



# LERT Newsletter

August 2019

## LERT Families (EMSC & SMBA),

EMSC Parents and Athletes,

We hope everyone has had a fantastic summer and enjoying the final few weeks prior to the kids returning to school. EMSC is looking forward to an amazing 2019-20 season, in which program registration and **Early Bird Pricing** is now open. We are happy to announce several new programs for the coming season, along with additional options for increased training and skills development. Please feel free to email our office, or staff with any questions on program options, or registration.



## EMSC News

Through the hard work of our Board of Directors and staff, we are excited to have the support and resources to provide outstanding coaching and leadership for EMSC athletes throughout the various programs. Lead Alpine Staff, Mary Rachel Hostetter, Joonas Rasanen, Lex Bennett and Eric Vogel will oversee the training and progression of

## Freeride/Freestyle Team News

The big topic for all programs right now is dry land and that is no different for the EMSC Free Team. We have dry land training starting just around the corner! **The EMSC Free Team will be starting at Progrech on Tuesday, September 3<sup>rd</sup> and Wednesday, September 4<sup>th</sup>.** It is always a good

## SMBA News

Well it is hard to believe that summer has wrapped up. We had a great group of riders that joined us for the summer and had a ton of fun riding! With all the fun that was had over summer it is time to turn our gaze to the fall of riding. We have some great fall offerings to partake in.

## Junior Revolution Enduro

athletes, along with the contributions of several new coaches and staff members. Looking ahead to the new season, we will have one of the strongest alpine staff models of any program, from U8-U19!

Training is always a top priority. This season, EMSC athletes will have the opportunity to take advantage of outstanding training with the addition of Bonanza training arena/ Through the fantastic support of Eldora, we have extended the upper portion of Bonanza (trail beside Chute) to Summer road, to provide additional GS and SL training. This will provide up to 3 ADDITIONAL training lanes for our weekend athletes and may also be utilized for afternoon/evening training.

In addition to the outstanding coaching and increased training lanes, EMSC is working toward several key fundraising initiatives to further upgrade and expand our current night lighting system on Chute (and Bonanza!). Members will see additional information coming out this month on ways to support this project which goes directly to benefit ALL the athletes with world class training, and lighting!

Funding for such projects will require additional support from our membership, Alumni, partners and sponsors in the community. **Our collective goal is to effectively light both CHUTE and Bonanza, to provide a world class training arena that provides athletes the opportunity to train after school during the week.**

Finally, I'd like to welcome aboard our newest staff member, Rachel Celesta, who will be working as our Assistant Office Manager, and bringing much needed support to the 24/7 workload that Trish has masterfully handled over the years. Together, Rachel and Trish will provide key membership support, staff assistance, and leadership with our ever-growing programs.

***Make the commitment now that will pay off later!***

idea to do some preseason conditioning and strength building before hitting the slopes. The stronger the athlete, the better they perform, and less likelihood to endure any injuries.

Registration is now open! The LERT Team has been working long hours to get registration ready and the site updated! We have early bird prices until Oct. 1, so make sure you get in there and get your athlete registered!



For Questions please contact:  
Lex Bennett  
Freeride/Freestyle Program  
Director  
[lex@lertprograms.com](mailto:lex@lertprograms.com)  
720-364-3641

### **FUNDRAISING NEWS**

Fundraising and sponsorship are critical elements to the overall success of LERT, further providing support for programming, coaching, equipment, operations, training, consistent fees.

We have solidified a space and date for our **2019 Sample Sale!** We will be hosting our largest fundraising event on **September 27-28**. We will be sending out sign-ups soon for volunteers and will need all the help we can get!

We are also planning our Colder in Boulder Season Kick-off Party and Silent Auction for October. Any donations of items for the silent auction or as door prizes are welcome and greatly appreciated!

