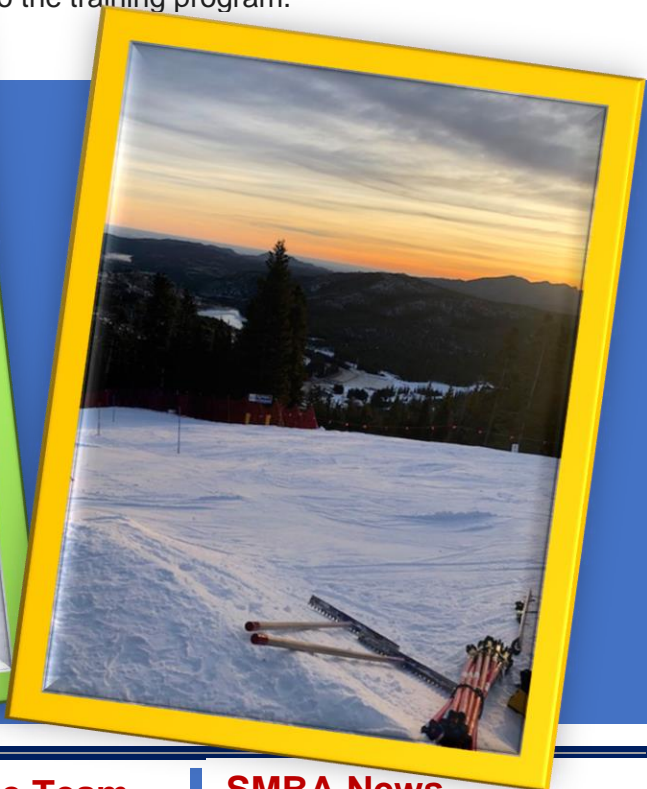
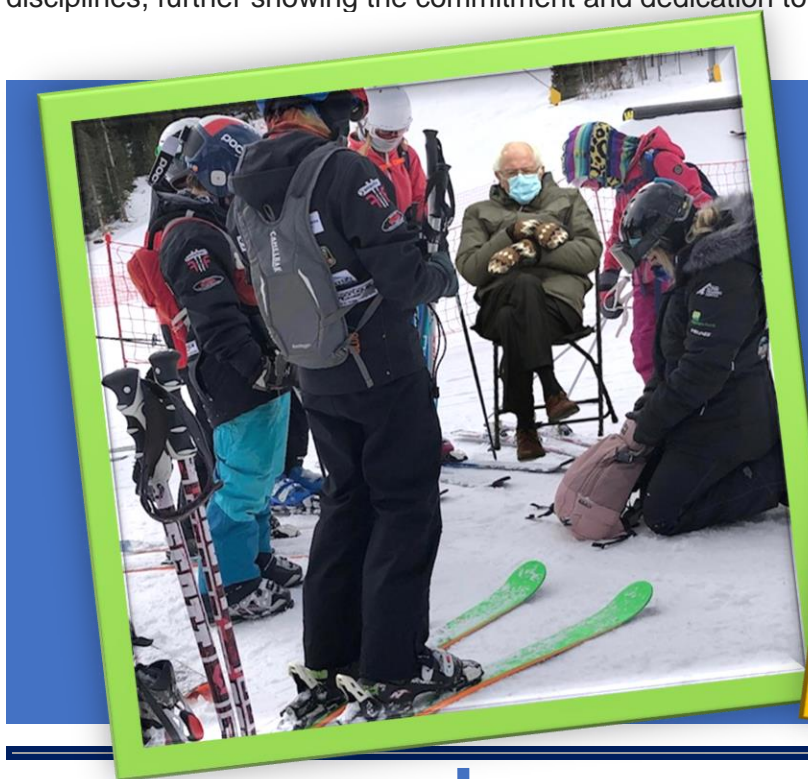


LERT Newsletter

February 2021

LERT Families (EMSC & SMBA),

Great job to all the athletes across our various programs! It has been a successful start to the competition season. Despite the numerous competition event modifications, our athletes continue to excel in all disciplines, further showing the commitment and dedication to the training program.



EMSC News

The EMSC coaching staff is working harder than ever balancing home training, with weekday travel and competition management for athletes. We are seeing the additional focus from early season progressions, through December, with athletes translating this to “race day” performances and results – kudos to everyone for the hard work!

Our Jr. Race Program, Freestyle/Big Mountain, and Snowboard Carve Team programs are seeing excellent participation, training, and results at the various races as well. Eldora has been a huge advocate for our programs this winter, providing amazing training lanes

Freeride/Freestyle Team News

Well we survived the first month of the New Year! It has been a dry start with slim coverage state wide, but if that is the only complaint starting the year then we are off to a better start than last!

It has been an amazing journey watching all the talented and passionate young riders progress in the sport. This season has presented many challenges that we have all had to overcome, but it is truly all worth it when you see these kids setting goals, pushing their boundaries, and accomplishing great

SMBA News

SMBA Season is Getting Closer! Time to Register!

