

LERT Newsletter

May 2022

LERT Families (EMSC & SMBA),

Congratulations to our athletes and members for a successful winter season! EMSC has transitioned into Spring Camps, where the focus begins on the progression for the next season, including fundamentals, personal skiing assessment and equipment testing. We are encouraged to see the participation and focus of the athletes this spring, and work is already underway for planning with Eldora for next season.



EMSC News

It was great to see so many Alpine Team athletes successfully complete the spring avalanche level 2 / rescue certification through Colorado Mountain School in Rocky Mountain National Park. Athletes focused on a three day field curriculum to further incorporate elements that coincide with backcountry awareness, US Ski Team education, and critical decision making / rescue scenarios in remote locations. Continuing athlete education and development opportunities is a cornerstone of LERT, and we are lucky to have the opportunity to work closely with our community partners.

Freeride/Freestyle Team News

Wow what a great party! We ended a wonderful season with an amazing party for retro weekend at Eldora. It was great to get to ride with the families, enjoy some yummy food and drinks on the West Wing deck, check out the magic from the surprise magician, and the best part, give out some well-deserved awards to our awesome athletes! It was definitely the best way to keep the stoke high through the summer!

I hope everyone has some fun plans for the summer to get you outside, traveling, biking, camping,

SMBA News

SMBA Notes from the Trail: Spring Singletrack, Fun Trail Advocacy & a Bike Swap!

The SMBA Spring Session has zoomed by this year! Along the way we've enjoyed miles of singletrack, learned about interacting with horses on the trail, and hosted our 2nd Annual Bike Swap at Valmont Bike Park. Our Sunday Team group has enjoyed exploring trails in Lyons, a semi-super Betasso ride, and Walker Ranch. On Easter Sunday, the team ventured south to Golden for a fun ride and Easter egg hunt at White Ranch. Our Epic team has been putting in tons of

Spring programming for SMBA has been highly productive, with athletes taking part with outstanding afterschool and weekend riding programs. We have a phenomenal staff working with our young riders, and encourage everyone to take a look at our summer camp schedule as camps are filling quickly. Thanks again to our volunteers and board members who assisted with the recent SMBA Bike Swap Fundraiser at Valmont! Our Team riders are further looking to incorporate advanced technical skills / curriculum with staff through Downhill Days at Winter Park, along with opportunities to expand leadership through adventure camps, bike packing, and character building adventures (HUGE rides!).

Finally, LERT would like to recognize the outstanding volunteers and staff who work tirelessly behind the scenes to ensure we have solid training opportunities year-round. From our valued partnership with Alpine Training Center with athlete conditioning for high performance, to the parents who step up to support staff, lend a hand with Bnet work at Eldora (often times w/out being asked – which is a DAILY task all season), to Trish and our Office Staff (Jim) who tackle 24/7 admin and program related elements, to our exceptional Board of Directors. We are proud of the committees, staff that take the lead with Fundraisers to foster and build community, and most importantly, our many coaches throughout all of the programs that put a tremendous amount of work into providing top-level programs.

Matt Tomasko - Executive Director

Jr Race

Parents, Athletes, and Coaches,

Hard to believe this season has come to a close, but as the old saying goes time flies when you're having FUN!!!

May brings the staff and I to a place of reflection and review. Jocelyn and I are currently doing staff and athlete/family review/feedback meetings. I encourage all families to schedule a meeting to review the season as this gives us great information on what works and what

boating, and who knows maybe some skiing! Summer is a great time to play in Colorado and there is much to see and do!

We are already conducting meetings and having discussions on how we can expand our programming, restructure our groups to create more synergy, add training sessions, and an overall revamp to make our already great programs even better! Every season we grow and every season we learn what works and what needs work. We do our very best to make sure that we continue to progress as coaches and leaders in the hopes that we can bring that same energy and goal to our athletes.

Please feel free to reach out with suggestions or feedback from the season. I know many families have already received or will be receiving end of season assessments, but we are a team and we love feedback that helps us create the best training, learning, and fun environment that ultimately leads these kids to success!



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

Core U16 Update:

This year has flown by! The U16s wrapped up the season with some fun races at Vail and the Loveland Derby! We have seen so much progression and growth through all of the athletes and it has been a pleasure working with everyone. Check out our end of the year video

base miles each week to get ready for their summer adventures!

In April all of our after school Spring Team and Dirt Riders athletes had a special visit from the Boulder County Horse Association and learned about interacting with horses on the trails. It was a wonderful afternoon for learning more about trail advocacy and meeting some really nice horses; who also enjoyed many pets and treats from the SMBA Team!

We wrapped up April with our 2nd annual bike swap at Valmont Bike Park. The weather was beautiful and it was a great day to buy and sell used bike gear. A huge thank you to everyone participated, donated items, and volunteered for the event! We're already looking forward to next year's swap!

As we move into the last few weeks of the session, we're looking forward to a more fun spring rides and are getting amped for all of our upcoming summer adventures! If you haven't registered for summer programming, registration is still open!

Stay tuned for more notes from the trail in June!



Heather Williams – SMBA Program Director
heather@lertprograms.com

Beyond the Slopes– Let us Celebrate our Coaches!

This month we would like to honor Alex Maple – U16 Ski Coach

Coach Alex Maple is joining LERT with 3 years of previous ski coaching experience and returning to LERT for the 2nd year. Her hometown was Aspen, Colorado, where she was a ski racer.

doesn't along with educating parents on what are the next steps for programming and understanding how to navigate our sport.

May Tip for All: Get out there and have some Spring/Summer Fun!! If you are looking for a great cross training opportunity for your athletes take a look at the offerings from SMBA(Single Track Mountain Bike Adventures) for spring, summer and fall. <https://smba.lertprograms.com/>

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

Check out our team stores!

We have a team store in SquadLocker! We will be adding new items regularly and are excited to have so many amazing products branded for our organization!



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

on Instagram @emsc_skiing! Keep up the hard work this summer! We can't wait to start up the new season fresh and strong! Have a great summer everyone!

-Coach Kasinee



U16 Update:

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-Coach Kasinee

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.

Emails are tied into our registration so if you elect to

Alex skied with the Aspen Ski Club through High School and then skied 2 years with the CU Club Ski Team. Alex earned a Rossignol sponsorship after good results in the Junior Olympic downhill when she was 13-14 years old. However, Alex experienced the temporary nature of sports when she had an injury in her first FIS race. Through the ups and down she still loved racking. Alex is proud to have studied in the ski town of Chamonix, France.



Coach Alex knows that the mental toughness of a racer is just as important as the physical. She had to come out of the shadow of a brother that was a successful ski racer. Many times she only focused on the results but through time she was able to see that racing made her a lifelong skier. She enjoys helping her students with guidance to keep their mental game strong and instill that deep love of the sport.

Submit your LERT Monthly win here: info@lertprograms.com



needed. 5% of all your purchases go back to the club!



“opt out” then you will no longer receive updates on behalf of LERT programming.

Send inquiries to:
info@lertprograms.com

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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:

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