

LERT Newsletter

March 2022

LERT Families (EMSC & SMBA),

March is here, and once again the season continues to pick up momentum as we move forward to Championship events this month throughout the programs. Kudos to our athletes who demonstrated strong fundamentals, confidence, resilience and positive attitudes with the recent qualifiers. Our home races were a huge success thanks to the amazing volunteers who consistently step up to lend a hand and go the extra mile. The success of hosting races comes down to our volunteer community, partnership with Eldora, and dedicated coaches.



EMSC News

While March often designates Regional, State, and National Championships, continued development for the foundation of sport continues throughout the season and into April. Recently at Eldora, US Ski Team athlete Storm Kломhaus visited several of our training groups (FIS, and U14's), to provide coaching and insights while watching from the base of Chute. All of her points were extremely valuable with the most important being "Focus on Fundamentals – all season long." We hope to see Storm again at the mountain working with the athletes, and may even invite her teammate River!

Freeride/Freestyle Team News

The Freeride/Freestyle and Devo programs have been full of excitement, crazy tricks, big lines, and even some doughnuts! We have had a very busy schedule with training and competitions and we are amidst the busiest part of the season! It is more important now than ever to focus on continuing to build crucial skills while maintaining both our physical and mental health.

The season can be draining and long, but the coaches always do their best to make sure the athletes are taking calculated risks that expand

SMBA News

MBA in Moab soon – order your official SMBA jerseys in March! We're gearing up for the start of SMBA season in a few weeks! We're excited to kick off the spring with the return of our annual Moab Adventure Trip on March 21st! Afterschool team rides will follow, starting on March 28th.

If you are already registered for Moab or a spring program, check out your team page through Sportsengine. Here's the link: [Singletrack Mountain Bike Adventures \(sportngin.com\)](https://www.singletrackmountainbikeadventures.com). Each program has a page and events calendar; we'll post fun team updates

Congratulations to FIS Team Athlete, Tucker Sheldrake, who recently won the Keystone Slalom last week with a strong performance. Additional recognition goes out to all of our athletes for outstanding performances, including our U14 athletes who advanced to Junior Championships, along with Lexi Bullis (Alpine Carve) who recently dominated the competition in Canada, beating several of her competitors who competed at the Olympics.

Later this month, EMSC will be hosting our first ever U12 Big Mountain competition. We encourage our entire membership to come out and support our team of Big Mountain athletes, coaches and program. Athletes will be competing on the popular frontside trail, Psychopath, in which we will see some of the best skiers from Eldora and across the state compete! We are further excited to have former EMSC athlete, Cliff Bennett, back to Eldora as a judge/official for the Big Mountain event. Cliff, along with his sister Lex who leads as our Program Director, will capture the excitement of this competition, where they both learned to compete as young athletes, and went on to highly successful careers on the World Tour.

As we move forward through March and into April, members will see additional information on upcoming May Camps at Winter Park (weekends), along with a Mammoth Camp at the end of the month. Camp focus will continue to reinforce fundamentals, and this is an excellent opportunity for athletes to work up with the next level of athletes and coaches within the respective programs.

Look for additional teambuilding events and mentorship opportunities this month, culminating with the Eldora Cup on Chute. Groups will train on Chute with guest coach Richard Rokos, and several attending CU athletes. Athletes will compete head to head with parallel panel slalom, while coach Rokos provides valuable coaching and insights to the sport for long term development.

Volunteers and our amazing community help move the needle and

proficient riders in a safe manner. This is not always an easy task especially for our more advanced riders who are competing at a high level and motivated to push themselves further into the sport.

With any extreme sport injuries are inevitable and it is the true test of character how the athletes decide to manage injuries and come back stronger. We see injuries among all the professional athletes in every sport and those athletes that decide to work on their mental game and build up their physical strength coming out of injury is what makes them champions.

It is imperative for the coaches and parents to support our athletes through injuries and help them make a plan for recovery that includes mental training as well as the physical. With a regimen of mental training we can help our athletes tune out the worries of the injury and what others think of them. Mental training can provide the right tools for athletes to perform at their best not only in the sport as humans in life and we all must do our best to encourage this.