We’re gearing up for a fun year of mountain biking in 2021! Registration opened on January 18th and we have some new and exciting programs in addition to our traditional team and camp programs.

New for this year is our Full Season Epic and Full Season Girls’ Teams for athletes 6th grade and up who want to ride with SMBA during both the spring and summer sessions. Both programs have plans for epic rides, adventures, and lots of fun on the trails! Learn more about our full season programs

across the mountain, early morning support, lights on chute evening training Monday – Friday, and guaranteed parking for our members!

The February competition calendar begins to transition to qualifiers events, leading into March Championships. The most important thing to keep in perspective as athletes travel to qualifiers/champs, is remember this season is dedicated to fundamentals and long-term development with the progression. This commitment to developments will result in many successful years ahead for athletes, as they grow and mature throughout our different programs. Commitment to the progression and consistency with training, attendance, and focus will help the athletes reinforce the necessary skills for a lifetime of enjoyment with the sport.

Finally, on behalf of LERT and our incredible EMSC and SMBA families, we wanted to extend a huge THANK YOU to those who were able to support our organization through the Building Champions Campaign. Your donations go directly to support the athletes, along with their goals in the respective programs, along with our amazing coaches. Every contributions counts, with each donation making a huge impact on our community – Thank YOU!!

-Matt Tomasko

Jr Race

Parents, Athletes, and Coaches,

Fast February is here!!! Jr Race will take the month of February to focus on Giant Slalom. The Giant Slalom turn requires not only good fundamentals but timing, trust and patience with building the shape of the turn. We will start work by understanding the GS turn with good fundamentals and experiencing different GS turn shapes. This will be accomplished by setting courses with different distances and offsets within an Apex Drill course. From here we will then plug in the GS panel gates the athletes will see in an actual race course. Finally we will work on the GS delay gate and running actual GS courses with the focus of

feats on and off the mountain!

Our very own Darian Squires who we have seen blossom into a proficient big mountain skier just took the top of the podium at the Steamboat Junior Big Mountain competition! He stomped a huge line that would impress even the most talented skiers in the world! We want to congratulate him for his commitment to the sport. He is an inspiration to us all as he shows a consistent dedication to the sport and his progression. We are so excited to wish him well in his transition to the Steamboat Winter Sports Club even though he will be sorely missed. Keep an eye out for this kid as we see him going big places within the sport. We are genuinely honored that EMSC has had a small part of his journey.

We would like to take a moment to congratulate all the athletes that put down some notable lines and showcased some thrilling skiing and snowboarding at the Steamboat competition. Our EMSC athletes are competing with the best clubs in the country and they are giving the best athletes a run for their money! We make this claim confidently and we foresee many more outstanding results this season. This is a proud moment for our entire organization, but it is also a true testament of the incredible coaching we offer.

We encourage all our athletes and families to please offer feedback both positive and negative as we are here to serve the needs and passions of our athletes. We are more than coaches, we are guides, mentors, and an extended support for these kids. We are doing our best to provide the best experience possible while inspiring them to follow their dreams with confidence no matter what they may be. The only way we can continue to make this organization as great as it is, is through input from our athletes and parents.

Now get back to those snow dances! We all must keep dancing and pray for more snow to come!

here:

<https://smba.lertprograms.com/full-season-programs/>



Also new for 2021 is our Spring Break Camp. Enjoy a week of early season riding and adventures on our local trails before the spring session starts. Learn more about our new Spring Break Camp here:

<https://smba.lertprograms.com/spring-break-mtb-camp/>

Spring will be here before you know it! Register today at:

<https://smba.lertprograms.com/product/2021-smba-registration/>

Questions about 2021 programs?

Contact Heather at:

heather@lertprograms.com

We're also looking for a few additional coaches to join our 2021 staff! If you love being outside on your bike and are interested mentoring our awesome SMBA athletes, we encourage you to apply! Submit a coaching application here:

<https://forms.gle/nLJ8Lj4p9mj8aJBdA>

We're looking forward to a fantastic mountain bike season with our SMBA athletes!

Remember 5% Off Registration ALL February!

**Beyond the Slopes –
Celebrate our Coaches!**

This month we would like to honor, our very own, **Mary Rachel Hostetter** Head Alpine Coach, U14 program.

Mary Rachel Hostetter, better known as "M.R.," is a former NCAA ski racer and NCAA college ski coach who heads up EMSC's U14 program. This is her third season with EMSC, and

good fundamentals and turn shape. We will also sprinkle in at the end a Fun dual GS training to get the competitive juices flowing in the 3rd weekend. All this work will culminate in our Safer at Home Event 2 Giant Slalom race on 2/27 and 2/28 sponsored by Steamboat Sticker Company. I am looking forward to this month in our quest to make your athletes better skiers than their parents and more passionate about the sport of ski racing!

Make sure to check out some FIS World Cup racing on Olympic Channel, Peacock or wherever you like to source your sports! It's amazing to watch and be inspired by these athletes who all started out just like you!

