

# LERT Newsletter

December 2020

## LERT Families (EMSC & SMBA),

We hope everyone had a peaceful and safe Thanksgiving Holiday, and found some time to enjoy great skiing at Eldora and activities close to home. With alpine programs, such as “Core” starting up this season, we are thrilled to see the athletes working hard, with outstanding attitudes and focus for improvement, and ultimately having fun and working with our talented coaches. As we move through December, we are excited to start additional programming with the Freeride/Freestyle Team, Devo All-Mountain, Alpine Carve Team, and Jr Race programming.



### EMSC News

The athletes and coaches that make up the EMSC programs collectively represent the BEST in Colorado and with the support from Eldora; we are looking forward to an amazing season for skill development, fundamentals, and building the progression for years to come.

This season Eldora prioritized making snow on our most important training arenas and venues, allowing athletes to begin training on Chute and Labelle. Weekday afternoon training on Labelle, along with Early Morning GS sessions with CU represent some of the best training opportunities for

### Freeride/Freestyle Team News

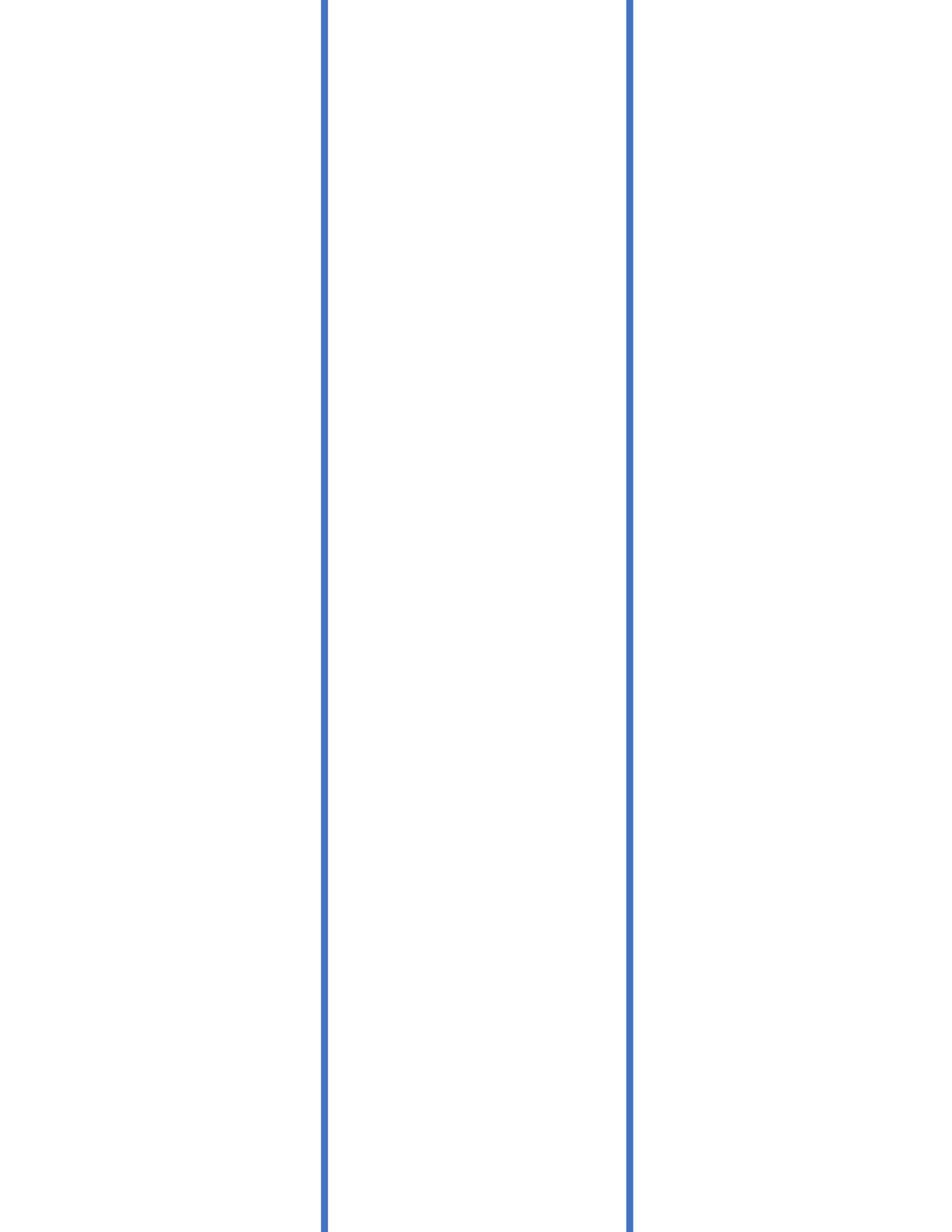
GivingTuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and beyond. We at LERT programs are transforming the world one kid at a time!

This year has been challenging for us all but nonprofits in particular have taken a HUGE hit and they among many organizations are doing their very best to weather the storm! This is the time to come together and make a difference!

