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COMPEX
muscle stimulator
STRENGTH - ENDURANCE - RECOVERY

GLOBUS
Sport & Health Technologies

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Summer Solstice Swivel

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From the Saddle

Still in the game? I'm three months behind in my training and my racing season. Life happens, and while there are great reasons/excuses for not completing tasks as promised, there is impact on others when this occurs. Riding my bike certainly isn't looking like I envision it, but I am committed to being an athlete, despite detours in my competitive journey. I have plenty of choices in the matter of being athletic until life circumstances, do in fact, open up further choices.

What there is to do is to look at what you are up to and commit to making that happen. For instance, I was laid low this spring by Atrial Flutter, a heart condition that had my atrium going out for fast runs on its own, leaving me weak and out of breath. This was diagnosed on March 29th and on June 21st I had a cardiac ablation to correct the issue. What defines us as athletes is what we do with distractions from our routines. In those three months I was unable to ride my bike with anything but a low level of exertion. I was unable to have a race season as planned, and rather than watch that fitness disappear. I continued swimming and yoga, activities that are more part of my base training phase vs. a summer racing phase. I did easy rides indoors and used my Compex a lot to maintain muscle strength and endurance. I also competed in a regional Time Trial series.

I realized that by staying in the game, regardless of my circumstances, I am a contribution and support to our athletes and other area cyclists. Where this type of open-ended thinking might lead is up to the individual. For any given athlete, there are choices. if you're stuck and don't see a choice in missing a workout or finding an alternative, give us a call. This is part of what we are committed to doing for athletes.

Your game might not look like you originally intended or expected, but by staying true to the commitment that had you play the game in the first place, what shows up will be perfect and in line with what you are up to.

Factory Team Update

Cub Scouts Bike Rodeo... color The Factory Team, represented by Brian Friend, Doug Ingalls and Jonathan Siegel, created a bicycle rodeo for Elizabeth, CO Cub Scout Pack 636 on June 20th.

The team shared with the Scouts their cycling skills and game of fundraising in support of MS Global. The Scouts learned about the history of cycling, reviewed cycling equipment and practiced cycling drills together.

At the end of the evening, each Scout received a "BELIEVE" bracelet. The bracelets represent a dollar donated to the Tyler Hamilton Foundation on behalf of each Scout. The kids had such a sense of community and making a difference for others. The parents made donations as well and were inspired by what our team is up to in the community.

We request your support...visit our team fundraising page and donate to our MS global Fund. And stay tuned for our next fundraising event - a silent auction at Pasta's.



Join the Team - Fight MS

Coaches Spotlight: Scott Hackett



Mountain Bike Extraordinaire, Scott Hackett first joined our staff in the summer of 2006 and coached the ACA cycling skills clinics with us.

In January of 2007, he came on board officially, and directed and coached our Moab Mountain Bike Spring Training Camp as well as the Elephant Rock Ride programs and the 2007 ACA Skills clinics.

Scott's received coaching kudos from the athletes he's coached, and he exemplifies the commitment of JDS Sportcoaching, LLC to make a difference for our athletes and provide the highest level of customer service.

One client said "I want to make sure I let you know that I was extremely satisfied with your services and Scott. Scott is not only talented as an athlete but has a unique gift for coaching. If it weren't for you guys I never would have finished the Metric century. My next goal is the MS 150! I will take every opportunity to recommend your services to my friends."

(AC, Denver, CO) Another said "I think your input for the training was terrific and I would be glad to give you a recommendation any time." (GG, Denver CO)

Read more about Scott and our other coaches...

What's the Buzz?

Investing in a Compex Unit

JDS Sportcoaching, LLC is a distributor and expert resource for Compex EMS units. EMS stands for (Electrical Muscle Stimulation) which has been shown to prevent, or reduce, weakening or loss of muscle tone. EMS also facilitates the flow of blood to muscles, increasing range of motion, muscle strength and muscle endurance. EMS has pain management attributes in helping muscle related pain, such as a spastic muscle, sore muscles, or tight muscles. EMS units (such as Compex) run programs at varying frequencies to achieve the results based on the nature/intent of the program. As with TENS units, it works

by sending stimulating pulses through the surface of the skin and along the nerve strands that fire or activate the muscles.

So, what's the big deal for healthy athletes? Injury usually occurs in non-contact sports through a gradual weakening or overuse of a muscle. One reason to use a Compex is to prevent this from happening. By using active recovery to speed and further recovery before the next training session or race, you can actually reduce your potential for injury. You can also use the training programs to correct muscle imbalances with less stress on joints, tendons and/or ligaments which may have impaired function. As the Compex works as the result of static versus dynamic movements, there is less use of a connective tissue.

The active recovery program alone pays for your investment. If you get a massage with any regularity at all, you will thoroughly enjoy and appreciate this program as you will be saving the \$50-\$100 you pay for a massage. Recovering from your workout is what makes you stronger and faster. I recommend using Active Recovery at every opportunity.

[Contact us](#) for more information on using and purchasing a Compex EMS unit.

[Read More About It](#)



We're always looking for opportunities for partnership. If you would like to participate in one of our programs, partner with us in our community and fundraising goals or are committed to fulfilling on one of your dreams NOW, drop us a line!

Sincerely,

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

email: info@jdssportcoaching.com

phone: 303.744.2766

web: <http://www.jdssportcoaching.com>

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