



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

COMPEX
muscle stimulator
STRENGTH - ENDURANCE - RECOVERY

GLOBUS
Sport & Health Technologies

Newsletter Archive: May 2007

Follow Your Dreams... Or is something better stopping you?

May 2007 - Vol 2, Issue 2

In This Issue

Factory Team Update
Product Spotlight: Training with Power
R U Registered 4 Fun?

Sign Up

SIGN-UP!

Quick Links

Recovery with Compex - EMS
Join the Team - Fight MS
Brian Friend - Going Pro Video
JRose Blog
Stu Cycling Blog

From the Saddle

It's time you paid your dreams a little respect... One question I often get when people discover my occupation is *who is the best athlete you work with?* My answer is unvarying. All the athletes we coach are inspirational. No matter what level they are up to generating for themselves and their sport, they are all fun to coach and I learn from each and every one.

What is truly remarkable about being a coach is the honor and priveledge of being invited into the lives of our athletes. As a request for coaching, these athletes have taken a specific action consistent with their commitment to their sport, well-being, and health that has them seek out our listening, support and guidance.

Among the athletes I'm currently coaching are three cyclists vying to go professional. Succeeding to become a professional cyclist is against the odds. But fortunately, a game like that is not only about odds. It's about commitment and taking actions aligned with who you are, and what you are up to in the world. Anything is possible, and when we live into that way of being, what is possible becomes reality.

I invite you to check out the Blogs of Brian Friend, Justin Rose, and Chris Stuart. I also invite you to submit a blog of your own; your story is inspiration to others. Pay your dreams a little respect!

Factory Team Update

JDS Sportcoaching, LLC launched a cycling team last fall... color The cycling team has started its first campaign on the bike, and in our fundraising for MS research. The new kits are sharp, and early season races have seen strong performances by teammates Brian "The Hammer" Milnick, John Sterner "Wingman" and Brian "DreamWeaver" Friend.

On April 21, the team was out in force, racing in Golden, Colorado in the 35 Cat 4 and 35 Open Categories. Nate Miller took second in the Mens 35 Category 4 race and Scott Hackett took 16th in the Mens 35+.

On the fundraising side, our quest is underway to raise \$110,000 in support of research and advocacy for MS. Individual team members have pledged to raise between \$300 and \$1000 for the Colorado MS 150 Bike Tour. Doug Ingalls and Tom Bruen have committed to raise \$6000.00 each to make the trip to the Dolomites (Italy!) September 5-12.

We request your support...visit our team fundraising page and donate to our MS global Fund. And many thanks to those of you who came out to support us at our first seasonal Wine Tasting and Art Show fundraiser.



Up next? Certainly another fundraising event. And we're planning the launch of a running team as well...stay tuned! color

Join the Team - Fight MS

Product Spotlight: Training with Power

Interested in training with Power ?

It's a sure way to assist you in generating your next level on the bike, whether you are touring for recreation or going pro!



ergomo Power Meter System

The advantage of training with power over heart rate is that training by power output is subject to only one variable, the amount of work you are doing at the moment. The trick is measuring the one variable.

ergomo's power meter is enjoying rave reviews. The actual sensor, housed in a bottom bracket, is an ingenious design that has been trouble free from its inception. A newly designed CPU and revamped software were improvements ergomo needed to be a contender in world of power meters and the company has delivered.

JDS Sportcoaching, LLC distributes the ergomo Pro power meter system, as well as additional ergomo power meter components...10% off when you mention this newsletter!

[ergomo Power Meter 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!

ACA Road Skills Clinics

"Mad Props to those guys at JDS who put on a great skills clinic on Saturday. Any guys/gals new to racing, like myself, I highly recommend a Skills Clinic it will surely help with things we might overlook, and make racing a lot safer for every one." 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:

- 12 May, from noon-2p at the Wheels of Thunder course - [Register Now!](#)
- 20 May
- 10 June
- 28 August

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](#)

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,

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