

LERT Newsletter

January 2021

LERT Families (EMSC & SMBA),

We hope everyone is having a great start to the New Year, in which EMSC athletes throughout the levels are moving into the modified race calendar for the season. The focus on long-term development and the progression is key as we explore various race options for the different groups, and further emphasize the importance of training, consistency, and fundamentals.



EMSC News

EMSC is extremely fortunate to have the outstanding support from Eldora this season, from parking to early morning lift loads, to hosting upcoming events such as the CU FIS race, along with the Age Class GS later in January. Eldora staff and various departments, such as lifts and parking, show up early to provide EMSC the early 7AM loads on weekends, and stay late for Lights on Chute and additional days our groups train over the Holidays.

Huge Thank You to the parent volunteers and athletes that assisted with the LaBelle Bnet tear down prior to

Freeride/Freestyle Team News

Freezing weather, no lodging, closed canyons, and extreme wind will not keep us from getting to the mountain and doing what we love! We will persevere through all the elements and challenges for the opportunity to strap on our skis and boards and ride.

We have seen an amazing drive from our athletes to get through demanding days, with smiles mind you, to push their ability to the next level. It is not only the athletes that have shown up and shown out

SMBA News

Our SMBA staff has been busy updating the website and planning for a new season of adventures on the trail! We are excited to announce the addition some new programs for 2021! New for this year is our full season Epic Team program. The Epic Team will be a cohort of 8 SMBA athletes who ride together all season (March-August), and focus on team camaraderie, adventures, long epic rides, and exploration of new trail routes throughout the summer. For 2021, we are expanding our 1 day/week Dirt Riders program into the summer for younger elementary

the Holidays, along with ongoing work to put the net back into position for the return of training and races. This is a huge effort, and our parents set new time records for pulling and rolling the net on the entire arena. We welcome any and all help for future net sessions – Nice Work!

Athletes and coaches continue to capitalize on the amazing training access and volume provided by laps on Chute and LaBelle. Both morning Core Program groups and afternoon YSL athletes are working through various lane assignments within our exclusive arena. With the recent wind events and weather curve balls we've seen this season; having access to the Poma lift has been highly productive for everyone.

Our Freestyle and Big Mountain program is already laying down the progression for success this season, with events kicking off next week at Steamboat. The outstanding talents of our staff, Lex, Vitek, Kyle and the team are among the best in in Colorado, and we are excited to see this group continue to excel throughout the season.

Parent participating and travel to weekday races is certainly going to present challenges this season for everyone. With the USSA COVID Commission protocols, spectating at the base area, and finish corrals is going to be strongly discouraged. Already this season, we are seeing modifications to eliminate elements such as the finish area scoreboard, where athletes and parents congregate, to base lodge access (eliminated), to start arena designations by team. This is all in the effort to keep athletes, staff and programs safe and moving forward this season.

Multiple races in one day further will build the "mountain kids" toughness from character developed through 4 race runs, tough weather, cold feet & hands, and soggy neck buffs. Keep those backpacks packed with extra layers, gloves, neck buffs, goggles and plenty of snacks for the afternoon! Coaches are keeping the groups moving at the events, and maximizing the opportunity to freeski laps (keep

either. Our talented coaches, the backbone of this organization, have shown up with positive attitudes and the willingness to put in the work for these young athletes. It has been astonishing to see!

Our all-mountain side of this organization is now overseeing 4 different programs and we have athletes on the hill Friday, Saturday, Sunday, and Monday. This is unprecedented in many sports clubs especially in a year like this! We have our Freeride/Freestyle program for both ski and snowboard, our All-Mountain Program for both ski and snowboard, we have our Snowboard Carve program, and we just launched our 5-Day Mini-Skills based camp that sold out in just days!

Our Freeride/Freestyle program is boasting 12 strong riders who are all committed to competition and have podium in their sight. These young riders have not only shown great progression in their own ability, but they have come out and impressed us with their ability to coach the younger riders. We encourage our team and all ages to build comradery, sportsmanship, and see the progression from both sides, as an athlete and as a coach. The benefits are countless.

Our Devo-All Mountain program has grown immensely this season even with our capped numbers and we are so excited to see so many passionate kids that want to push their skills to the next level. These young riders have shown us the raw passion they have to overcome any of the challenges they face. All of the Devo athletes that joined on our additional training day got to hang with the Freeride/Freestyle team and learn from their peers. We truly had a great time seeing the communication and encouragement amongst the entire crew of athletes. We are genuinely proud of them all!

We recently launched our 5-Day Mini Skills based camp. We have another 28 kids to strengthen,

school aged athletes who are newer to mountain biking. In July and August, we are offering a High School Skills Mini-Camp to help athletes prepare for the upcoming High School League race season. This year we will also see the return of our traditional 8-week after-school programs, summer team programs, and summer camps.

Registration for all SMBA programs opens on **January 18th**.

We are looking forward to a fantastic 2021 full of adventures and fun on the trails!



Beyond the Slopes – Celebrate our Coaches!

This month we would like to honor, our very own, **Kate Stahler Starrett** Alpine Race Coach, U10/U12 Core Program.

Kate Starrett is in her third year coaching with EMSC. She holds a USSA Level 100 Certification and coaches the club's U10/U12 Core Program.

