

# LERT Newsletter

January 2022

## LERT Families (EMSC & SMBA),

Winter weather has finally settled into the mountains and Eldora is working to complete snowmaking on the backside with the anticipated opening of Corona Lift. With additional trails beginning to open, we will see previously heavy skier/rider slope density spread across the mountain. With the additional terrain, we will begin to move our groups from the morning Chute training blocks to upper mountain skiing/riding drills and progressions.



## EMSC News

The terrain across the mountain provides amazing opportunities for continued focus on fundamentals, skill development and technique – not to mention FUN! Our Freeride and Big Mountain team will further explore steeper terrain, bumps and varied conditions across the mountain from Psychopath to Ambush trails.

This week staff placed Bnet on the Labelle training arena which will allow for additional training for all groups on weekends and weekday afternoons. With the official start of Jr Race on weekends, several of our groups will now begin the day on Labelle for early load training. Please be sure to arrive

## Freeride/Freestyle Team News

Our hearts go out to all who have been affected by the Marshall Fire! It has not been an easy start to the year with the many challenges not only our community but the whole world has been facing. This makes it even more important that we come together as a community, support each other with empathy and patience, and connect through the sports we love and share!

Life is not what it used to be and it is that much more imperative that we focus on our youth's well-being both mentally and physically. It is the

## SMBA News

**A New Year of SMBA Adventures waits! Registration is now open!**

We're gearing up for a fun filled mountain bike season in 2022! Registration opened for all SMBA programs on January 3<sup>rd</sup>. Register early and save 5% on program fees.

Adventure trips, full season programs, team rides, and 4-day summer camps are all returning in 2022! Find more details about SMBA programs here: <https://smba.lertprograms.com/>

Want to share your love of mountain biking with others? Interested in joining our SMBA Coaching Team?

on time to ensure athletes meet with staff in the morning for the required safety meeting, along with 7:30 load. NO LATE LOADS – athletes arriving late may not be permitted to train.

As our staff and organization navigates the increased challenges associated with COVID, we are working to cover both “home” and away training groups during the week, at LOC and weekends. When we have limited staff due to COVID protocols, we will join various groups during training sessions to assist with staff coverage. This is a unique time for not only EMSC, but Eldora Resort and programs across the state. We will continue to work to provide additional training opportunities when met with challenges, such as last weekend’s Sunday closure due to power outages, and while some practices may have limited coaches in attendance during the week, staff will rotate through the training venue from START, to FINISH zones, along with middle of the pitch stations for coaching and feedback. Certain sessions with limited staff may focus on mileage/repetition, where coaches are moving around with soft snow/powder conditions to keep gates in the ground for safety.

Finally, we would like to thank the many families and individuals who have stepped up to help out our organization over the last several weeks. We have been blessed by the kind support of our membership to support those during a time of loss with family, and most recently with the fires. I am constantly reminded of our members, coaches and athletes true character as we work to support those around us with our organization. This season has reinforced the mission of teamwork throughout our programs, and provided athletes with a tremendous opportunity to build the skills for a successful season ahead.

Matt Tomasko - Executive Director

## Jr Race

We have closed out 2021 and I am glad that it is Gone!! Let's hope that 2022 is a ton better than this past year. We also send out our thoughts, prayers and support to those who have been

top priority to be available for our athletes not only as coaches in sport, but as mentors in life. We want to make sure we are working with families to help provide an inclusive environment that supports the athlete’s entire journey on and off the mountain. We strive to not only build strong, confident athletes in their discipline, but positive and capable young adults that can handle anything life hands them with style and grace. It truly is our mission to **“Build Champions in Sport and in Life”!**

The end of something is always the new beginning of something else, for every end there is a new beginning. So with this New Year we have a new beginning and with that new beginning we have a chance to rebuild. Rebuild the physical structures in our lives, rebuild relationships and connection with others, and rebuild the flaws we have in ourselves to become better human beings; it’s an overall rebuilding of who we are as a society to become inclusive of all because together as a collective we are stronger!