### SMBA News

Congrats to all the SMBA riders out there with EMSC doing some seriously fun cross training. Skiing/snowboarding and biking are the perfect complement; confidence, commitment, looking ahead, quick decision making and epic quad strength all add up to success in skiing/snowboarding and biking.

While you all are out hitting the slopes, the SMBA staff and coaches have been hard at work planning zoom training, new programming and even more adventures for 2021. We are proud of you and excited to see you again soon.



athletes, with nearly a private venue specifically allocated to our club for development. Weekend programming is off to a strong start, with Chute providing an excellent venue for skills, drills, fundamentals and gate training. Despite the various modifications that we have implemented this season, such as half day weekend training, the impressive number of laps on arenas such as Chute provides a tremendous amount of volume and repetition for athletes.

Working with athletes on the mountain in small groups with coaches is proving to be productive with skill development, individual feedback, and mileage that allows for reinforcement of fundamentals, both in the course and on the slopes. We appreciate the support, teamwork and patience from everyone as we work through elements this season from health and wellness checks (required prior to each training session), to parking questions, along with the pending race schedule.

As we ramp up additional training to include Lights on Chute and select days during the week, we encourage everyone to take advantage of these training sessions to reinforce the early season progressions. Information from our office from camps, to parking updates will be sent out to membership, and we further encourage everyone to please consider participating with the various fundraising initiatives, from Giving Tuesday, to the upcoming Building Champions Campaign, later this month.

Despite the individual nature of ski racing as a sport with an athlete and time on the clock for overall placement, the value of Team, Community, Membership and Mountain together provide the framework for a program that inspires athletes to work towards their future goals, learn valuable skills for life, personal improvement, and the tenacity required to build the work ethic that will help athletes embrace challenge and leadership with class. Our dedicated coaching staff across the programs are among the best in the country, and love working to help the athletes love the sport of alpine skiing and snowboarding in the mountains. -Matt Tomasko

There is never a better time to offer a lending hand, share with someone in need, or give back to a cause that you believe in during the holiday season. That's why we are asking if you will give back to your favorite non-profit, Lake Eldora Race Team Association?

We are dedicated to support families during these uncertain times and to honor as many scholarships as possible. In response to our community's needs for scholarship funding, we have increased our targeted scholarship budget to \$50k. This is an increase of almost 70% from past years. We truly believe that we can reach this goal with the continued support of our donors!

Today and every day all year long we are grateful to have all of you in our community, a community that has overcome many adversities to become a strong network of like-minded individuals! We are thankful that we can pursue a greater mission of hope and connection through the sports we love and the people we cherish.

Let the challenges we have faced bring us together, create unbreakable bonds, reconnect with nature, and bring gratitude of great proportions; and let's celebrate the beautiful life that we have been given.



-Lex Bennett

Please reach out with questions and always read your emails!  
[lex@lertprograms.com](mailto:lex@lertprograms.com)  
720-364-364

## Core

Hey Core Families!

-Jessie Bronson – SMBA Director  
[Jessie@lertprograms.com](mailto:Jessie@lertprograms.com)

## Beyond the Slopes – Celebrate these Monthly Wins!

This month we would like to honor, our very own, Matt Tomasko! Matt has been a valiant leader of LERT programs for 25 years. His dedication to this organization is exceptional. During difficult times he steps in and does the hard work to get us all through. No matter what he always brings a smile and reminds us why we are all here, the love of the mountains and the passion for these sports.

Thanks Matt for all you do!



Please submit candidates for the LERT Monthly win here:  
[info@lertprograms.com](mailto:info@lertprograms.com)

## FUNDRAISING NEWS Giving Tuesday Dec 1, 2020

Giving Tuesday is December 1<sup>st</sup> this year and we ask that you please dig deep and offer your support! With mandatory caps on participant numbers for our programs, working on a skeleton crew, and the immense influx of scholarship applications we are relying on sponsorships and donations much more heavily this year than we ever have. We are dedicated to support families during these uncertain times and to honor as many scholarships as possible. In response to our

## Jr Race

Parents, Athletes, and Coaches,

Happy December or GO Month for Jr Race!!! We kick off our programming this month on December 12th and 13th with Assessments and start training on December 19th and 20th. I am very much looking forward to getting our athletes and coaches on snow and enjoying the outdoors while learning valuable skills and life lessons!!

In preparation for the season it will be important for our athletes to have the right gear to brave whatever Mother Nature throws at us!! Please go through your inventory of clothing to ensure number one it all fits and number two you have a good assortment of layering options to adjust to the varying temperatures we will experience and seeing at this time we will not have any option for indoor warm up space due to COVID restrictions. Also make sure to stock up on Hand warmers for the season! Masks have also been a Hot Topic and here are a few recommended ones:

[Seirus EVO Mask](#)

[Underarmour UA Sports](#)

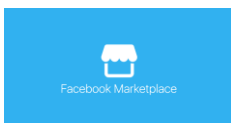
[Buff Kids Masks](#)

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

Cheers,  
Eric Vogel

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## 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.

