



LERT Newsletter

January 2020

LERT Families (EMSC & SMBA),

January has been a tremendous month for our alpine programs across the levels. We've successfully held several key events from a USASA Carve race on Chute, to the YSL, SYNC and NCAA races on LaBelle. We have welcomed World Cup athletes competing on the collegiate NCAA circuit to Eldora and with the help of EMSC conducted some of the best races of the season at our home mountain. Most recently on Chute, Ted Ligety had the opportunity to go head to head with the best skiers from around the globe and see firsthand the outstanding training venue our young aspiring athletes train on at Eldora.



EMSC News

The World Pro Ski Tour further reinforced the tremendous teamwork provided on behalf of the many departments at Eldora and the ski racing industry as a whole. The organizing committee, along with athletes from around the world, not only complimented Eldora and EMSC for their teamwork, outstanding attitudes, but their commitment to the sport and hosting amazing races, as well. Ted Ligety met with athletes and happily shared words of wisdom, along with Olympian Billy Kidd, on what it takes to be successful across all levels in winter sports. Eldora, along with EMSC, demonstrated we

Freeride/Freestyle Team News

It has already been an amazing season for the Freeride/Freestyle crew and the Devo-All Mountain kids. With a handful of competitions under our belt and quite the busy schedule ahead we have been staying active and getting new terrain under our feet.

Our Copper trip on January 20 was nothing short of epic! With 12 riders we tore up the mountain. There were unlimited smiles and laughter filled the air, there were some tears shed, we all broke a

SMBA News

With 2020 being in full swing, it can only mean one thing, another great year of SMBA is just around the corner! We have another year of great traditional offerings, as well as some new and exciting offerings coming up. The registration for the 2020 season is open, so stop by the website and see what is coming!

SMBA Adventure Trips

This year SMBA will again be offering our Moab Spring Break trip and our Crested Butte Adventure trips. For anyone that hasn't gotten to go on one of these, they are great way to go

clearly have the best training venue and resources for our athletes to achieve their future goals!

This season, Eldora and EMSC successfully launched the NEW Bonanza Training Arena. This project was a collaboration among EMSC staff and General Manager, Brent Tregaskis, to further reinforce a sustainable training venue model for our growing programs.

From the SYNC races to weekend training, we've successfully added THREE additional training lanes for our athletes. The terrain promotes active movement, clean arcs, and an environment for speed and development. Kudos to Eldora staff (patrol, who helped clear the trees, along with management) to support the additional training lanes and closures on weekends for our athletes. In addition to Bonanza, we've also benefitted from extended closures on LaBelle for additional training, working alongside our valued partner, the CU Ski Team.

Our Alpine Carve, Freestyle and Big Mountain Programs continue to exceed our expectations with growth, participation at races, results, and with our amazing dedicated staff, who were all recently featured in SKI Magazine!

We are seeing record numbers of athletes competing across the various sports, and this month will be cheering on athlete Catharine Darrow as she competes at the World Juniors in Austria for Big Mountain Snowboarding – the REAL DEAL!!!! Catherine and her family are a model example of working hard, putting in the time, fundraising, and following your dreams! Catharine had an impressive amount of fundraising to accomplish in order to participate at this event, and we fully appreciate her hard work, and the additional coaching and support from Rachel Celesta with EMSC (and, Office Assistant!).

Thanks again to all our volunteers who assisted with our various fundraisers, and most recently, races at Eldora. Without the tremendous help from our volunteers, we couldn't host races at Eldora, or create the valued support across the programs for our athletes.

sweat on a beautiful hike to the top of the world, and there were some serious diggers! There were at least half a dozen unintended flips! We all survived the day and the crazy traffic back too!

We welcomed our newest coach to the team, Ross Carney. Ross has 20 years of snowboarding experience not just as a competitive athlete but coaching as well! We are psyched to have him!

Now we are looking down the pipeline of some big events, including the Rocky Mountain Freeride Series Big Mountain competition at Steamboat January 25-26 and the USASA Skier/Boardercross competition at Ski Cooper January 31-February 2.

