



LERT Newsletter

October 2020

LERT Families (EMSC & SMBA),

We hope everyone is enjoying the amazing weather, warm days, and getting some time to see the Fall colors in the mountains. Our SMBA programs are heading into the final few weeks of an outstanding Fall session. The alpine staff continues to push the intensity with dryland training and conditioning in preparation for the season that is just around the corner.



EMSC News

Thank you to our incredible volunteers and members who helped our team put on a successful Sample Sale last weekend. This is our biggest and most important fundraiser of the season which helps to stabilize program fees, provide scholarships, and maintain many key elements from world class coaches, to ongoing training support with EMSC and SMBA.

The planning meetings with Eldora continue to be positive and productive as we prepare for the season ahead. We are carefully monitoring program numbers to ensure we have a working model that promotes safety through our athlete/coach ratios. We want to create ideal group sizes for training that are

Freeride/Freestyle Team News

Thank you all for your patience awaiting this newsletter and well probably everything you are doing in life at the moment. From new work at home adjustments, to kids learning online from the kitchen table, to the long wait on what our season ahead will look like, patience is an old skill with new meaning and value! We are all working through our new routines and we are all making the appropriate adjustments. At times it feels like we have to make life altering adjustments on a daily basis as things seem to be changing as quickly as the fall leaves. This also rings true for solidifying

SMBA News

The end of August marked the beginning of another successful fall session. Over the past few weeks our SMBA coaches and athletes have been enjoying trails in Nederland, Boulder, and Lyons. Our Sunday team athletes have been making the most out of the warm weekend weather by spending all day exploring the trails at West Magnolia, or polishing their skills and pedaling through the rock gardens and features at Hall Ranch and Heil Ranch in Lyons. During the week, our afternoon athletes have had some skills sessions at Valmont as well as a bunch of fun rides at Betasso, South Boulder trails, Overland and

efficient for training on the different venues, such as Chute, Labelle, and securing training slots during the weekends. Eldora is extremely supportive of our various programs and understands the need to provide top level support with training during the weekend, and additional evening sessions during the week. Strategies to maximize athlete and program efficiency on the mountain with training time slots, venues, and group rotations will ensure we continue to make progress with athlete development.

The Rocky Mountain Division (RMD) race schedule is going through several additional revisions to work within the COVID19 Commission Guidelines, along with state and local governments within the various areas. Many races will begin in January, with a reduced schedule of events, to further minimize travel, lodging, and focus on development and fundamentals. This formula plays in favor for the EMSC progression and philosophy that is further endorsed by former Finland World Cup Athlete and EMSC Head U16 coach, Joonas, along with our entire alpine staff.

EMSC is committed to providing productive training blocks during the weekend for our groups while working alongside Eldora and their support to devise the safest most beneficial plan for the season including the logistics to ensure parking for families at the mountain. The parking reservation system for Eldora will be implemented as a method to further control the flow of public and crowding at the mountain. Currently, EMSC is exploring several program strategies that are in alignment with parking protocols that in turn will allow our Core Program families and YSL groups' consistent access to training this season. Early morning weekend training, along with extended afternoon blocks will allow our groups quick access to training venues. Despite limited base area facilities and usage models to reduce indoor groups congregating, we anticipate the option to utilize the EMSC clubhouse for team bags, and short snack breaks with small group numbers and spacing.

Program quality and safety is essential within the COVID19 guidelines and mountain operation modifications.

exactly what our season ahead will look like and what training schedules will ultimately be. We are patiently and diligently working with all our partners, including Eldora, to devise the best plan that will not only be safe for all, but offer the same amount days on snow as any other year.

Although, this season of skiing and snowboarding may look very different than years in the past, it will no doubt bring the best out of all of us. Just like every day on the mountain we must prepare ourselves and our equipment properly for the conditions, adapt to the terrain and challenges ahead, choose a line and commit to it, and above all be confident in our decisions. After all we are outdoor enthusiasts and we have done some extreme things for the love of these sports. We have waited in traffic lines for hours and hours for the chance at gliding through the 2 new inches of snow. We have survived tornado strength winds almost blowing us to Kansas on Alpenglow. We have braved winter in dangerous if not deadly road conditions to get some laps in, not to mention the countless dollars spent on the newest, coolest equipment almost breaking the bank. My point is that this season may look different but we still have the same drive and if we try we will have a successful season. Be bold, be kind, be patient, and we will be on snow soon!



-Lex Bennett

Please reach out with questions and always read your emails!

lex@lertprograms.com

720-364-364

Jr Race

Parents, Athletes, and Coaches,

It's October so Happy Octoberfest

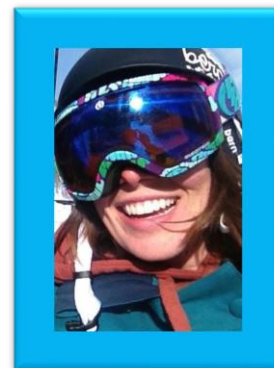
Schoolhouse loops at Heil, Picture Rock, and Antelope trail at Hall. Whether it's been cool wildlife seen on the trail, challenging sections of trail, or impromptu trailside flat tire fix sessions, each fall ride has been full of adventure and smiles. We're looking forward to more beautiful fall weather and fun rides as we move through October!

