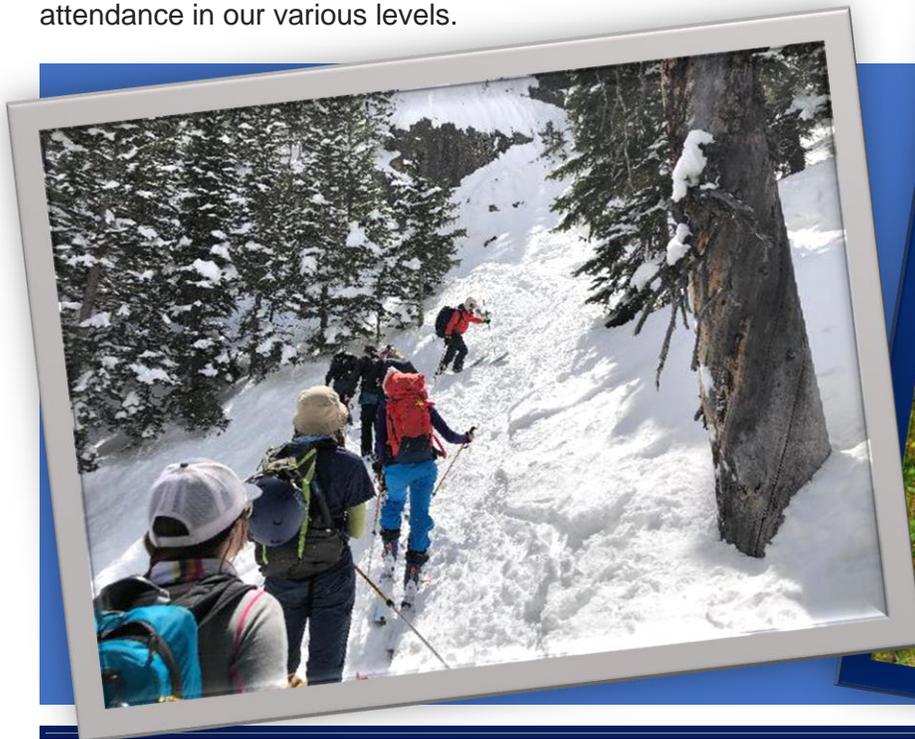


LERT Newsletter

September 2021

LERT Families (EMSC & SMBA),

We are coming off a tremendous summer SMBA season with athletes on the bikes, EMSC racers at ski camps, and continuing to see excellent development across the programs. Summer and into September has been focused on recruiting top level coaches for our Alpine Team, and we are extremely excited to see the talented staff come on board for our season. Several programs are working through final interviews, as we discuss all elements related to our top programs from weekday/weekend/competition schedules, groups, and attendance in our various levels.



EMSC News

Our Core Alpine Team welcomes back our top coaching talent with Chris Domschke leading the U12's, along with the incredible support and contributions from Kate Starrett and also Alison Dumond this year. Our U14 Core Program welcomes aboard Sam Kossak (stellar!) as the Head Coach, along with the amazing help and expertise from Krista Crabtree and new to the program Abby Wollan (who has also helped out coaching Lights on Chute with Team Winter Park). We are very optimistic about our U16 and FIS Team coaches, and will confirm all positions as we move forward with

Freeride/Freestyle Team News

It has been an exciting time with the changing of seasons as we transition from SMBA into EMSC and prepare for a successful season on snow ahead. The Freeride/Freestyle program is growing with some familiar faces coming back and some new faces joining. The Devo Program is filling up quickly and it's amazing to see so many young passionate riders that want to continue their journey into the competitive world of skiing and snowboarding.

SMBA News

August marked the end of a fun SMBA summer session and return of our annual Crested Butte adventure trip. All of our summer team athletes wrapped up their session with a big last ride from Nederland to Boulder. For some of our younger team riders, the 30+ mile ride marked their longest ride to date. The big ride ended at the SMBA office where our athletes and coaches enjoyed an end of session ice cream social.

After a hiatus in 2020, we celebrated the end of summer with the return of our annual Crested Butte adventure

athlete registration. Top coaches will include Kasinee Gehring with the U16's, Heath Colon, Arthur Nelson and Anna Birkner. Returning to coach for EMSC and former AVSC athlete and ski star, Alex Maple will join our U16's to assist with continued development with speed elements. Our FIS Team has begun dryland, and we had our first official team meeting earlier this week at the CU Ski Team building. Attending the meeting were our amazing EMSC FIS athletes, along with top skiing talent from CU (Post Grad athletes), and news skiers attending CU. The experience, talent, speed and motivation of this group is inspiring, and our coaches that will be helping out this season will be finalized as we complete interviews into September. Richard Rokos will also be attending our training sessions to help coach, along with various races throughout the season.

