



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

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## Newsletter Archive: February 2007

# Wintertime Blues? Spring (and Opportunity) Knocks!

February 2007 - Vol 2, Issue 1

### In This Issue

Nutrition for Sport and Life  
Your Training H.Q. for ERock  
R U Registered 4 Fun?

### Sign Up

[SIGN-UP!](#)

### Quick Links

Compex  
MS Global  
Newsletter Archive  
Nutrition for Sport and Life

### From the Saddle

***The opportunity to make a difference...*** Back in my college days, I decided I wanted to retire by the time I was 40. Now, at the age of 43, I can't imagine retiring! It is so much fun to go to show up for my job each day, and work with athletes and coaches.

At JDS Sportcoaching, LLC, we are honored that you give us the opportunity to make a difference in your life. Whether we coach you in your sport, provide a website to browse, or connect you with great prices on training gadgets that work, we thank you for your inspiration and for giving us the opportunity to support you.

Over the winter, we've been creating programs that will make a difference in your sport. If you haven't visited our website lately, check out some of our new programs. From the Compass Bank Elephant Rock Ride Training Programs, the ACA Road Skills Clinics, and the MTB Spring Training Camp to the Nutrition for Sport and Life Program, we're committed to adding value to the activities that you already love and having fun at play.

### Nutrition for Sport and Life

***When I first started JDS Sportcoaching, LLC I knew that I wanted to offer nutritional programs. color*** Programs that would make a difference to athletes, and like our other programs, offer options that individuals could choose from to best suit their athletic and personal needs.

Seven years later, after months of development, we're pleased to offer Nutrition for Sport and Life delivered by [Emily Hoagland, RD](#). Browse our menu options and add another dimension to your training.

- [Nutrition for Endurance Athletes](#)
- [Sport-specific Food and Beverages](#)
- [A la Carte Offerings](#)
- [Nutrition Consultation](#) - *initial consultation included in nutrition programs or available as a stand-alone, a la carte service*

[More...](#)

## Your Training H.Q. for ERock

***Save the Date: 03 June 2007, Compass Bank Elephant Rock Ride in Castle Rock, Colorado  
Join us for the annual pilgrimage to Castle Rock, Colorado.***

JDS Sportcoaching is pleased to be the official training company for the 20th Anniversary Compass Bank Elephant Rock Ride. We're offering customizable training programs to help you get ready for the unofficial start to the Colorado cycling season.

JDS Sportcoaching is offering programs for all levels of riders, whether you are an elite rider or training for your first event. All training programs are designed to increase cyclists skill level on the bike and improve riding performance. This is a special offer to 2007 Compass Bank Elephant Rock Ride participants and is an excellent value and opportunity to impact your fitness and enjoyment of cycling at this year's cycling festival and for the entire summer cycling season.

***All Elephant Rock Training Programs include entry into the ride.  
Don't delay! Make 2007 your strongest year on the bike yet. color***

[Program Details...](#)

## R U Registered 4 Fun?

***Now that you are enrolled in the possibility of generating your next level in the 2007 athletic season, get yourself registered into the programs that will have you taking actions consistent with that commitment!***

### Indoor Cycling Training Seminar

**Saturday, 24 February at Denver School for Science and Technology color**

Come in out of the cold and ride with your cycling community!

Time is short...[register now at Active.com.](#)

### ACA Road Skills Clinics

**9 out of 10 road cyclists agree that racing is more fun with competent competition! color**

Complete the ACA's 2-hour clinic to gain or brush-up on important racing skills AND earn 4 upgrade points.

Dates for currently scheduled clinics include:

- **21 April**  
- Register Now!
- 12 May
- 20 May
- 10 June
- 28 August

### MTB Spring Training Camp

**11-15 April in Moab, Utah color**

The winter has been long and the snow has been fun, but now summer is calling and the dirt misses you!

Answer the call and join JDS Sportcoaching, LLC for five days of mountain biking immersion in the Mountain Biking capital of the United States.

- [Click here to register](#)
- [Click here for more information](#)
- OR, give Scott a jingle at 303.736.2198 for the nitty gritty ([email](#), works too)

### Compass Bank Elephant Rock Ride

**3 June in Castle Rock, Colorado color**

A fun-filled community cycling festival! Come out and enjoy the ride.

The calendar is clear and you know you want to, so choose: chocolate or vanilla?

- Chocolate: [Register with a Training Program](#)
- Vanilla: [Register for the Ride](#)

Watch for the JDS Sportcoaching masters cycling team competing alongside you in the 2007 season!



*The vision of the Factory Team is to be the cause of community and health. Team goals include the development of a signature event, raising money for health-related causes and the representation of cycling and our sponsors to our broader communities. Most importantly, we're having fun doing it!! color*

Sincerely,

The Coaching Team at JDS Sportcoaching, LLC  
JDS Sportcoaching, LLC

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**Receive Our Monthly Newsletter (April thru September, January)**

*JDS Sportcoaching, LLC respects your privacy. We will not sell or share your contact information without your expressed consent.*

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