopestyle, and ski cross. Athletes pursue USASA and US Ski and Snowboard competitions from entry level to elite.

Our freeskiing student-athletes can be found skiing on the mountain or in one of the many mountain terrain parks. However, most often they are found taking lap after lap in the halfpipe or terrain park, which features an advanced slopestyle influenced competition course and training ground—with design input directly from our athletes and coaching staff here at the school.

Athletes spend an average of six days a week on the hill, skiing all morning with our full time coaching staff. The athletes also participate in strength and conditioning and utilize our on-campus in ground trampoline. This unique experience allows athletes to maximize their potential on the hill.

The program competes in all aspects of USSS and USASA competition series as well as Ski the East Freeride tour.

HOW TO APPLY TO OMS



PRIORITY DEADLINE - APRIL 1ST

Applicants must complete the following and forward the necessary information to the Admissions Committee:

\$100 non-refundable application fee for New Students

\$50 non-refundable fee for Returning Students

Sending School Acknowledgement Letter

Current school transcript including most recent academic quarter

Three letters of reference (one from a coach, one from a teacher, and one guidance counselor or personal reference)

Competition results

Three essays (essay questions listed under More Information)

CONTACT US!

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IMPORTANT LINKS

How to Apply.

Program Overview

Frequently Asked Questions