Coming to you live from my couch, it's coach Teagan updating you on all things skiing across the Core Age groups of EMSC--F.Y.I. Coach Teagan required surgery after rupturing his Achilles a month ago, but is very much on the mend and on his way back; just a mere flesh wound left!

I hope this is coming to you all in a time of peace and thanksgiving, as I'm sure there were plenty of socially-distanced family gatherings, good (not, great) food and, some awesome pre-season skiing during our Thanksgiving holiday week.

So far, despite all the obstacles that have confronted communities everywhere, we are still on track to have an awesome season. I want to take this opportunity to encourage and urge the whole EMSC family to keep striving to stay safe, socially-distance, look out for one another, and last but not least get some AMAZING skiing in the next few weeks.

Let's make 2020 end on the best note that it possibly can, with the sound of skis carving and boots flexing. Let's get it!

A couple of updates and events to look forward to:

The U19 group will look to get a TON of skiing in the next few weeks, with more than half of our practices conjoining with the CU ski team.

It is such a great opportunity and experience for these U19s to be able to train with some of the most elite ski racers in the country. Plus, besides getting to watch and train the same line as them, they'll benefit from a cultural experience that you can't find just anywhere. Norway, Sweden, Germany, Czechoslovakia, Canada, etc.....CU team members hail from all over the world, bringing new perspectives and an intense, shared work-ethic that this generation can learn from and aspire to.

Shout out to Connie Sciolino for the amazing dryland sessions she's been putting on for the U19's at her ATC

**community's needs for scholarship funding, we have increased our targeted scholarship budget to \$50k. This is an increase of almost 70% from past years! We truly believe that we can reach this goal with the continued support of our community! EVERY LITTLE BIT HELPS!**

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.

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## Communication / Admin News / Membership

### Work Credit Deposits Requested

Please submit your [Work Credit Check](#) (or a Credit Card to hold on file) ASAP. **Those without their volunteer deposit will not be allowed to participate.**

### Parking Reservations for Training at Eldora

Please be sure to use the [Parking Sign up Genius](#) to reserve your parking access code for EMSC training blocks at Eldora. Parking access codes will be sent out each Thursday at 4:00pm for the following week.

Find additional details on parking on the EMSC [Website](#).

### Board of Directors Vote

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).

As a nonprofit, it has a Board of Directors that meet on a regular basis, providing guidance and support to help both programs succeed. The Board has a direct role in fundraising, program direction, financial oversight, and organizational health.

Three current board members are up for re-election for an additional two year term: Sam Bass, Jonathan



## 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 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!



### 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!

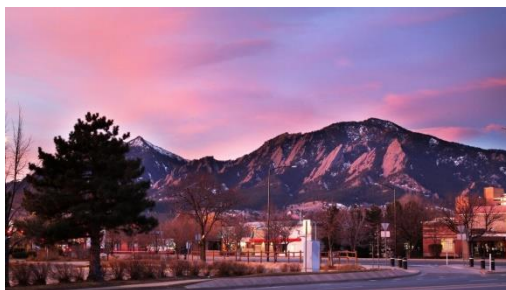
**Please follow us!**

[@lertprograms](#)

facility. Strength, stamina, agility.....I think we're going to give those CU athletes a run for their money!!

Now I'll hop over to the U16/U14 group headed by our very own MR and Joonas Hostetter. These kids have benefited from an amazing, as well as elite, dryland program put on by their coaches over the past 3-4 months. All that work definitely paid off as the skiing and athleticism was on full display this past week during our early-season skiing at Winter Park and Eldora. So much athleticism that I think I would personally bet on any U14 athlete to challenge coach Joonas to an arm wrestling battle and win.....Easy.

Also, shout out to WP for hosting Eldora and many other groups last weekend! It was exquisite skiing to start off the season with, and now this group will look to the next few weeks to get in as much skiing as possible. Look for them shredding down Chute and Labelle, with plenty of schlanky-shuffles (an original drill invented by coach Joonas) to go around.



Lantz, and Mary Beth Reece. New terms will run through the end of 2022.

All athletes enrolled in either EMSC and/or SMBA during 2020 and holds a competitive license in their respective sport(s) (e.g., USSA, USA Cycling, etc.) is entitled to vote. The first two questions qualify you as a voter and then the next three relate to the candidates on this year's ballot.

**BALLOTS MUST BE SUBMITTED BY DECEMBER 18, 2020.**

[Click Here to Submit a BOD Ballot](#)

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

## Save the Date

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

**December 5 –Devo All-Mountain Assessment Day**

**December 6 –Freeride/Freestyle Program First Day on Snow**

**December 12-13 –Jr Race Assessment Days**

**December 19-20 –Jr Race First Days of Training**

*Happy Holidays*

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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](mailto:lex@lertprograms.com)

(720) 364-3641



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## Lake Eldora Race Team Association

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