



GENERATE YOUR NEXT LEVEL™

Newsletter Archive: December Announcement 2005

- [Home](#)
- [Contact Us](#)
- [Services](#)
- [Resources](#)
- [Coaches](#)
- [Shop JDS Online](#)
- [Event Calendar](#)

COMPEX
muscle stimulator
STRENGTH · ENDURANCE · RECOVERY

GLOBUS
Sport & Health Technologies

Announcing

Suzanne Cratch & Women's Introduction to Road Cycling

Greetings!

JDS Sportcoaching is pleased to welcome road cycling coach and bike fit expert Suzanne Cratch to our team of expert coaches.

You may remember Suzanne from her presentation of the Cycling Technique Demo at the 2005 Women's Cycling Seminar in October. Your evaluations told us that you thought Suzanne's work was terrific and we did, too. We are thrilled to have her on board!



A Women-Centered Approach to Equipment, Fundamentals and Practice

Suzanne brings with her to JDS Sportcoaching an exciting program of extraordinary value for beginning and intermediate women road cyclists: **Women's Introduction to Road Cycling**.

The program is offered in a half-day or two-hour format. Both formats are customized to meet the specific requirements of the athlete and are intensely hands-on.

Program Pricing: \$195 (2-Hour Format), \$385 (Half-Day Format)



[Learn More](#)

The Women's Introduction to Road Cycling Program is an excellent way to begin the 2006 cycling season. And it makes a great gift, for yourself or to encourage a fellow cyclist to generate their next level.

Keep 'em spinning!

Your Coaching Team at JDS Sportcoaching, LLC

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**10% Off: Just
in Time for the
Holidays**

**Want to introduce someone to the benefits of
coaching? New to the idea of coaching yourself?**

JDS Sportcoaching's Foundation Cycling Program is a great introduction to coaching for men and women cyclists of all levels.

For a limited time, JDS Sportcoaching, LLC is offering this program at an exceptional rate. It's one way we are encouraging cyclists to generate their next level. And with this coupon, we're inviting you to save even more. What a great gift!

First Month of Coaching Must Start No Later Than: 31 January 2006

Receive Our Monthly Newsletter (April thru September, January)

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