On Sunday, September 15, the Revolution Enduro Series in conjunction with Crested Butte Devo will be hosting a junior only enduro race at Hartman Rocks in Gunnison. This is a great opportunity for our riders as there are categories for riders from age 8 to 17. For more information on the races, please visit the organizer website at: <https://crestedbuttedevo.com/event/scott-enduro-cup-4/>. If we have at least 5 riders that are interested in going, SMBA will organize a trip down for the weekend. If you are interested in joining SMBA at the race, please let us know at [femmer@lertprograms.com](mailto:femmer@lertprograms.com). The race entry fee is \$100 until September 1, and then it goes up to \$125. The cost for the SMBA trip will be split amongst the riders that go and will be approximately \$220.

### **Fall Registration**

Summer has officially wrapped up with our last week of camps just finishing and fall is just around the corner. If you haven't signed up yet for our fall rides, there is still time! Riding in the fall is some of the best and most beautiful riding of the whole year!

There have been 2 small changes to the fall rides due to school related scheduling. The Nederland afterschool rides are now from 3:30pm to 6pm to match the new release time at the elementary school. In Boulder, all the after-school rides will now be on Monday and Wednesday. The grade 8-12 ride will be changing from Tuesday/Thursday to Monday/Wednesday to allow our older riders to do ride both with their high school team, as well as, with SMBA.

We still have some space in the following programs:

**Grade 2-7 Weekday Part-time** – Monday and Wednesday – 4:15PM-6:45PM at the SMBA Office  
**Grade 8-12 Weekday Part-time** – Monday and Wednesday – 4:15PM-6:45PM at the SMBA Office





## Communication / Admin News / Membership

As we strive to serve our membership and broader community, the LERT Board of Directors is in the process of forming and activating a "Membership Committee" that will be focused on YOU - our membership. We will work to improve communication and planning. We will also focus on recruiting and retention. The committee will additionally work to develop a mentorship program so as new families join the club, or families move within our club (e.g. YSL to Age Class or EMSC to SMBA), we will support them with advice and guidance from families who have followed that same path. We all know these changes can be exciting but confusing. As most of you are aware the club is investing in the best coaches available to help push our athletes to the next level. We understand that while coaches will provide the absolute best environment for the athletes on snow and on bikes, the club is working to step up to ensure that we provide the best environment for the entire family. Please feel free to reach out with any suggestion you feel would better the member experience for our club. We work for you!

**As communication / lists are often tied into our registration systems, if members elect to "opt out" of club news (example: fundraisers), they will then no longer receive updates on behalf of LERT for either EMSC or SMBA programming.** Should you have questions, please contact our office directly to ensure you are receiving the most up to date, recent information from our organization and staff.

### Give Back!

Please also remember to connect your King Soopers

Dry land has officially started for EMSC U-16 on Aug. 5<sup>th</sup> and we are coming up quickly on dry land for U-14 on Aug. 19<sup>th</sup>!

**Dryland.** In the world of skiing that's what we refer to it as, though, in any other sport throughout the world, the word dryland is known as off/pre-season training. Despite the different wording, it remains the most important part of sport, including skiing, as it gives us the fundamental physical and mental foundation for the moment, we hit snow in late-October. Dryland varies for different age groups in terms of the number of days and the actual activities that take place based on [U.S. Ski and Snowboard's recommendations](#).

At the U-14 level, athletes are just beginning to incorporate dryland into their routine and are encouraged to partake in 3-5 sessions of activity per week, whereas a U-16 and U-19 athlete make dryland a more integral part of the sport, incorporating 4-6 sessions a week and 5-7 sessions a week, respectively. It's incredibly important that athletes partake in a dryland program, as each program builds strength, flexibility, body awareness, balance, hand/eye coordination, endurance, quickness, power, teamwork, grit, proper nutrition, hydration, mental strength, and so many other skills that are needed to be a successful athlete, especially a ski racer.

We offer an incredible dryland program at EMSC and we always encourage athletes to participate in other sports throughout the Fall, as most sports have great cross-training exercises that offer immense skills to transfer over! At EMSC, we spend two days a week at the Athletic Training Center working primarily on

**Grade 2-12 Weekend Part-time** – Sunday – 10AM-4PM at the SMBA Office

**Grade 2-12 Full-time** – Sunday – 10AM-4PM and Monday & Wednesday – 4:15PM-6:45PM at the SMBA Office

Check out the website for registration details and the full time and part time offerings!

