

HORNBECK OFFSHORE SERVICES INC /LA
 Form 3
 February 16, 2006

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
 Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Cook John S		(Month/Day/Year)	HORNBECK OFFSHORE SERVICES INC /LA [HOS]	
(Last)	(First)	02/14/2006	4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
103 NORTHPARK BOULEVARD,Â SUITE 300			(Check all applicable)	
(Street)			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
COVINGTON,Â LAÂ 70433			<input checked="" type="checkbox"/> Officer	<input type="checkbox"/> Other
(City)	(State)	(Zip)	(give title below)	(specify below)
			Vice President and CIO	6. Individual or Joint/Group Filing(Check Applicable Line)
				<input checked="" type="checkbox"/> Form filed by One Reporting Person
				<input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	50	I	By UGMA custodian for children
Common Stock	363	D	Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of	5. Ownership Form of Derivative	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivative Security	Security: Direct (D) or Indirect (I) (Instr. 5)	
Stock Option (right to buy)	05/28/2003 ⁽¹⁾	05/28/2012	Common Stock	12,000	\$ 6.63	D	Â
Stock Option (right to buy)	03/13/2004 ⁽²⁾	03/13/2013	Common Stock	3,600	\$ 11.2	D	Â
Stock Option (right to buy)	02/17/2005 ⁽³⁾	02/17/2014	Common Stock	8,000	\$ 13.83	D	Â
Stock Option (right to buy)	02/22/2006 ⁽⁴⁾	02/22/2015	Common Stock	12,000	\$ 23.1	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Cook John S 103 NORTHPARK BOULEVARD SUITE 300 COVINGTON, LA 70433	Â	Â	Â Vice President and CIO	Â

Signatures

/s/ Paul M. Ordogne, as poa for John S. Cook 02/16/2006

__Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The option provides for vesting in four equal annual installments commencing on 5/28/2003.
- (2) The option provides for vesting in three equal annual installments commencing on 3/13/2004.
- (3) The option provides for vesting in three equal annual installments commencing on 2/17/2005.
- (4) The option provides for vesting in three equal annual installments commencing on 2/22/2006.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.