



GENERATE YOUR NEXT LEVEL™

Newsletter Archive: May 2006

Finding Your Pace In the 2006 Athletic Season

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From the Saddle

'Tis the season... *May flowers are beginning to appear, every bit as expected as the results we athletes are producing in our early season events.*

Like the rain in April, our commitment and training over the past months and years is producing these results. With the focus on foundation and pre-race training activities, don't forget the important role that recovery time plays in your overall plan as well.

Intentional training needs to be followed by intentional recovery, as it is in recovery that our bodies get stronger for our games. As I type this, I'm feeling the pulses of Active Recovery from my Compex trainer.

Whether it's electrical impulses, diet, massage or sleep, there are always ways to get more out of your recovery time. Ask your coach...

This is the 2006 athletic season. What's your goal ?
Define it. Create it. Achieve it.

JDS Online Resources

Although JDS Sportcoaching doesn't see e-coaching in our future, we are committed to the types of resource sharing and networking that is available with basic Internet technology.

The **Resources** section of the JDS Sportcoaching website has always been a great place for athletes to gain information and perspectives on generating their next performance level, regardless of sport.

Want to know more about a particular topic or don't see what you are looking for in the Resources section? Click on any **email link** on the site or complete the **Race Results Form** to share your question or experience. You're guaranteed a response within 24 hours.

If you're interested in meeting our staff or talking to a coach up close and personal, check out the [2006 Events Calendar](#) for a listing of where you'll find JDS Sportcoaching "at large", supporting the athletic community.

And finally, as promised, athletes can now purchase many of the great products that JDS Sportcoaching endorses or distributes online.

[Shop JDS Online](#)

Share Your Passion



JDS Sportcoaching, LLC is committed to building the road cycling community at home and abroad. We're pleased to join Youth for Understanding (YFU) USA in welcoming Karl, an exchange student from Germany, to Denver for the 2006-07 school year.

In Germany, Karl is an avid road cyclist who regularly practices and competes and he is eager to continue his participation in a cycling community during his exchange. As part of the exchange program, Karl will live with an American host family and attend the local high school where his family lives. He speaks English and will have his own spending money and insurance.

Hosting an exchange student is an exciting way to share the American way of life and learn about another culture. Host families can be couples with or without children at home, single parents or even single people. If you are interested in sharing your passion and support for cycling by hosting an exchange student, please contact Jana Cobb at 1-800-872-0200 ext 269.



Youth for Understanding (YFU) is one of the world's oldest, largest, and most respected private, non-profit international exchange organizations. Today, YFU USA administers the Youth for Understanding programs in the United States.

[More Information...](#)

Springtime Acknowledgements

JDS Sportcoaching is honored to acknowledge the accomplishments and inspiration of our athletic community! Thank you for sharing your next level!

Dennis Hastings

In Colorado, rowing is not as common a sport as cycling, but when athlete Dennis Hastings hits the "ERG" (indoor rowing machine), he goes nowhere fast. Fast enough to afford him a trip this year to Denmark for the 2006 World Competitions and fast enough to bring home the gold "hardware" in his age group. As for the cycling? So far, Dennis has four first place finishes and two second place finishes in his first six races of this season. Hammer On!

Connie Ramsburg

Every athlete knows that competing in one's back yard is quite a challenge in itself. But after an eight year absence from international competition, Connie returned with the US National Karate team with a trip to Paris, France. As an alternate, Connie didn't get a chance to compete, but being chosen for and making the trip is validation of her commitment to her sport.

Denver University Cycling Club

The DU Cycling Team is making up for lost time, coming in second in final conference standings for the 2006 Collegiate Cycling season. On May 12th, Justin Rose, David Muecke, Joe McNabb, Steve Forbes, Taylor Sheldron and Joe Lewis made the trek to Lawrence, Kansas to compete in the NCCA collegiate national races. The races are comprised of a team time trial, road race and criterium, concluding on Sunday the 14th. In the team time trial, DU took 9th place out of 14 teams. In the road race, Justin Rose came in 3rd, Shelden Taylor came in 5th and Steve Forbes came in 43rd, out of a field of 63 competitors.

[Acknowledge Yourself or Someone Else!](#)

The Human Race

What makes the difference



in the human race?



YOU!

Introduction to The Landmark Forum for Cyclists
An extraordinary evening of access to power
with your peers and support group

ON YOUR MARK: Cafe Europa
(76 South Pennsylvania Street, Denver CO)

GET SET: 7pm - 9.30pm

GO: 23 May 2006

RSVP with Tommy Bruen, James Barry, Jonathan Siegel
phone 303.918.3404 | email tomfattire@aol.com

What is possible with power, intensity and integrity in your cycling?
www.LandmarkEducation.com

RSVP

This newsletter is designed to keep us in communication with our athletic community and we'd love to hear from **you!** 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,

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

email: info@jdssportcoaching.com

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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