Lex Bennett - Freeride/Freestyle and Devo Program Director  
[lex@lertprograms.com](mailto:lex@lertprograms.com)

## Core

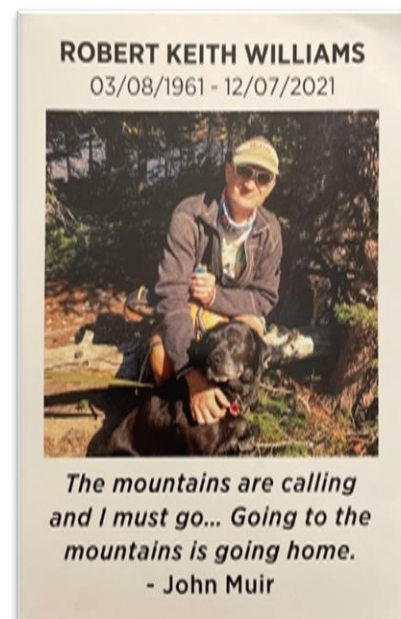
In December, 2020, EMSC's FIS Alpine Race Team shifted into high gear with progressively intense SL training on Chute. On December 22-23, members of the EMSC Men's FIS Team raced the Holiday Classic SL DEVO races at the infamous steep, scary, icy, Howelson Hill venue in Steamboat. The intense SL training paid off as all EMSC competitors had moments of brilliance in difficult racing conditions. Congratulations to PG CU Athlete Tucker Sheldrake for two top ten finishes on very challenging course sets! The FIS Team is now aiming to ramp up GS training and is very excited to have the LaBelle training venue netted and ready for gated training. In January, 2022, the FIS Team aims to go through a similar progression in GS as has been completed in SL. The

Contact our Program Director Heather – [heather@lertprograms.com](mailto:heather@lertprograms.com)



## Beyond the Mountains – Let us Honor Robert Williams!

This month we would like to honor Robert Williams:



Robert’s love of skiing began in his early childhood skiing at Mammoth Mountain with his parents and two brothers. He soon began to race on team where he found community and the quest for precision and technique was mentored. Skiing was a constant source of happiness for Robert. He found lifelong friendships and made wonderful lasting family memories. Without a doubt one of his greatest life joys was skiing with his beautiful family, Michelle, Ty, and River!

To honor his life, love of skiing, and Robert’s path in the sport, his family has partnered with Eldora Mountain Ski and Snowboard Club (EMSC) to establish The Robert Williams



affected by the year end fires in Boulder County. With that being said we are looking forward to getting our program rocking and rolling in the realm of Skills Quest and Giant Slalom development. As I communicated we will be using a new training system moving forward to ensure athlete progress and ample staffing amongst the Omnicron environment we are in.

**January's Tip for All:** Preparedness is a key element to our new environment of very limited use of lodges for only quick 10 min warm ups!! Some good tips to keeping your athlete happy on the hill:

1. Plan accordingly for weather and travel to lessen stress on everyone.
2. Ensure you have a good layering system to keep your athlete warm and from overheating.
3. **Do NOT wear all your layers and ski socks on the ride up in the car. Perspiration=Cold athletes when they exit the car.**
4. Come prepared with a thermos of a warm beverage for your athlete along with pocket snacks to keep them fueled during training.
5. Always **SMILE**, we are skiing!!

**Equipment Update:** Please follow this link- [www.teamswix.com/club](http://www.teamswix.com/club)

- Register an account under your email address using the code in the next bullet point, specific to your Team/Eldora-club-eldo-58EbUXkO
- You will need to register your *first and last name, email address*, then create a password of seven letters and one number (containing 1 lower and 1 upper case letter).
- Once you register, then you can login and enjoy your hard coded Key Partnership SWIX discount.

