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**COMPEX**  
muscle stimulator  
STRENGTH • ENDURANCE • RECOVERY

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## Newsletter Archive: April 2006

# April Showers... Herald the 2006 Athletic Season

April 2006 - Vol 1, Issue 2

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**SIGN-UP!**

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### Greetings From Coach J

**By the time you read this, I will have completed my first of two dozen cycling races on my season calendar.** *At the end of last summer, I made a commitment and began communicating my intention to produce 275 watts for three minutes at lactate threshold on my bike. Reaching this goal would put me in a position of power to generate my next level on the bike.*

On Thursday, March 30, I produced 273 watts for eight minutes on an lactate interval. I reached and surpassed my goal. Before reaching that goal, I had never produced more than 250 watts for 3 minutes.

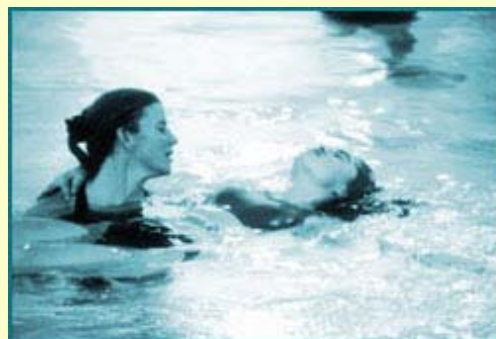
What did it take to reach my goal? Commitment. Intention. Action.

I chose to commit to a goal and intentionally aligned my actions to be consistent with my commitment. I wish that I could say that eating well, managing my sleep, being in compliance with my training plan, staying hydrated and using my Compex came to me naturally. Instead, each action represented a constant, intentional re-choosing of my goal.

Welcome to the 2006 athletic season. What's your goal ?

**Define it. Create it. Achieve it.**

### JDS Swim Connection



JDS Sportcoaching is pleased to partner with swim coach Beth Davis to offer swim clinics in Boulder, Colorado.

Beth, a competitive swimmer since age 6 and a professional triathlete for several

years, has been teaching swimming to adults, children and competitive athletes full time since 1993. The philosophy behind her instruction is form before speed. Her approach is core-centered which allows her students to move faster and more efficiently through the water without overuse of the arms and legs.

#### Swimming with Beth

##### Indoors Swimming Clinic

Clinic Location: Millennium Harvest House

Clinic Tuition: \$200.00

*A six-week indoors swimming clinic will be held Friday nights, beginning April 21. The clinic will focus on body posture, balance and stroke skills. Sessions begin at 7pm.*

##### Open Water Series

Series Location: Boulder Reservoir

Series Tuition: \$175.00

*An 8-session open water swim series will be held Monday nights starting on June 19th. This class will be held from from 6:30-7:30pm.*

[Sign-up to Swim...](#)

#### Bikes for Tykes



**Remember getting your first bike? The freedom, the joy, the thrill!** *Maybe it was a hand-me-down from a friend or family member, maybe it was brand-spanking new with a banana seat and tassels on the handlebars, or maybe you had to beg your folks (or your spouse) for months to let you own the ride of your dreams.*

SEAR Racing Team is on a mission to make that dream come true for children who might not otherwise have the opportunity to own a bike. The team is collecting used children's bicycles from the dim recesses of neighborhood

garages and donating the bikes to a local charity for distribution. The goal is to match up 2000 bikes with 2000 kids who long to ride.

**Can you feel the wind in your hair? See the pavement whizzing beneath your wheels?** Join SEAR in uniting the community through a simple means of transportation!

[Participate!](#)

#### Women's Road Cycling

**Join JDS Sportcoaching, LLC and the ACA for the 2006 Women's Cycling Seminars.** These seminars are designed to combine in-class learning with on-bike skills practice, and foster connections among the women's cycling community.

Both seminars will be held at the Village for Early Childhood Education (1907 West Powers Avenue, Littleton). Morning coffee and midday lunch are included in the \$40 registration fee. Bring your bike, your helmet and your teammates!

##### Women's Women's Cycling Seminar: 22 April

*New to road cycling? Looking for a riding community of your peers? This all-day seminar focuses on beginning and intermediate cycling knowledge, skills and on-bike practice.*

[Register Now!](#)

##### Women's Advanced Cycling Seminar: 07 May

*Feel comfortable with your current level of knowledge and equipment and ready to take your cycling to the next level? Curious about what it takes to race or about improving your current racing skills? This all-day seminar features experienced women cycling coaches and racers covering racing skills, team tactics and*

recovery techniques.

[Register Now!](#)

[More Information...](#)

### Hammer Time!

**A believer in supplementation for athletes, I work to stay current on research in the field.** *Over the years, Hammer Nutrition has consistently introduced products to athletes that are based on good food and good science. Ever since I discovered Hammer Nutrition products in 1997, I've been adding new ones each season to my training toolbox. And it's no secret that I think Hammer Gel tastes good and is easy on the stomach and the wallet.*



I partner with Hammer Nutrition because they share JDS Sportcoaching's commitment to athletes and community. How does our athletic community benefit by using Hammer Nutrition products? Not only do you get great discounts and samples, but as a sponsor, Hammer Nutrition keeps us stocked with samples and goodies for our events.

Take your health and your sport to the next level: ask me which Hammer Nutrition products might benefit you.

[More about Hammer Products...](#)

**This newsletter is designed to keep us in communication with our athletic community and we'd love to hear from you!** Shoot us an email to let us know about your interests and the projects you're involved in. Click on the Quick Link entitled [Race Results Form](#) and let us know how your last race, event or training session went.

We appreciate having an opportunity to share with you what we're up to in the world. Our intention is to energize you about the possibilities that are out there, not fill up your inbox.

Thanks for joining us!

Sincerely,

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JDS Sportcoaching, LLC

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