Weekend training at Eldora will continue to focus on morning sessions. We will be providing additional information as we learn more from Eldora, along with USSA related to confirmation of race calendar schedules. Our Freestyle and Big Mountain Team, along with Alpine Snowboard (Carve) is gearing up for a solid season, with our top staff returning once again to lead this group back to the podium at regional, national and international levels. EMSC Dryland for all athletes will begin September 1st. Our U16's will continue the progression working into several key strength days at the Alpine Training Center with top strength coach, Connie Sciolino and her motivated staff. As we solidify our lead positions, there may also be opportunities during the week for morning dryland training sessions for athletes with afternoon activity/sports commitments. Our goal is to once again utilize the van transportation model for Team Travel, and home training sessions. Updates from our Safety Committee on policies and procedures will be sent to members to ensure we are providing the safest environment possible for the athletes with EMSC events.

We encourage everyone to sign up for programs to ensure you are receiving coach and office email

We have a strong group of coaches with too many talents to list that are eager to work with our athletes and get on the slopes. In the meantime, we are psyched to build a new partnership with Ninja Nation for dryland while also introducing new ways to build strength, enhance balance, and get fully conditioned before we take our training onto snow. Our dryland program, on snow programming, and ultimately our overall approach to the sport is to create a lifetime of passion for these young athletes. We are not only teaching the fundamentals of skiing and snowboarding but promoting a healthy lifestyle while reconnecting with nature, and developing a solid base of confidence that can take on into their adulthood and into any career they choose.

-Lex Bennett

Please reach out with questions and always read your emails!

lex@lertprograms.com

Core

Dryland Training at the ATC

The FIS athletes have been in the gym a couple weeks now working through a strength block. The goal of this block is to increase durability, reduce risk of injury and build strength & stamina on skis. The next block for these athletes will focus more on power and agility.

The U16s will start up mid-September following the same progression of strength then power and agility. It's been great having the athletes back in the gym and looking forward to a good fall season of training.

-Connie Sciolino

Communication / Admin News / Membership

Vans are back! We are happy to announce that we are able to bring our team transportation back! Please review all van policies [HERE](#).

Volunteering and Work Credits:

This season we will be using the SportsEngine "Dibs" function to share and track volunteering opportunities.

trip. This year, 17 athletes joined us for a week of flowy singletrack, beautiful views, big climbs, and giggle inducing descents on some of Colorado's best singletrack. We started the week with a couple of fun flowy loops on the trails in town (Lupine, Snodgrass/Teddy's trail). By mid-week everyone was ready for a little more adventure and scenic views on some of Crested Butte's classic rides; including the famed 401 trail, and everybody's favorite, Teocali Ridge. Not only did we enjoy a week of epic riding; we also enjoyed a fun week of camping, sharing stories around the fire, s'mores and meeting new friends. The week was filled with lots of smiles and miles and we're already looking forward to the next big adventure trip!



As August closes and September approaches, we're ramping up for the fall session! All of our coaches and athletes are looking forward to a session of fun rides and fall colors on our local trails. Stay tuned for updates on our fall adventures the next edition of notes from the trail!

-Heather Williams

Please reach out with questions

heather@lertprograms.com

Beyond the Mountains – Check this out!

This month we would like to share an exciting partnership between EMSC and Colorado Mountain School (CMS)!

EMSC has created an exciting educational partnership with Colorado Mountain School (CMS), located in Estes Park, CO. Matt Tomasko and Krista Crabtree worked with CMS ski guides as they trained for their

communications. Our program this season celebrates diversity and inclusion of ALL abilities, THROUGHOUT EVERY PROGRAM. Whether you are new to Jr. Race, or moving up through the levels of the CORE program, our staff this season is committed to working with the individual athletes and their respective goals to ensure we continue the amazing development across all programs.

Looking forward to a productive Fall with all the amazing athletes, successful fundraisers and the season ahead!



-Matt Tomasko
Executive Director

Jr Race

Parents, Athletes, and Coaches,

September has arrived and I hope all are getting into their new schedules with school and fall sports. With that said we are **CHANGING** some pieces for the Upcoming Jr Race Season:

1. After meeting with Eldora they have made the decision to **Not Use** a parking reservation system this season. So we will be moving our training time from 12pm-4pm to **8:30am-12:30pm** to ensure our families will get parking and programming.
2. I am working with the Rocky Division YSL Committee to determine EMSC's max number of athletes we will be able to bring to races. In short our programming will be:
 - 1st year athletes with the program will participate in a Home based race series.
 - 2nd year plus athletes will choose either Home based series only or YSL series only races.
 - If we do not max out our quota for the YSL Series then I will entertain 1st year athletes

Sign up to help at the Sample Sale, and find other volunteer opportunities via the link below:

https://lakeeldoraracingteam.sportngin.com/dib_sessions

FUNDRAISING NEWS

EMSC and SMBA rely heavily on the kind donations and sponsorships from our community. In tough times where we must make difficult decisions to cancel and postpone important programs and fundraising events, we ask that you please make a donation.

