



Omar Frometa, Jr.

Associate

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Omar is an Associate in the firm's Litigation and Government Affairs Practice Groups, practicing out of the firm's Portland headquarters.

Omar provides strategic and comprehensive counsel to clients across a wide range of litigation matters, including drafting legal documents, conducting legal analysis, gathering evidence and expert testimony, and supporting preparation for board hearings and trial.

Omar brings a strong foundation of legal and government experience. Prior to joining Preti Flaherty he was a legal intern with the Suffolk County District Attorney's Crime Strategies Bureau. He also served as Director of Communications for a state senator and Deputy-Director of Communications for the Massachusetts State Treasury. During law school, he was a Competition Advocate for the Suffolk University National Trial Team and a Goodwin Trial Advocacy Competition semi-finalist.

Outside of his legal work, Omar is an avid baseball fan, a poet, and a proud first-generation, Latino, college graduate.

Services

- [Litigation](#)

Admissions

- Maine
- U.S. District Court, District of Maine

Education

- Suffolk University Law School (J.D., *Accelerated Evening Division*, 2024)
 - Trial and Appellate Advocacy Concentration, with Distinction
 - National Trial Team Competition Advocate
 - Goodwin Competition Semi-Finalist
- Middlebury College (B.A., 2021)
 - Political Science
 - English & American Literature
 - Honors Poetry Thesis – "Blue-Sewn Hope"

Professional Activities

- National Trial Team Assistant Coach, Suffolk University Law School

Honors & Recognition

- American Bar Association Legal Opportunities Scholar
- Hispanic Scholarship Fund Scholar