Lex Bennett - Freeride/Freestyle and Devo Program Director
lex@lertprograms.com

Core

FIS Update:

In February, 2022, EMSC's Men's FIS Team traveled to Minnesota to compete in Elite SL races at Spirit Mountain and GS races at Lutsen. Congratulations to Mitchell Riley for winning both GS races and for

on the pages throughout the season.

If you haven't registered yet, we still have a couple of spots open for Moab and Spring Team. Register for all 2022 programs here:

<https://lakeeldoraracingteam.sportngin.com/register/form/450249876>

Finally, the Cuore Team Shop is open for jersey and short orders. The shop will stay open until March 15th. Here is the link order:

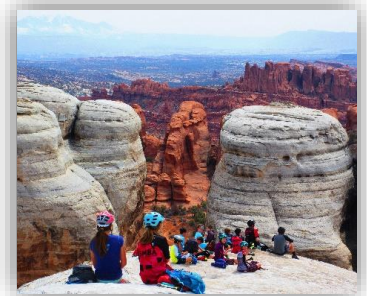
<https://teamshop.cuore.ch/smba/login>.

In addition to jerseys and shorts, we also have awesome mid-weight mountain socks available in the shop.

If you ordered apparel last year, your login information should still work!

We're looking forward to the start of a fantastic 2022 mountain bike season!

Contact our Program Director Heather – heather@lertprograms.com



Beyond the Slopes– Let us Celebrate our Coaches!

This month we would like to honor Krista Crabtree-Assistant Coach U14 Core Program



This month we are honoring Krista Crabtree! Krista Crabtree grew up in Hollis, New Hampshire, skiing the slopes every winter weekend with her parents, who both raced on the masters ski race circuit. After racing NASTAR at age 5, she was hooked. She raced out of Sunapee and

make our respective programs successful. The new race bibs this year highlighting our valued sponsors and new Winston Race arena look incredible, to the support of the many departments to provide training at Eldora while we host races (Chute race, during training on Bonanza and Labelle – 3 closures on busy weekends). Huge *Thank You* to parent volunteer John Holmes, who has not only helped lead the charge with several key club initiatives, but is here to support the entire program for our success for the future.

Please be sure to further thank our amazing staff working hard behind the scenes, along with our wonderful Board of Directors, who demonstrate incredible commitment to our organization, athletes and events. Key staff keeping the glue strong with the many moving parts include Trish, Heather and Jim at the office, to the leadership of our Head Coaching staff (practically on the road full-time now), Program Directors, Eric Vogel and Jocelyn with Jr Race, Jonathon Smith (LaMars), to Sam Bass and Brent Tregaskis at the mountain.

In closing, while March may feel like a month focused on competition based “results”, it is important to keep in mind the key values athletes take with them for life. Several weeks ago, FIS Team athlete Brittany Lilja volunteered with our U14’s and Storm. Brittany was a wonderful addition to the program with a bright smile and positive energy. Despite the recent adversity with the Marshal fires, Brittany continues to see the incredible value of giving back to our community, mentoring, and helping athletes love the sport of skiing for life. Long term success rewards those that stay the course and embrace the journey of fundamentals – as Ron Lemaster would often share with me - let’s continue to stay focused on building a strong foundation for the future!

Matt Tomasko - Executive Director

Jr Race

Parents, Athletes, and Coaches, Big Thanks to all the parents and coaches who helped to put on our

placing 2nd in both SL races! After returning to Colorado, Tucker Sheldrake won the March DEVO FIS SL at Keystone. The Men's FIS Team is on a roll! Meanwhile, EMSC's Women's FIS Team laid down impressive results at the Winter Park DEVO GS races with four athletes (Izzie Tomasko, Camilla Kroll, Anna Cheesewright and Ellie Myatt) all making the "Flip 15"(Top 15 racers after Run 1). Well done ladies! Also in March, many of EMSC's athletes on the Men's and Women's FIS Teams competed in Denver University's Invitational FIS University races at Copper Mountain and Keystone where the EMSC FIS Athletes raced against the top NCAA Division I athletes in the Western Region. The opportunity to compete in these "FIS U" races provided the EMSC FIS Athletes with valuable experience needed to take their ski racing to the next level. Heading into March, the EMSC's FIS Men's and Women's Team will continue to train hard at Eldora on LaBelle, Bonanza and Chute to prepare for upcoming Colorado Cup and DEVO FIS GS and SL races at Keystone, Breckenridge, and Winter Park. FIS Head Coach Booka Smith credits the 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