**To Register for Boulder Fall Team** - <https://smba.lertprograms.com/product/smba-teams/>

**To Register for Nederland Fall Team**- <https://smba.lertprograms.com/product/nederland-team/>

### SMBA Ride Photo Galleries

Ever wonder what a day in SMBA looks like out on the trail? This year our coaches have been working on getting pictures during the day, out on the rides. Head over the new photo gallery to check out some of the action from our rides!

The galleries are located here: [2019 SMBA Photo Galleries](#)



### Pre-Season Ski Racing Fit Day

All Alpine Ski racers are invited to attend Tin Shed Sports 'Race Fit Day' **Saturday, September 21<sup>st</sup> from 1-5 PM.** Representatives and gear experts from all the major ski brands will be present to help you select and order the best equipment to suit your needs for the upcoming season.

**Product will be available at discounted prices!** This is a one-

our overall functional strength and another two-three days a week at various places throughout Boulder. We incorporate strength and endurance circuits, balance exercises, games, beautiful hikes, time trials, the EMSC Olympic Games (more to come on that soon), rollerblading, running, hill sprints, stair workouts, and so much more! By committing yourself to dryland in the Fall, you're setting yourself up for the best success come ski season, as prepared physical and mental wellbeing are where athletes see an immediate pay off on the hill. See you this Fall!

### Jr Race

School is back in session and EMSC Jr Race is in full swing! Registration is open with new programs available; coaching is being finalized and I am pushing hard to finalize our race schedule and will send that out to you ASAP. Our Goal for this season is to continue to be the best YSL program in Colorado and maintain our podium positions at Winter Park during the 2019-20 Head Rebels YSL Championships!!!!

If you have questions regarding programming, equipment or schedules please go direct with me [eric@lertprograms.com](mailto:eric@lertprograms.com) or feel free to shoot me a call at 720-308-1427.

account to our organization to continue the support! 5% of all your purchases go back to the club.

Click link below to Login or Create an account. Use KS card # or your alternate ID, usually your phone #.

Once your account is created, go to Savings & Rewards, click on King Soopers Community Rewards.

In the search field enter our name, Lake Eldora Race Team Association or JX838 and click on enroll.

**It's that easy!**



A big thanks to all our sponsors! Please stay tuned for NEW sponsorship section on our next Newsletter!

time event; do not miss out on the best race gear at the best prices available!

Skis – Boots – Race Suits – Helmets – backpacks – Ski Tuning equipment – Wax – Goggles – Gloves – Shin Guards – Arm Guards – Poles & Pole Guards

**\*HEAD\*ROSSIGNOL\*POC\*SMITH\*  
\*HOLMENKOL\*SVST\*MARKER\*LOOK\*  
\*DALBELLO\*TYROLLIA\*ATOMIC\***

One day only: Saturday, September 21<sup>st</sup> from 1-5 PM. Located at: Tin Shed 112 E. 2<sup>nd</sup> St., Nederland, CO 80466



### Save the Date

Please take a moment to mark your calendars with key events coming up this Fall.

**August 19 - Alpine Dryland Starts - Information to follow**

**September 3 – EMSC Free Dry Land Starts**

**September 20 - EMSC Club Picnic  
5:00 PM-8:00 PM**

**September 21 - Eldora Service Day –  
9:00 AM-12:00 PM & Tin Shed Fit Day  
Nederland 1:00 PM-4:00 PM**

**September 27-28 - EMSC Sample Sale**

## Lake Eldora Race Team Association

Mailing Address:  
1750-1 30<sup>th</sup> Ste. #431  
Boulder, CO 80301

[info@lertprograms.com](mailto:info@lertprograms.com)

(303) 447-8014

Physical Address:  
194 Taft Dr.  
Boulder, CO 80301

<https://lertprograms.com/>