

LERT Newsletter

March 2020

LERT Families (EMSC & SMBA),

We hope everyone is staying healthy and has the necessary resources to stay safe and manage the “at home” protocols and strategies during this challenging time. With the increasing number of ski resorts announcing closures for the remainder of the season, we anticipate the same at Eldora, in which everyone’s health and safety is at the forefront. Shortening the season during the Championships timeframe was the last thing anyone anticipated, given many athletes were starting to peak and apply breakthrough elements (technique/tactics) to their skiing, riding, and events. Kudos to our entire program, coaches, staff and athletes for working hard and staying positive and professional throughout this time.



EMSC News

The EMSC coaching staff is committed to continuing this forward momentum through the spring, summer and into next season. Coaches will be communicating with athlete groups, sending evaluations on the season, along with setting up parent meetings to discuss / review and preview for next year. Each season is a valuable building block. This season all of our groups across the levels demonstrated improvement, development, and growth. The consistency of our Head Coaching Staff, along with athlete focus and determination will further ensure

Freeride/Freestyle Team News

We are amidst one of the most trying times that any of us may face in our lifetimes. Due to the Covid19 virus and its extreme takeover of not only the US but the entire world we have had to sacrifice the end of our 2019-2020 EMSC ski and snowboard season. We have had to cancel our end-of-season banquet and other social events and postpone the start of our SMBA season. In conjunction with local, state, and federal

SMBA News

Even though we started the season strong with a great crew taking part in some pre-season training rides and strength sessions to get ready for the season, who were able to enjoy some great weather and have a ton of fun; we have had to postpone our SMBA season. Due to the unfortunate current societal position, our SMBA season has been postponed, but we have all the intentions and hope to continue with the season at a later date. We will work hard to bring

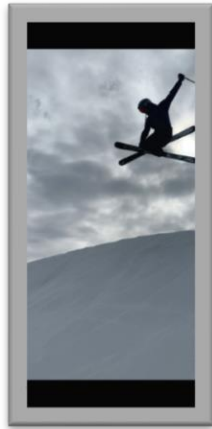
athletes pick up where they left off and resume next season at a higher level.

One of the most difficult elements of the abbreviated season relates to routine that we've all become accustomed to (school, ski, homework, sleep, repeat/travel & race) – from which our athletes have become masters of time management to maximize their on-snow training/racing journey. Now we are faced with the new schedule athletes are getting used to at home with online academics, and scheduling throughout the day. On a positive note, we are seeing athletes continue their dryland workouts at home, in the backyard, and continuing to work on personal improvement in anticipation of next season. Setting aside time each day for “PE”, or “Dryland” training, and sticking to this plan, will help athletes not only stay healthy, but remain motivated for summer camp opportunities and fall training. We have seen several whiteboards with Alpine Training Center (ATC) “killer” workouts appear, and discussions of sore legs the next day – our athletes are in great shape and condition – keep the bar high!

EMSC Coaches are just as motivated to see the athletes work hard at home, stick to the conditioning routine, send athlete evaluations, and plan for next season. Collectively, we have one of THE BEST groups of coaches from Jr. Race, to Age Class, Core, Freestyle, Big Mountain and Carve in Colorado and honestly, the country! Reflecting on the high points of the season, we've made great strides in the area of hiring the best coaches throughout the levels and programs, building out numerous training lanes across the mountain (new Bonanza cut=3!!!), increasing training lane times on busy weekends to 1:30 on Labelle (unprecedented!), hosting outstanding events, and preparing our athletes to success not only in Colorado but across the country and world arena! Across the programs our coaches are committed to working the progression, and providing additional training opportunities, from Freestyle, to Big Mountain, Carve, Jr. Race, and Core (U10/12/14/16 and U19 Programs). Head coaches are designing future training programs for maximum success, given the athletes commit to the schedule and program.

authorities we have taken the precautions to limit contact and minimize the spread of the virus.

We are saddened that our athletes who have worked so hard this year did not get to finish the season, but we want to extend our true admiration for all the athletes who have gracefully ended the season with pride. We want all our athletes to know how truly proud we are of them for an amazing winter!



As we navigate through this time over the next few months, we ask that we all stay connected as a community. Staying distant does not mean we cannot stay connected! We want all our athletes and families to know that we are here and that we are in this together. We want to be a support team for all members of our community and beyond. After all, we are a tribe of athletes who are strong physically and mentally and we must rise to the occasion!

This is a great time for self-reflection, let's take a look inward and become familiar with our inner selves. The more familiar you are with your inner self then the more open you are to growth. By understanding who you are now allows you to explore who you would like to become, and the proper steps needed to reach that growth. Reflecting upon your behavior and the thoughts you have in response to events in the world around you grant you the vision to see what you need to change and have personal growth.

Physical strength is partnered with mental strength for optimal

together our community and put forth a great season of biking!