Cannon Mountain, starting up the ski team at Hollis High School. Crabtree went on to race for Bates College in Maine, where she earned her Level 100 USSA coaches certification. After college, she landed a job coaching U10s at Ski Club Vail. While at Vail, she entered a women's pro race and made it to the quarter finals, after crashing spectacularly off of a pro jump.

Several years later, she moved to Boulder to attend graduate school, coaching at nearby Eldora Mountain Resort and joining the staff of *SKI Magazine* as an intern. The internship turned into a full-time job as an editor where she covered fashion, instruction, and gear. She has been director of the *SKI Magazine* women's ski test and the *OnTheSnow* ski test. During the past decade, Crabtree launched a freelance writing career, started She Skis Women's Ski Testing Clinics in Vail, and received her PSIA Level II and Children's Specialist II certifications.

Crabtree has been coaching and teaching for 25 years and is currently an assistant U14 coach for EMSC. She also runs the women's program at Eldora, coaches Vail's Her Turn clinics, and organizes ski events like Silverton's Big Mountain Betty. Additionally, Crabtree is the BVSD Middle School head coach, based out of Nederland. Her daughter, Trinity, is a U16 racer with EMSC, and her husband, Ed, is an Eldora ski patroller and wildland firefighter.

"I hope to provide each athlete with friendly, sincere attention and communication to meet their goals as well as their psychological and physical needs as they relate to snowsports. I believe we can all learn from one another and we can achieve more in our skiing when we work together." —Krista Crabtree

Please submit candidates for the LERT Monthly win here:

info@lertprograms.com

Check out our team stores!

We have a NEW team store in SquadLocker! We will be adding new

YSL SL Race at Eldora on 2/13!! It was a blast to see all the cheering families and hear the cowbell ringing!! Congrats to all our athletes on their results and progress. March brings us into the home stretch of our season with many events going on for March:
 3/6 YSL Kombi at Loveland
 3/19 YSL Girls Championships at Winter Park
 3/20 YSL Boys Championships at Winter Park
 3/22 Jr Race Home Series Skills Quest
 3/23 Jr Race Home Series GS Race
 3/24 Jr Race Home Series SL Race
 3/26 & 3/27 First Annual Eldora Cup

First Annual Eldora Cup: This will be a Legacy event moving forward with EMSC race programming. 3/26 athletes from all alpine race programs (Jr Race, Age Class, Ability and FIS) will participate in a time trial run on Chute. From these times the staff and I will divide athletes into teams containing all program levels and captained by a FIS team member. On 3/27 Teams will race on Chute in a timed race and the Team that has the lowest combined time will win. A Legacy Trophy (similar to the Stanley Cup) will be awarded that will have the names of the winning team members engraved on it. Each member of the winning team will get their turn to have the trophy to eat cereal, ice cream, drink milk shakes or whatever to celebrate the win.

March's Tip for All: Your athlete might be feeling the burn of a long season or you as a parent might be feeling it too. As the weather gets nicer and the days longer reflect on the progress your athlete has made both in sport and as a growing independent child over dinner and a favorite beverage.

Cheers,
 Eric Vogel
 EMSC Jr Race Director
eric@lertprograms.com

U16 Update:

The U16 crew had a great time racing in Keystone and Vail. We were able to bring back team travel for our Vail race, and we are getting ready for our four day championship race in Crested Butte! The athletes are making solid improvements with their skiing! We're ready for March and we'll continue that growth and excitement for the rest of the season!

Communication / Admin News / Membership

Volunteer Opportunities:

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](#))

- March 18 – [U12 Big Mountain](#)
- 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 \(At Home Series - Women & Men\)](#)

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

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

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

items regularly and are excited to 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.

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!



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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