LERT ANNUAL SAMPLE SALE/GEAR SWAP FUNDRAISER

Please spread the word by sharing event details with you friends, neighbors, and broader community. If you know of any potential vendors that would be interested in having a booth please contact lex@lertprograms.com.

CHECK OUT OUR TEAM STORES!

We have a NEW team store in SquadLocker! We will be adding new items regularly and are excited to have so many amazing products branded for our organization!



We also have team jackets and other items available in our SYNC store!
USE PASSWORD: eldora21

SHOP HERE!

intensive AMGA ski mountaineering exam, which tests guides on their ski fundamentals. In exchange, CMS created a customized course for EMSC racers. Over a 3-day weekend in April, U14-U19 athletes achieved their level I AIARE certificate. CMS teaches a complete program curriculum that has been established by the [American Institute for Avalanche Research and Education](#) (AIARE) and are the world's largest and most experienced AIARE provider. This course was taught by highly qualified AMGA guides (some are also Eldora ski patrollers) to help ski racers gain critical knowledge that they can use as they grow and explore the mountains beyond their backyard.



The course took place in Rocky Mountain National Park, which offers terrain for all skiers, including mellow glades, open bowls, steep couloirs and lofty summits. Athletes learned how to make decisions in avalanche terrain, how to prepare for and carry out a backcountry trip, how to understand basic decision making while in the field, and rescue techniques required to find and dig up a buried person (if an avalanche occurs and someone in the party is caught). The athletes actively engage in tour planning, navigation, risk management, critical evaluation, and decision making. They learned how to use AT gear (AT bindings, skins, avalanche rescue equipment) and developed backcountry skills (kick turns, effective skinning techniques, how to ski downhill with a pack and more). The course finished with a culmination of skills on a ski tour with their guides. Stay tuned to learn about future opportunities with the EMSC/CMS educational partnership.

racing in the YSL Series only.

3. **Jr Race Virtual Orientation will be Thursday 10/21 from 6:30pm-8:30pm.** This will allow all families to get the info on the season and ask questions in the comfort of their own living rooms with dinner and beverages!

Please click on the link below to view the Jr Race Programming options and descriptions:
<https://docs.google.com/spreadsheets/d/1dmfvV3B54GD6p-eGAq5n59NvFpveVzdDzQbA>

If you have any questions about the above 3 points or anything else please reach out to me sooner than later to ensure we start off on the right foot. I am looking forward to a great season with all the new and returning families along with our outstanding staff!

Equipment Update: For the upcoming season we will have plenty of options for you to get your athlete geared up for the season:

1. Sample Sale and Gear Swap 9/17 and 9/18
2. Alpine Base and Edge in Boulder for Race Lease Packages, helmets, accessories and tuning.
3. Tin Shed Sports in Nederland for helmets, accessories and tuning.
4. C3 Equipment Purchase Day 9/19 at Silverthorne Elementary School. New equipment only at race pricing.
 - a. [Click here to view event and register](#)
5. Facebook LERT Gear Exchange for used gear
6. Swix Team program for purchase of accessories, poles, tuning and waxing supplies at race discount pricing. More details on this will be coming out shortly.

Please reach out to me with any questions eric@lertprograms.com or feel free to shoot me a call 720-308-1427.

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 your 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 also have 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!



Do you have outgrown or unused gear?



Join our Facebook Marketplace Group - [LERT Gear Exchange](#) to buy, sell, and trade ski, snowboard, and bike equipment within our community.

Emails are tied into our registration so if you elect to "opt out" then you will no longer receive updates on behalf of LERT programming.

Should you have questions, please contact our office directly:
info@lertprograms.com

You can learn more about CMS here:
<https://coloradomountainschool.com>.

-Krista Crabtree



Please submit candidates for the LERT Monthly win here:

info@lertprograms.com

Save the Date

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

September 17 & 18 – [LERT Annual Sample Sale and gear Swap](#)
6185 Arapahoe Rd. Boulder, CO 80303 (The Avalon)

October 1– EMSC Early Bird Pricing Ends!

October 7– Core Orientation (Virtual)

October 14 – Devo and Freeride/Freestyle Orientation (Virtual)

October 21 – Jr Race Orientation (Virtual)

October 24 – TENTATIVE – Colder in Boulder in Person Event

November 19 – Eldora Opening Day

Please follow us on Facebook!

It is always a wonderful time to share photos, stories, and other positive posts! Please help us grow our social!

[@LERTprograms1975](#)

Now we have INSTAGRAM!

Please follow us!

[@lertprograms](#)

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:

lex@lertprograms.com

(720) 364-3641



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