We have high hopes to have the Spring Session, however we are postponing the starting date. Instead of the programs starting on March 29, we will instead start on Sunday, April 12. We are anticipating that with this 2-week delay in starting the programs, we will have more information on this rapidly changing situation and be able to go forth with the rides at that point. We will reassess the situation the week of April 6 and determine whether the rides will start at that time. We will keep everyone informed with whatever the case may be.

We have already had some great interest in our summer programs! We are looking forward to a summer of great rides and adding some fun race options as well! We are planning a variety of race trips this year to give a variety of experiences. We are going to be going to the Beti Bike Bash, a couple of enduro races, the Jr Wildflower Rush in Crested Butte, USA Cycling Nationals in Winter Park, and a 6hr/12hr race at the Royal Gorge.

If you have any questions, contact: femmer@lertprograms.com



Post and Pre-Season Strength Training

This is a wonderful time to seek out new routines for your at home exercise. There are many trainers, gyms, and classes offered for FREE while we undergo “social distancing”. Who knew social media could be so good for our physical health?! We encourage all of you to look for FUN and CREATIVE ways to work out! Please feel free to share your regimens and favorite workouts on our Facebook page:

[@LERTPrograms1975](#)

EMSC has an incredible group of coaches, board members and families all dedicated to helping the athletes succeed. Looking towards the future, we are here to help those that want to continue their dream of skiing and riding with our team, by providing loaner skis, gear, suits, equipment and more. We proudly support families whose financial situation necessitates scholarship assistance, and training. Eldora is committed to helping our athletes begin training early next season on Chute/Labelle, and proactively looking to maximize our time at the mountain that is in alignment



with our nonprofit's mission, vision and values.

Core

Core athletes had a great month of racing in March despite the quick progression of events throughout the World! We had two U-14 athletes that competed at the Rocky Central Junior Championships in Steamboat Springs last week- Marley Farrior and Isla Jones- congratulations to both of them- they moved up incremental amounts in the GS and SL events! Council Cup was a huge success for EMSC, where we saw Trinity LeBlanc win the first race of her career and Tanner Weiss was up on the podium several times. The U-14 athletes made quite an appearance with Lucy Oliviero, Nella Beiger, Alwena Barker, Lorelei Bell, Anna Munro, Noah Klein, and Dylan Kelly all in the top ten at one or two points during the weekend! :) With the changes to our season- we want to let everyone know how proud we are of each and every athlete- every single person in our program had success this

performance as an athlete, so as you continue to be creative with your at home exercises add a form of reflection into your regimen. Here is a great resource to help you get started:

<https://positivepsychology.com/wp-content/uploads/3-Self-Compassion-Exercises-Pack.pdf>

The journey into self-love and self-acceptance must begin with self-examination. Until you take the journey of self-reflection, it is almost impossible to grow or learn in life.

– **Iyanla Vanzant**

In closing, we hope that everyone stays safe and healthy during this period of time. We want to be a part of this journey as we have all been so connected through the season. We want everyone to know that you are not alone and that all our staff and coaches are here. We are all available to talk and are just a phone call away! Please do not hesitate to reach out as we are all a part of this, and our collective strength shall get us through!

Please reach out with and always read your emails!

lex@lertprograms.com

720-364-3641

Jr Race

Sorry our season has come to an abrupt end, but I am thankful we got to end it at home with the Parallel SL. All and all the event went well and once again I saw athletes having breakthroughs in their skiing while in a race venue. Thanks to ALL for making our race a memorable event for athletes and their families!! There were more families, friends, and peers cheering on our athletes then I have seen at a World Cup race! What a great sight! Not to mention the cow bells...my ears were ringing for days!

March and moving

forward: Starting ASAP I will be setting up phone calls with families

Inspirational Piece from a Coach!



Haley Reichert is a Cerebral Palsy (CP) athlete who is bound to a wheelchair. Her case of CP is severe, and she heavily relies on her parents as her caregivers. She is a sit ski athlete who has been in the National Sports Center for the Disabled (NSCD) program for over 10 years.

I have been guiding sit skiers in the NSCD for over 4 years. I was honored to be chosen to coach Haley Reichert at the Special Olympics earlier this month. On Sunday, February 23rd The Special Olympics were held at Copper Mountain.

Mother nature decided that it would be a 10" powder day with continuous snowfall throughout the races. This type of weather most definitely increases the level of difficulty for sit skiers. There were many challenges throughout the day including the direct lift to get to the races could not safely load a sit ski. For those of us with sit skis, we took a giant loop ironically named Bittersweet. I missed the turn for the races and ended up needing to seat assist the sit ski on Bittersweet not once, but twice. Many patrons along with ski patrol gave me a warning as to the steep pitch of the run. I was very confident with my skillset to get Haley to the race's safely.