We are so excited to have 12 athletes competing at the Steamboat Big Mountain competition including 5 U12 athletes. These are unprecedented numbers! Four out of our five U12 athletes will be competing for their first time ever in Big Mountain! This is very exciting, and we will see some podium spots! We even have an entire crew of snowboarders coming out to show their skills in big mountain riding!

Our big team trip is coming up quickly! This will be an amazing trip with 20 athletes and 7 coaches packed in vans, gear and all, heading to Ski Cooper for the Skier/boardercross. We have a big house we will all cram into for an amazing 3 days of competition, freeride, new experiences, and a ton of FUN! Last year was nothing short of ridiculous in all the best ways...except maybe the window?!

It's also very exciting to announce that our Jr Coaching program is going swimmingly! We have 3 snowboard and 3 ski Jr Coaches that have been taking initiative. We have been logging some solid hours in Jr Coach training learning all the ins and outs of being a proficient coach. Congrats to Alex McKenzie

explore some of the best mountain biking areas there are. In addition to these two trips, we are going to be offering couple of new Mini-adventure trips. These are going to be some long weekend type trips, going to some areas that we don't always get to explore, Curt Gowdy/Vedauwoo in Wyoming, Fruita/Grand Junction, and Buffalo Creek! Be sure to keep an eye on the registration website for more details soon!

The first adventure trip of 2020 is the Moab Spring Break Trip. This trip to Moab is coming up on March 23rd through the 27th! This is a super fun week of camping and riding bikes in the desert to kick off the 2020 mountain bike season. Come check out the amazing riding this area has to offer like Slickrock Trail, Porcupine Rim, Amasa Back, and more! **Early bird pricing ends February 28, so sign up soon!**

In late April, the 17th through the 20th, we will be offering our first mini-adventure trip. We will take advantage of the long weekend for BVSD and head out to Fruita to camp and explore the trails in the Fruita/Grand Junction area. This should be a great time of year to explore this area and be a fun trip!



SMBA Spring Team Programming

The Spring Team session starts on Sunday March 29 for Boulder, and Monday April 13 for Nederland. Join us for weekend Sunday rides, weekday afterschool rides, or both! This year the Boulder afterschool rides have changed days and grades 2-7 will ride on Tuesday and Thursday afternoons while grades 8-12 will ride on Monday and Wednesday. Sundays are open to grades 2-12. **Early bird pricing for Boulder and Nederland ends February 28.**

Our Jr. Race Program continues to set the bar at an all-time high, and our goal of retention from this program into our Core Programs (Devo, freestyle, core, carve and more) builds the pipeline for success.

We are entering into the busiest part of our alpine competition calendar season with qualifiers and championships. We wish all our athletes the best as they work towards their goals.

Core

Happy New Year from the Core coaches! Our Core groups were and have been hard at work with a holiday camp at Eldora over Winter Break where we trained Super-G and Slalom. All age groups have now started their race seasons and so far we've had some fantastic results and are seeing drastic improvements in our skiing! We're looking forward to the World Pro Ski Tour this weekend where athletes will get a chance to meet Ted Ligety and then we're all off and away for Championship qualifiers. Looking forward to a great 2020!



Jr Race

Parents, athletes, and Coaches,

Congrats on a TERRIFIC first race of the season!!! The skiing by our group showed in the results of the day. Now that we have our first race in the books hopefully athletes see why we train and want to improve their skiing. Our sport is about progress and preparation.

Progress: Continuing to learn about the interaction of our body with our equipment to create different turn shapes. The fundamentals are the building blocks of becoming a skier who is able to use their body and equipment to make the fastest/cleanest

and Riley Monahan for being chosen to tag along to the Steamboat trip as Jr Coaches. These two riders have shown that they are ready for the responsibility and Coach Ian and Coach Lex are happy to have them assist!