As we get closer to wrapping up the fall session, we're already getting excited for the 2021 season. Stay tuned for upcoming Q&A sessions and plans for next year's rides, races, and adventures!



Beyond the Slopes – Celebrate these Monthly Wins!

This month we would like to honor one of our very own staff members, Rachel Celesta! She has shown exceptional work ethic and commitment to the club. She has stepped in to help with SMBA and successfully conducted a gear swap, the newest addition to our sample sale fundraiser. From developing new pages on the website to answering phones and emails she really does it all; including keeping us all sane and organized, not an easy feat! Thanks Rachel for all that you do!



EMSC will be following our group enrollment registrations carefully to ensure adequate staff coverage, group numbers on allocated training lanes, and session rotations at the mountain with groups such as YSL, Age Class, Freeride/Freestyle, U16 and U19 programs. Our dedicated training slots at the mountain this season will be structured in a manner to provide each group access to the necessary training lane resources. We anticipate hosting several races this season, which due to COVID19 limitations and group/event size and safety restrictions at resorts across Colorado will occur during the week.

Program updates will be emailed to out to families from our office, as well as from our amazing staff. We are optimistic and excited to continue working with the amazing athletes in the program, and fortunate to have the outstanding support from Eldora as we move into the season. Going with the flow will be the name of the game this season, and Eldora is 100% behind our team!

-Matt Tomasko

Core

HI TEAM!

The EMSC core team is full steam ahead this Fall with dryland five days a week as we prepare to get on snow in the next month or so. Thank you to everyone that has been putting in the hard work and time at dryland- we promise that it pays off in the end. For those that haven't been able to attend, we have been rollerblading, lifting rocks, running up Mt. Sanitas, jumping around Scott Carpenter Park, doing hill sprints at the CU South Tennis Complex, and so much more! We have seen incredible changes to our fitness already and can't wait to see what the next couple of months hold for us. US Ski and Snowboard have been working diligently, along with our EMSC staff to put together a competition season that makes sense for each age group across the country- we hope to have more information in the coming weeks- we really appreciate your patience and support as we work to

to all!! Great to see some of our families in person at our annual Sample Sale and Gear Swap!! Not only was it hard to recognize athletes due to growth since we last met but also being all masked up.

As I put in my last email to our group the 20/21 season is constantly evolving through meetings with Eldora and US Ski and Snowboard which has made thinking outside the box and flexibility key traits to have. To me it just feels like every day is a ski race with many variables out of our control but having that mindset to give it our best will make us stronger over the long haul and achieve our goals.

Speaking of goals, I wanted to make sure you all knew what mine are for this season:

1. Keep our athletes and families healthy through this season.
2. Provide the same number of hours on snow for athletes as we would in a non COVID19 year.
3. Continue athlete development through training and limited competition calendar.

Accomplishing these 3 goals will be a BIG win for us!

Make sure to keep active and snow dances should be held weekly to ensure we have a good season!! With that said if we need to chat or meet for a socially distant beverage please reach out to me to schedule at eric@lertprograms.com or feel free to shoot me a call 720-308-1427.

Cheers,
Eric Vogel



Please submit candidates for the LERT Monthly win here: info@lertprograms.com

FUNDRAISING NEWS

We appreciate every vendor, volunteer, staff member, and patron that participated this past weekend in our annual sample sale fundraiser! We overcame some real challenges to host another amazing event and we even brought the beer! We really couldn't have done it without the support of our community so,

THANK YOU!

Please stay tuned for our next event coming real soon!

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.

Save the Date

Please take a moment to mark your calendars with key events coming up this Fall. We are actively planning through fundraisers, member orientations, alpine fit/equipment days and more!

TBD - EMSC will be announcing dates and sending invites for online Orientations for the 20/21 season. Orientations will be broken into program groups. This will be a great opportunity to "meet" and connect with coaches, understand policies such as work credits, and start to get a better idea of what to expect for the upcoming season.

October 17 – SMBA Racing and Adventures Q&A with coaches/staff. 12 PM [MORE INFO HERE](#)

October 31 - We appreciate all the shoe donations for Sneakers for Funds! We will be accepting shoes through October.

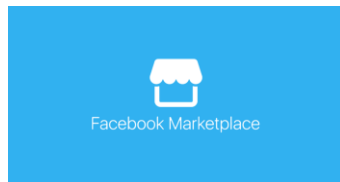
Give Back!

Please also remember to connect your King Soopers account to our organization to continue the support!

make these decisions! Pray for snow and colder weather in the coming weeks & remember to smile!

All our best,
MR + Joonas

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.

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](#)



ORDER YOUR TEAM JACKET NOW!

Also check out our NEW EMSC branded dryland gear produced by SYNC Performance! 10% of all sales come back to the club!



Access: <https://syncperformancecstom.com/>

EMSC is listed in the USSA Clubs dropdown at the top of the page

Password: 'emsc2020'

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 also have the reloadable \$5 Safeway card. Purchase a Safeway card from EMSC for \$5 that has \$5

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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