



# LERT Newsletter

June 2022

## LERT Families (EMSC & SMBA),

We hope everyone found some much needed time to relax over the Memorial Day Weekend, and is looking forward to enjoying the official start of summer! This week kicks off our summer SMBA season, in which we will be running camps for young riders along with our Team Camps.



### EMSC News

SMBA riders are among the most skilled and talented riders in Colorado, further building fundamentals for tackling the most challenging singletrack trails. LERT athletes looking to continue with fitness are encouraged to ride with the program that develops a strong aerobic base, balance, confidence, endurance and most importantly, fun!

It was awesome to see so many EMSC athletes take advantage of the Winter Park Spring Camps in May. Athletes dove back into fundamentals and turn mechanics with Slalom and GS, while also being able to test skis, work with great staff, and enjoy the benefits of

### Freeride/Freestyle Team News

I like to think of June as a time to reflect. We finish up May with Memorial Day Weekend, which is a time to honor our fallen soldiers and those who we have lost. It also marks the beginning of summer and a new season, a time that is often spent outdoors connecting with nature. So with this new season let us take time for self-reflection as it is truly an important part of our journey and our human growth.

Self-reflection is giving yourself time and space to think about your life, your goals, emotions, motivations, behaviors, and overall state of mind. It is allowing yourself to think deeply

### SMBA News

#### SMBA Notes from the Trail: Summer Session is Here!!

We had a ton of fun this spring and now it is time for the summer session! SMBA team rides start on **June 6<sup>th</sup>** and we have lots of fun adventures ahead of us! The coaching team is looking forward to getting out for some epic rides and riding our favorite trails with all of our awesome SMBA athletes! Registration is still open for the Summer Session I Team; ride 4, 8, or all 16 days this session!

We're also looking forward to some new adventures this session! New for 2022, is our Mini Adventure trip to

wide open training lanes and a perfect pitch on Cranmer. Planning meetings are underway with Eldora, RMD/USSA focusing on calendar, training progressions, and vital strategies to continue the success of the athletes throughout the programs.

Key initiatives continue to move forward with Eldora and the lighting project, in which we encourage members to participate with our fundraising efforts. Our goals are to begin the project this summer and further enhance the quality of the weekday training environment under the lights! Most recently, Ron LeMaster's family has graciously elected to support this project with donations in Ron's name for his continued legacy at Eldora. Athletes will see a wonderful Ron LeMaster tribute plaque at the start house with the logo of a CU Buffalo and his initials RL, which are also located on our training/race Bibs as well.

Our staff and team at the office are preparing for upcoming events and fundraisers like the Sample Sale this fall. A huge thank you goes out to our staff, board and alumni who continue to demonstrate outstanding contributions to our organization. As a nonprofit organization, everyone's collective support continues to provide amazing opportunities for our athletes, and we welcome and encourage everyone to roll up their sleeves and jump in!

Matt Tomasko - Executive Director

## Jr Race

Parents, Athletes, and Coaches, Time to kick summer into high gear and hope everyone got through school with a smile!!!

## NEW for 2022-23 Jr Race Season: U16 age class added into YSL Race Series

This spring at our Rocky Division YSL Meeting we voted to add U16 to our race series to allow late entries into our sport a good development series and to retain athletes in the sport who are multi sport or part time athletes. As YSL Chairman my vision for this series is to increase participation and retention of athletes who love ski racing

into your own psyche to search for your own answers, your own purpose, and ultimately to find peace within your existence. With the immense amount of information that is driven into our minds on a daily basis through television, the internet, social media, etc. we often mistaken that the answers to our questions of our personal journey are out there when really we must search deep within ourselves and we will find that the answers are often waiting for us.

Self-reflection is a vital tool in life that can be used to help guide us through all the trials and tribulations we face. It is a way for us to analyze who we are and how we can learn to be greater and grow to be stronger. It is common to think that we know ourselves so well, but it can be an astonishing realization when you discover that emotions or circumstances have interfered with our actions or feelings. When taking a deeper look you find that you have remarkably different feelings. It is a way for us to find a more authentic self which leads to better decisions and ultimately better behavior.

There are many ways in which we can take time to self-reflect. Some of the most commonly practiced ways to reflect are meditation and yoga, but there are many other ways that can be implemented easily into our busy schedules. Sometimes self-reflection is as easy as taking 15 minutes every morning to just sit in silence and think about your present moment and what your day will entail.

Self-reflection can be writing your thoughts in a journal on a daily basis, good and bad. Perhaps it is just writing what your daily events were at the end of the day. If you date your submissions you can go back and read what you wrote and reflect on how you may have changed, grown from that situation, or it may even promote a change in hindsight. Writing down what you feel often helps you to process and more often than not you realize something about yourself you may not have in the moment.