Starrett brings more than 25 years of experience to LERT Programs, including work in the ski industry for Tecnica, Völkl, Nordica, and Rollerblade. Over the years, she has had many snowsports jobs, from naming skis and ski boots for Nordica to selling high-end ski equipment to ski shops all over the world at trade shows to testing skis for Skiing magazine.

Starrett grew up in Hanover, New Hampshire, ski racing at Burke Mountain Academy, Ford Sayre and with Holderness on East Coast hardpack at Waterville Valley, New Hampshire. Starrett was a top-ten nationally ranked ski racer from

moving / arcing turns) between runs.

With the additional time spent training gates on Chute and Labelle, we are once again in the need to replenish our various equipment stockpiles, from stubbies to brushes, 27mm gates, 30mm gates, hinges, panels and more. We will once again launch our Building Champions Campaign this month, in which we are asking for additional support to help fund these important initiatives to keep our athletes moving forward with the fundamentals and progressions. During most training sessions, we will have equipment out on the hill for U12's, U14s, U16's, and U19's with multiple course sets and lanes. Our goal is to further increase the necessary equipment to keep our athletes performing at the top!

In closing, EMSC is building the momentum to further create champions this season, and for the future within the sport of competition and skill set for life. Athletes that graduate from EMSC have built the diverse ability to succeed in all areas, and are reminded of this when many former athlete alum and amazing individuals return to help coach with our different programs. Those that stick with the sport will be rewarded with incredible future options, and display the essential character to make a difference in all areas of life.
-Matt Tomasko

Jr Race

Parents, Athletes, and Coaches,

Happy 2021!!! Be gone with 2020!! Jr Race is underway and I am very thankful we have this program for our athletes to get outside, exercise and socialize. And thanks to all the families for being flexible with COVID protocols, our new training times, the parking at Eldora but also with Mother Nature who has already thrown us a curve ball this season. As we move through January we will be focused on building fundamental skills and athleticism all while building team camaraderie and sportsmanship. We will finish off January with our first event in the "Safer at Home" series sponsored by Steamboat Sticker Company with a

educate and, inspire to become confident young adults. This program is a great way for these young riders to get a feel of what competitive skiing and snowboarding looks like while advancing their skills. This generation of riders are our organizations future and we hope that they continue to grow their skills and follow their passion further into the competitive world of skiing and snowboarding.

Overall we have had an amazing start to the season and we look forward to continuing the momentum. We have competitions just around the corner that will ultimately look different than any other year in the past, but we have been preparing for these for many many moths and we are ready to hit the slopes with confidence and the right tools to put down our best riding yet. And for the last word we are GRATEFUL, grateful to have an incredible group of athletes!



-Lex Bennett

Please reach out with questions and always read your emails!
lex@lertprograms.com
720-364-364

Core

Hey Core Families!

Happy New Year!

Our Core programs have been hard at work at Eldora with our holiday camp before Christmas and the candy cup on New Year's Eve. We've seen massive improvements in all of our athletes and can't wait to get the show on the road with some racing! The U-19's kicked off their race season in Vail, while the U-16's kicked off their race season in Steamboat on January 4th, 2021. The Rocky Mountain Division has worked

ages 10 to 24, competing at Norams, FIS, US Junior Nationals, and Senior Nationals. She raced at the NCAA Division 1 level for the University Utah, and transitioned to coaching after college as the women's FIS coach for Aspen Valley Ski club. Today she's happy to watch her two boys ski race for EMSC.

Starrett has also been a Class V white-water raft guide near Aspen, Colorado (for six summers). She has lived in Italy and Austria and speaks both Italian and German. Starrett and her Austrian pilot husband are raising their boys bi-lingually. She runs a small contract firm specializing in content, video, and social media marketing—and is working toward a pilot's license of her own.

"I want my athletes to love ski racing. To help their confidence in all aspects of their lives. I want to inspire them to be good people on top of being good athletes. I want to empower them to win but to not fall apart if that doesn't happen—to become good sports." —Kate Starrett



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

FUNDRAISING NEWS

Thanks to all who participated in our virtual silent auction! We will be rolling these out regularly and there

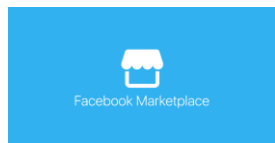
US Ski and Snowboard Skills Quest Fest. Athletes will execute 4 Skills Quest stations being scored for each skill. Scores will be totaled and awards will be given to all. Then in March the athletes will have a chance to better their scores when we do it all over again in our 3rd event of the "Safer at Home" series.

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 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 or feel free to shoot me a call 720-308-1427.

Cheers,
Eric Vogel

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](#)

hard for the last six months to create a plan for our athletes, parents, coaches, and officials so that we can have a successful race season and so far so good when we look at our region and ski racing around the world. In fact, the US Ski Team just had their most successful women's slalom day since 2007 in Zagreb! As we continue to watch ski racing at all age levels, make sure to tune in to live-timing as the U-14's, U-12's, and U-10's will start their season on January 11th at Keystone.



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 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!



are some great items to bid on. Please be sure to keep an eye out for our next auction COMING 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.

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](#).

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

Save the Date

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

January 12th & 13th –CU FIS Race Earn Work Credits Volunteering:

[Click here to sign up](#)

Let us know if you have questions.

Points per job are on our web

site: <https://emsc.lertprograms.com/front-page-info-buttons/volunteer-info/>

January 18 –SMBA Registration Opens

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



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