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

5-Day Mini-Skills Based Camp – ROUND 1

Our first ever 5-Day Mini-Skills Based Camp was a tremendous success! With almost 30 eager kids, ready to expand their skills in skiing and snowboarding, we set off on a 5 day journey! This was not only an amazing journey for the kids but coaches alike. It enabled us to dive in and really utilize our skillsets to inspire these young athletes to explore their passions in the sport while learning about the competition side.

There were plenty of smiles and laughter to go around as we witnessed kids first parallel turns; first real carves, first time using ski poles, and first time getting their feet off the snow! It is safe to say that we made some big leaps!

We wrapped up our camp with some fun challenges for the entire crew, some last minute powder turns next to the trees, and some big airs to remember. Every participant left with



-Lex Bennett

Please reach out with questions and always read your emails!

lex@lertprograms.com

720-364-364

Core

Hey, Y'all,

The core U-14 and U-16 programs have been working hard throughout the fall season and we are well into the race season. Both groups have had great progress from last year and the hard work has been paying off. Special shout outs to, Camden Holms who has become a regular on the podium at the age class races and got her first win on this level, Finn McTeague for getting on the podium, and Nick Norris and Finn Mutuc for showing strong skiing getting close to the podium.

On the U-16 side, the team showed some really good SL skiing in Vail with multiple athletes qualifying for the Sync series races and showing confident skiing on the next level as well.

With February rolling in hot, we move into qualifying and championship season. The teams are looking good and going into the upcoming races we will fine-tune the engines and find that race speed needed to get the job done.

Remember to smile!

MR&Joonas

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

she brings a long list of credentials to the program.

At 18 months, Hostetter learned to ski with the aid of an "edgie-wedgie" at Arapahoe Basin. She grew up skiing at Eldora with EMSC, where her mom was a ski instructor and dad was an engineer at StorageTek. At age 8, she joined Team Summit in Summit County and eventually raced out of Steamboat Springs, climbing the ranks as a successful junior racer. She attended Trofeo Topolino, took silver in Super-G at J-2 Nationals, earned the SSWSC Ned Garner Award, raced in the USSA RMD Governor's Cup, and was invited to the Colorado All-Stars Team 2007-2012 and the RMD Regional Team.

Hostetter was a varsity ski racer at the University of Denver for two years, where she was a two-time Academic All-American and NCAA National Team Champion. She then moved to the University of New Mexico, where she graduated in 2013 with a B.A. in psychology and an M.A. in physical education in 2015. At UNM, Hostetter was a consistent competitor with top-10 finishes, a Lobo Scholar-Athlete, Co-Team MVP, and All-American. At UNM, she made two trips to the NCAA Championships, and senior year, she led the team and placed a career-best third place in the slalom at the CU Invitational.

From 2016 to 2018, Hostetter served as the head Alpine ski coach at Minnesota's St. Olaf College, where she managed both the men's and women's teams and recruited NCAA student-athletes. Under her leadership, St. Olaf took home two consecutive President's Cups at the USCSA National Championships.

Today, in addition to her duties as a level 100 Head Coach for EMSC's U14 racers, Hostetter serves as a referee and a course-setter at races like the Prater Cup, Council Cup, and the CU FIS invitational.

In addition to racing on a scholarship at the highest collegiate level at UNM, Hostetter also met her now-husband and EMSC U16 coach,

a prize, even some of the coaches, but we all left with the prize of inspiring the next generation of rippers. We hope that we see these athletes again in one of our full-time programs, but ultimately we hope we have instilled a healthy and active lifestyle for these kids as they grow into young adults and into adulthood.



With the great success that came with this camp we have decided to launch another camp in March! We would love to see all you there and are excited to see some new faces join.

5-Day Mini-Skills Based Camp – March - ROUND 2

[Register HERE](#)

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](#)

Now we have INSTAGRAM!

Please follow us!
[@lertprograms](#)

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!



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.

Communication / Admin News / Membership 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](#).

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

Joonas Rasanen, a Finnish ski racer who was also competing on the UNM ski team.

“I want to share my love of skiing, all things outdoors, athleticism, laughter, and fun with athletes—helping every athlete reach whatever their highest potential may be. I’m motivated by athlete transformation. Seeing an athlete’s face when they drop their FIS points substantially, qualify for the Junior Championships, or just significantly improve is something that literally brings me to tears. I’m learning something new every day and every year from my athletes, parents, coaches, and officials. Ski racing is a journey, and you have to put in the hard work and dedication to be the best you want to be. But not everyone wants to be a World Cup ski racer when they leave this sport, and it’s important to know that there is an avenue for each and every athlete.”

— M.R. Hostetter



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

Volunteer Opportunity - We are looking for some Parent Volunteers who enjoy writing and editing to help finalize additional coach Biographies. If interested in this work credit opportunity please email rachel@lertprograms.com

Save the Date

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

February 1 – 5-Day Mini-Skills Based Camp ROUND 2 - Registration Opens
[Register Here](#)

February 12 –Freeride/Freestyle Day Trip to Bluebird Backcountry

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

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