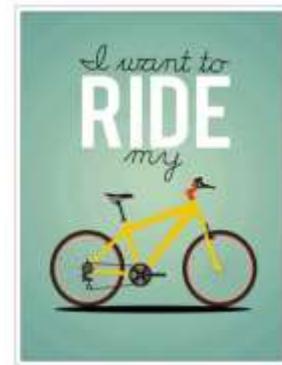
Connecting with nature is an excellent way to reflect. Making time

**Curt Gowdy State Park, June 23<sup>rd</sup> – June 25<sup>th</sup>.** There are still 3 spots open on the trip – register soon before the last spots fill up!

Register for all summer programs here:

<https://lakeeldoracingteam.sportngin.com/register/form/450249876>

See you out on the trail soon!



Heather Williams – SMBA Program Director

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## Check out our team stores!

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



## Do you have outgrown gear?

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

## Communication / Admin News / Membership

### Volunteer Opportunities:

It takes LOTS of volunteers for us to host these events; your help is greatly appreciated! Your athlete does not need to be a part of the age group or event for you to volunteer; in fact, we need the help of parents across all our programs to make these competitions a success.

but either can't afford the full time commitment from a time or monetary standpoint. The committee will also be working on the race day experience for all ages within the YSL Series inclusive of providing 2 course sets so older athletes (U14/16) have the opportunity to ski a course that is geared towards their age and ability level. Along with looking at how we can run our races to provide more time to free ski at the host mountain.

Thanks to all the families who scheduled season reviews with us. Jocelyn and I always appreciate having the opportunity to get to know everyone, build community and receive feedback on your experience with our staff and the program. Now we will be taking all your feedback to the drawing board for program and coach development for the coming season.

### June Tip for All: Off Season

**Training ideas:** You don't need to spend tons of money to go ski at Mt Hood or some glacier in Europe. Here are some simple ideas that will help build strength, coordination, agility and FUN in the off season.

1. Hop on your mountain bike! Riding trails helps athletes in all the areas above along with building **Focus** on **Looking Ahead** and athletically navigating terrain.
2. **Rollerblading:** One of the best activities you can do to help your skiing without being on snow. Rollerblading can work cardio, coordination and balance along with working a multitude of skiing fundamentals(Stance, Balance, Edging, Pressure) and Skills Quest activities(Pole Jumpers, Outside Ski Turns, Freeski w Pole Touch, 1 Ski Skiing,etc). You can also use cones to set courses, add timing or make a dual for competition w friends.
3. **Build an Obstacle Course:** This can be done in your backyard or out in Mother Nature's playground. Start simple then let your imagination take it to new levels. Add timing or dual format for Fun Competition with friends

to go on a hike by yourself where you can truly think about what it is you feel, where you wish to be in life, the goals that keep you driven, or even a big change you might be afraid of. Walking with your thoughts, like yoga, the movement of walking and breathing stimulates blood flow, gets your heart pumping, and releases endorphins that can contribute to a completely different outlook or observation of yourself and your existence.

Whatever it is that you choose to help encourage self-reflection remember to do it deliberately and with conviction. It is in these times of self-reflection when we have our most brilliant ideas and realizations of who we are and what we are capable of achieving. Searching outwardly far and wide for answers and solutions to our own life's challenges can be tiring and obscured. So, take a moment to think deeply and you will find that the answers are right there within you.

Lex Bennett - Freeride/Freestyle and Devo Program Director  
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### Core U16 Update:

The ski season may be over, but the U16 girls are crushing it with a smooth transition into mountain biking! Isla will be starting as a junior mountain bike coach for SMBA! Lilian and Ava have been crushing coach Kasinee on the trails. Kasinee will be coaching with SMBA all summer until it is time to start up the U16 dryland again. Look out for U16 updates this summer, and if you'd like to sign up for emails, please let Kasinee know at [Kasinee@lertprograms.com](mailto:Kasinee@lertprograms.com)

-Coach Kasinee



**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. Send inquiries to:**

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

### **Give Back!**

Check to see if your organization matches your charitable donations, as we know for Google employees they will match your donation to EMSC at 100% (so if you work for Google - don't forget to match!) And if you've already donated, you can still request a match for prior donations. 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.



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!



Life is better  
on a  
Mountain  
Bike

Two black silhouettes of mountain bikers riding their bikes. One is positioned higher and to the right, appearing to be in a more upright or jumping position, while the other is lower and to the left, in a more standard riding posture. The silhouettes are set against a light background.

or family.

Happy summer and if you have questions don't hesitate to reach out!

Cheers,  
Eric Vogel  
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[@LERTprograms1975](https://www.facebook.com/LERTprograms1975)

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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