Below are some great links to review in regards to ski tuning:

- [Swix Virtual Tuning Session 1](#)
- [Swix Virtual Tuning Session 2](#)
- [Swix Virtual Tuning Session 3](#)

Cheers,  
Eric Vogel  
EMSC Jr Race Director  
[eric@lertprograms.com](mailto:eric@lertprograms.com)

Team has its sights set on GS and SL races in the Rocky Mountain Division in January, and progressively more competitive races moving into February. FIS Head Coach Booka Smith credits the newly appointed Men's and Women's FIS Team captains (Tucker Sheldrake and Rachel Castro) for working hard to make sure that all of EMSC's FIS athletes are progressing, getting faster, and having a lot of fun and laughs in the process!

#TeamworkMakesTheDreamwork

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## Marshall Fire Resources

Below is a list of resources for families to donate to the victims of the Marshall Fire or to use if you were indeed affected by the fire:

Elevations Credit Union will match up to \$220K:

[HERE](#)

Donations for Emergency Gift Cards for Old Town Superior Residents:

[HERE](#)

If there are specific items needed by families a doc has been setup for you to use to request and share resources:

[HERE](#)

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## Communication / Admin News / Membership

### Volunteer Opportunities:

We have quite a few home races in February. It takes LOTS of volunteers for us to host these events; your help is greatly appreciated!

Your athlete does not need to be a part of the age group or event for you to volunteer; in fact, we need the help of parents across all our programs to make these competitions a success.

All of these volunteer sign ups (along with other work credit opportunities, can be found on the [Dibs section of SportsEngine](#))

Scholarship Fund. All proceeds raised will support local kids to access the skiing who would not otherwise be able to participate without financial support.

Please consider making a tax-deductible donation to EMSC in Robert's name.

<https://qrco.de/RobertW>



Please submit candidates for the LERT Monthly win here:

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

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## Save the Date

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

### January 27 – US Ski and Snowboard site visit

EMSC is going for Silver Podium level certification. Representatives from US Ski and Snowboard are coming for a site visit on Thursday, January 27th. They will come to watch our Core athletes at Lights on Chute and tour Eldora.

### February – Lots of home races

Please sign up to volunteer via the Dibs section of SportsEngine (Please check the "To and From" date on the selected volunteer group to make sure it includes the dates of the race)

### March 18 – First ever IFSA Big Mountain Event held at Eldora (U12)

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## Check out our team stores!

We have a NEW team store in SquadLocker! We will be adding new items regularly and are excited to

## Give Back!

Check to see if your organization matches your charitable donations, as we know for Google employees they will match your donation to EMSC at 100% (so if you work for Google - don't forget to match!) And if you've already donated, you can still request a match for prior donations.

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.



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!



- February 4th - [SYNC Devo SL \(Women\)](#)
- February 5th - [SYNC Devo SL \(Men\)](#)
- February 6th - [SYNC SL \(Women\)](#)
- February 7th - [SYNC SL \(Men\)](#)
- February 13th - [YSL SL \(Women & Men\)](#)
- February 26th - [Age Class GS \(Women & Men\)](#)
- February 27th - [Age Class SL \(Women & Men\)](#)
- March 22nd - [JR Race Skillsquest \(At Home Series - Women & Men\)](#)
- March 23rd - [JR Race GS \(At Home Series - Women & Men\)](#)
- March 24th - [JR Race SL \(At Home Series - Women & Men\)](#)

Please follow us on Facebook!  
[@LERTprograms1975](#)

Please follow us on Instagram!  
[@lertprograms](#)

have so many amazing products branded for our organization!



We also have team jackets and other items available in our SYNC store!  
USE PASSWORD: eldora21

[SHOP HERE!](#)

### Do you have outgrown gear?

Join our Facebook Marketplace Group - [LERT Gear Exchange](#) to buy, sell, and trade ski, snowboard, and bike equipment within our community.

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. Send inquiries to:

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

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



## Lake Eldora Race Team Association

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