

LERT Newsletter

March 2021

LERT Families (EMSC & SMBA),

EMSC continues to see success throughout the various programs with athletes working hard both in training and at races. While numerous athletes have achieved strong performances at races, the overall talent of our athletes working together as a “Team” is apparent at all events.



EMSC News

The Freestyle/Big Mountain program continue to take top podium spots, while our Age Class program depth and talent runs deep with many athletes showing strong potential in SL, GS and SG events. Our U16's and U19's are honing the necessary fundamentals to continue to climb the results board, while the Jr Race “Safer @ Home” race series is turning out to be a huge success, with athletes flying down the GS courses on Chute. Spring training throughout March will continue to focus on the progression, with athletes participating in Championship Events, along with spring series races. Future planning for summer ski camps is just around the corner, and we look to

Freeride/Freestyle Team News

The 2020/21 winter season hasn't been easy, but EMSC snowboard teams are thriving in the face of adversity.

We have endured bone chilling temperatures, blistering winds and endless COVID precautions while grinning ear to ear, eagerly ready for another run.

The team was blessed with multiple powder days so far this season and we definitely made the most of them. Pushing through waste deep pockets of untouched powder on freshly opened runs with our full team of ten

SMBA News

**Coming soon to a trail near you:
SMBA Season!**

It may be snowy and cold now, but warmer weather and dry trails will be here before we know it!

All of us at SMBA are stoked to kick off the season with our spring programs. We still have spots open in our Spring Break Camp, Epic Team, and Nederland Afterschool programs. If you're thinking about signing up for spring SMBA, there is still time register!

Check out all of our 2021 programming and register here:

further take advantage of the great all-mountain conditions for freeskiing and riding. SMBA mountain bike team spring training and conditioning is underway, with camps starting on Sundays with easy base mileage and time back on the bike to work on skills.

-Matt Tomasko

Jr Race

Parents, Athletes, and Coaches,

February was Fast and I was very stoked by the progress the Jr Race athletes made during GS month! Our Safer at Home GS race weekend was a great Success and BIG Thanks again to Steamboat Sticker for supporting our series with amazingly designed stickers. Also a BIG Thanks to [Kate Starrett](#) and BOCO Gear for the athlete and coach masks!!

March is upon us and we will spend this month focusing on Slalom. The Slalom turn contains the same fundamentals as a GS turn but everything needs to take place that much quicker to shorten the radius of the turn. Slalom takes time and mileage to master and can be one of the toughest disciplines to be consistently good at. Week 1 will focus on developing the turn shape, timing and athleticism of Slalom. Week 2 and 3 we will continue to work the fundamentals and add vertical combos to the mix. In slalom we will work 2 vertical combos: the hairpin and the 3 gate flush. Week 4 contains our Spring Break Camp 3/22 & 3/23 for Saturday/Weekend Groups, 3/24 & 3/25 for Sunday/Weekend Groups (**Camp Sign up has been sent to all families via email so don't forget to sign up**) culminating 3/27 and 3/28 with our 3rd Safer at Home Event "Skills Quest Fest 2.0." Then we finish up our season and Safer at Home Series with a Parallel Slalom on 4/3 & 4/4.

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

riders was just incredible. Our team has hurdled every obstacle while working toward all around snowboard skill progression. Each and every rider has a list of accomplishments brought about by hard work and dedication on and off the mountain. We are looking forward to finishing the year with a bang and adding a few more tricks to the bag.

This has been a difficult season for competing but a few of our riders have braved adversity and represented the LERT Programs with flying colors. Competitors include; Stellen, Nico, Catherine and Cody, with Bodie winning a first and a second place finish in big mountain competitions and Everett taking multiple podiums in alpine racing divisions.

There are still a few upcoming events this season, so let us know if you need any information or are ready to sign up!

Thanks again for all the parental support. Get ready for some sunny spring riding!

-Kyle Henley

Please reach out with questions and always read your emails!
kyle@lertprograms.com

Core

Hey Core Families!

....."Oh the weather outside is frightful...." but the skiing has been soooo delightful! Delightfully fast that is!

A warm greetings to all those who have thawed out. I've been so scared of the weather of late, that I could've sworn I heard the wind howling and screaming at me the other night. Turns out, it was actually just with the U14s roaring their way down Chute. Speaking of delightfully fast skiing, good luck to the U14s as they head out to Prater Cup this week. Look out for some especially quick skiing as they all have been--literally--yelling and bashing gates every day the past week. **THEY ARE PUMPED UP!** Also, good luck to the U16s as they

<https://smba.lertprograms.com/>

Also in SMBA news, we're excited to bring you our first annual SMBA Bike Swap in April! Stay tuned for upcoming details!