After a challenging set of obstacles, we finally made it to the start of the race. Haley and I met these challenges face on and it paid off when she was on top of the podium collecting her gold medals in both Slalom and Giant Slalom! At the end of the day, all the efforts were worth all the smiles and I am proud that I could help make dreams come true!

year and improved drastically- that's a major win for us. As we head into the unknown and begin planning for this Summer and next year, we hope that you all will take the momentum from the end of this year into your spring/summer training and get buff. Can't wait to see all the gains next time we see you and look out for some emails from us in the coming weeks!

Cheers, your one and only, core staff!

-MR



The U-16 race season is over, with having U-16 Rocky Central championships in Winter Park, and Council Cup at Ski Cooper the past week. Connor Sammond showed some serious speed in Winter Park but had a hard time finding the finish line. In Ski Cooper Ellie Myatt and Doug Holleman, both on to the podium, and overall, the U-16 crew showed some great skiing throughout the weekend.

We were really looking forward to the last few races of the season, however, with the changing circumstances in the world now, we will start to look forward to next season.

I want to take this time to thank all my athletes, parents, and coaches that have been working with me this season. I learned a lot and had a blast so thank you all. Next year starts now and with that starts dryland, as you know beach season is around the corner so let's get BUFF!!!

Remember to smile!!!!

-Joonas

and coaches interested in giving feedback and getting information on programming for next season. I look forward to a high level of participation on this front to ensure that EMSC Jr Race remains the top YSL program in Colorado.

Athletes: Now is the time to reflect on your season and your skiing. Celebrate the positives and review your areas for growth. From here then start building your plan and goals for next season. One of the 3 areas we have control over is physical strength, and overall athleticism. During this time of shutdown due to COVID-19 we are afforded the opportunity to build new routines and continue to challenge ourselves both physically and mentally. Utilize the many internet resources to create a simple home gym and routine that builds strength, mobility, agility and flexibility. The more work you put in during the off season the more confidence you will have when stepping into those skis for the first-time next season.

If you have questions about programming, or have feedback please go direct with me eric@lertprograms.com or feel free to shoot me a call 720-308-1427.

FUNDRAISING NEWS

EMSC and SMBA rely heavily on the kind donations and sponsorships from our community and businesses alike. In time where we must make difficult decisions to cancel and postpone important program and fundraising events, we ask that you please make a donation. We want to make sure all our staff and world class coaches are getting paid through these very difficult times. We cannot do it without the support of our community!
THANK YOU!

Please Vote!



Needless to say, it was an amazing sense of accomplishment!



-Stephanie Auyong (Snowboard Coach)

Supporting Our Partners!

At the moment it seems we are all looking at ways to adapt to new routines and hold on the goals in our lives. HRV is a tool that can help you better manage stress in this difficult time, reduce blood pressure and stress on your cardiorespiratory systems. It can also improve your sense of wellness, your sleep, and ultimately performance on the slopes. HRV and psychophysiological regulation can decrease your stress level in minutes and is a skill that can be learned. Like everything else it takes regular practice and commitment to create lasting change.

Alpine Neurotherapy can help you get set up to begin this process using Heartmath Inner Balance and EMwave tools for HRV Biofeedback.

Technical Paper:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5122600/>

30-minute video explaining HRV
<https://www.youtube.com/watch?v=9nWfUKuJSE0>

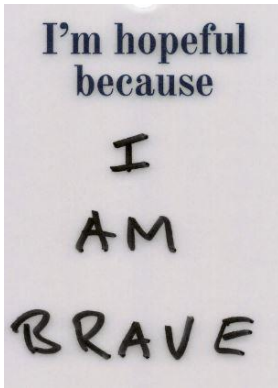
-Joe Castellano- Alpine Neurotherapy
joe@alpineneuro.com



Post and Pre-Season Strength Training

This is a wonderful time to seek out new routines for your at home exercise. There are many trainers, gyms, and classes offered for FREE while we undergo "social distancing". Who knew social media could be so good for our physical health?! We encourage all of you to look for FUN and CREATIVE ways to work out! Please feel free to share your regimens and favorite workouts on our Facebook page:

@LERTPrograms1975



LERT (Lake Eldora Race Team) is a nonprofit organization that oversees both EMSC (Eldora Mountain Ski and Snowboard Club) and SMBA (Singletrack Mountain Bike Adventures).

LERT has a board of directors that provides guidance and support to help both programs succeed. We have four people currently standing for election or re-election to the board: Mike McCue, Chris Munro, Peter Troller, and Connie Sciolino.

Please participate in this year's ballot. Voting will be open through March 29, 2020.

PLEASE VOTE HERE:

<https://www.surveymonkey.com/r/JHDZ8DL>

Thank you!

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! **SAFeway**

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



Lake Eldora Race Team Association

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

info@lertprograms.com

(303) 447-8014

Physical Address:
194 Taft Dr.
Boulder, CO 80301

<https://lertprograms.com/>