Overall, the season has been nothing short of fantastic. We have had our bumps in the road, but the Freeride crew never backs down from a Challenge!

Please reach out with any questions and always read your emails!

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, and consistent fees.

We have had some amazing 2019 Summer/Fall fundraising events. From the community yard sale, the Sample Sale, to the Colder in Boulder event, we have had a successful season. Please continue to support the club by joining us at all our events.

Supporting our partners!

We would like to give a big shoutout to our sponsor Brighton Ford! Not only have they supported us by attending all our events for the last couple years, but also by becoming an official sponsor of our club! We are happy to announce that they are

SMBA High School League Prep

This is a brand-new opportunity this year for riders who are new to mountain biking but are planning on joining their high school mountain bike teams in the fall. Beginning in July and running for 7 weeks, SMBA will be offering a High School League Prep program. This program will be specifically designed to help riders who are new to the sport and the high school league work on all the skills they need to make sure they enjoy the sport and have the skills to be successful. Rides will meet once a week at various trailheads or parks and work on developing base skills, everything from fixing mechanicals and flats on course, to line selection and riding through technical trails!

SMBA Racing

This year SMBA race trips are going to be open for all team members grades 5 and up. These will be fun opportunities to try racing and see what it is all about. We will have races offerings of all types, cross country, downhill, and endure. In addition to our regular race trips, US Mountain Bike Nationals is once again in Winter Park from July 7-12. Due to this cool event being in our back yard, the second summer team session will not start up until July 13 in order to give athletes and coaches a chance to go watch, cheer, and race at this great event! Stay tuned for more details on offerings for all the races!

SMBA Team and Camp Offerings

In addition to the new items and updates, we will have all the usual great offerings. The Spring Session will have both the Boulder and Nederland team rides as well as our Dirt Riders program. The Summer Session will have so much to offer. There will be the Boulder and Nederland Teams, the Jr Rider, Cycling Sister, and Explorer Camps, Mini-adventure trips, Races, and more! The Fall Session will have Nederland and Boulder team programs and the Dirt Rider program!

Enjoy the rest of your winter, get in some great skiing, and we look forward to seeing you in the spring to thaw out!

turns down a course and get the desired results.

Preparation: This is in 3 parts. Part 1 is mastery of turn shape through fundamentals, Part 2 is preparing your body and mind to be stronger than your competitors and finally Part 3 is preparing your equipment to do the job consistently in training and racing. When the prep is done right the results will follow.

January's Tip of the Month: Ski prep is important and to have progress your athlete's tools need to be tuned consistently tuned so they feel the same in training and on race day. This is best done weekly and doesn't have to be done by a shop. Click on the following link to learn more about the tools, and the time it takes. [Some Basics of Tuning](#) If you have questions regarding registration with US Ski and Snowboard, programming, equipment or schedules please go direct with me eric@lertprograms.com or feel free to shoot me a call 720-308-1427.

our preferred Colorado Ford dealer! We want to welcome all our members to take a trip to Brighton Ford to check out the new 2020 lineup and test drive your new Ford or one of their quality pre-owned vehicles.

Brighton Ford is a family owned dealership for over 40 years. They put the customer first and always make sure you are happy whether you bring your current car in for service or you purchase your new automobile with them.



Communication / Admin News / Membership

As communication / lists are often tied into our registration systems, if members elect to "opt out" of club news 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: info@lertprograms.com

Save the Date

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

Liquid Mechanics of Boards and Beverages

March 8 –

Slalom Jr Race Eldora - USASA
Eldora Mountain Resort

Stay tuned w/ Coaches for Specific Program Dates!

Give Back!

Please also remember to connect your King Soopers 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!



We are also introducing the reloadable \$5 Safeway card. Purchase a Safeway card from EMSC for \$5 that has \$5 loaded on it and then reload as needed. 5% of all your purchases go back to the club!



A **HUGE** thanks to all our sponsors new and old! We couldn't do it without your continued support and generous donation!

If you know a potential sponsor or would like to become one, please reach out to:

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