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!

Beyond the Slopes – Celebrate our Coaches!

This month we would like to honor, our very own, **Eric Vogel** - EMSC Junior Race Director

Eric Vogel, EMSC's Junior Race Director, has been with the club for a decade and has been in the

eric@lertprograms.com or feel free to shoot me a call 720-308-1427.

Cheers,
Eric Vogel

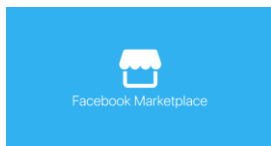
5-Day Mini-Skills Based Camp – ROUND 2

These kids know how to have fun and make the best of any day! Even with the electricity going out and the adversity that has been happening at Eldora these kids still made their first day of camp a blast. After lapping the mini park, learning new tricks, completing a challenging race course with some impressive times, they built snow-women or otherwise known as “snoe-me”! (Picture above.)



We can all learn from these kids on how to deal with adversity and turn a bum day into the best day of camp yet!

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.

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

head out soon to Council Cup! I've personally witnessed some very fast skiing from this group, and I think we are in for a real treat to watch these kids scorch up the track at Crested Butte.

Call them resilient, call them the mini-Hulks.....I just call them the U12s. They're lean, mean and skiing machines!! Huge shout out to all U12s as they have showcased some insane resilience over the past few weeks in this crazy weather. I even watched them doing push-ups whilst getting pounded by 8 inches of snow, as well as holding each other down to keep from getting swept off by the wind; can you picture something like a 'barrel of monkeys'?? Nonetheless, we have been very impressed with how great the 12s are skiing and how much hard work they've been putting in so far. You guys are amazing!

Last but not least: the U19s, who are coming off of another solid showing at a couple of Vail GS races as well as a nice 3-day break.

We now look on to some GS races at Breckenridge, but in the mean time the U19s will get some much needed freeskiing time.....going back to fundamentals and what ski racing is all about: shredding and having fun.....as well as technique and fundamentals haha!

I want to take this time to ask everyone to send our deepest condolences to Vail. A long time member and skier of the Vail family who has been battling cancer for quite some time--Carmen Sullivan--recently died last Sunday night. Our hearts go out to the family as well as ski club Vail, as it was a heavy loss. It just shows how close and tight-knit ski racing communities can be: a family.

I hope you all have a great March and we start to see that thing called the sun again. Good luck to all of the EMSC family as we begin the various strings of our final few races! Stay Warm!!

Give Back!

sports industry for 28 years as a coach, a gear rep, ski tuner, and a boot fitter. He's certified as a USSA Level 100 coach, Level 1 Alpine Referee, Level 1 Alpine Chief of Race, Level 1 Alpine Chief of Course. On race days, Vogel is a highly sought-after coach.

Under Vogel's leadership, EMSC's teams have been perennial leaders at the Youth Ski League (YSL) state championships. In 2017, EMSC swept the YSL Championships in men's and women's, and overall. In 2018, the women's team took 1st place while the men (and the team overall) came in 2nd. And in 2019, the men took top honors while the women's team (and the team overall) came in 2nd place.

Vogel cut his teeth skiing and ski racing the icy slopes of Highmount Ski Area in the Catskills outside his hometown of Woodstock, New York. While in college at SUNY Plattsburgh, he was asked (by a board member in a chance encounter inside a ski shop) to help coach the local Beartown Ski Team. After one season of coaching, Vogel, at 20, was asked to run the program. He grew it from 25 athletes to a team of 80 strong.

In the late '90s, Vogel moved West to Colorado, where he worked as a coach and sales rep for Marker bindings and Holmenkol ski wax. He brings gear expertise to his role as a coach having also worked as a manager in specialty retail at Christy Sports and Alpine Base & Edge. If a racer has a hotspot on their navicular bone? Vogel can help with that.

When he's not booted up and standing on the side of a racecourse, Vogel heads for the river. He's an avid angler who loves being in the mountains, smoked meats, and the occasional adult beverage.

"Ski racing has taught me many life skills and given me the chance to make a life out of something I truly love. Being a part of an athlete's journey, supporting them through the rough times while celebrating their achievements through sport and life

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

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](#)

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.

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!



is so meaningful to me.” —Eric Vogel



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.

March 28 – SMBA Spring Session Starts!

April 24 – LERT Fundraiser – Bike Swap – MORE INFO TO COME!

Unfortunately, we will not be having a banquet this season due to COVID19.

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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