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COMPEX
muscle stimulator
STRENGTH • ENDURANCE • RECOVERY

GLOBUS
Sport & Health Technologies

Newsletter Archive: May 2008

Spring Training Brings Summer's Successes

May 2008 - Vol 3, Issue 2

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From the Saddle

Return to Roots In the early 1980's, triathlons were in their infancy, and I took a lifetime of swimming and a high school relationship with distance running into the new sport. I was quite successful at Olympic distance triathlons, placing top 10 overall and winning several age-group competitions. During this time, I fell in love with the cycling, and left the three sport fun for two-wheel speed. Twenty-years later, I'm beginning to run again, and am looking forward to a return to the pool, whose waters I always enjoy. What prompted some of this was a new-found love of running, inspired by the highschool students I coach in cross-country running at the Denver School of Science and Technology, not to mention the many adult distance runners I coach.

Generating one's next level takes patience and adaptability. Instead of being a competitive age group road racer on the bike and in running shoes, my goals for this year are to recover from several bouts with cardiac electrical issues that have limited my training. My next level means being able to mountain bike the single-track trails of Colorado, run a 10k and rebuild my endurance on the road bike. Stay tuned for updates !

Introducing Suunto Personal Training Devices

SUUNTO
t4



[Purchase by May 17 and receive 15% off your order. Use coupon code: NL15MAY](#)

JDS Sportcoaching, LLC welcomes Suunto to our line-up of best-in-class training equipment that makes a difference.

The benefits of training are realized after the body recovers from the training effect of a given exercise. The personal training devices from Suunto capture heart rate data at levels previously available only from EKC machines. With specialized software, in which JDS Sportcoaching, LLC is investing, this information can be used to determine how well a person is recovering from their training. That information, along with data recored during training has exciting applications for coaches and athletes.

Learn more about the Suunto t-series at our Shop JDS Online store. Purchase by May 17 and receive 15% off your order. Use coupon code: NL15MAY

Suunto Personal Training Devices

While supplies last....Special deal on ergomo power meters



[Save up to 40% on Ergomo Power Meters!](#)

We made a special purchase of ten (10) Ergomo Powermeter systems with an Ergomo Carbon Crank set.

For only \$1225.00 + shipping, you can have an ISO 102 English threaded system with a 172.5 mm carbon fiber ergomo crankset with 53/39 gearing. Want compact gearing (50/34) for those long steep climbs ? For \$1275.00 + shipping we will get an ergomo and carbon crank set in your hands and on your bike.

These prices are not on our ShopJDS Online page.

Email: [Contact us quick !](#)

Call: 877-NXT-LEVEL

Special Offer - ergomo!

Equipment that helps you Generate your Next Level

JDS Sportcoaching, LLC is committed to bringing you the best in athletic training equipment.

JDS Sportcoaching, LLC ShopOnline inventory includes only items that are best in class at prices that are highly competitive.

Our inventory includes Kurt Kinetic trainers, Ergomo Power meters, Polar heart rate monitors, Suunto personal training devices, and Globus and Compex EMS units. We also have clothing to help you look sharp, and a portable Race Chair that is essential for your boosters to relax their buns while you play in the sun.

Benefits for Our Clients: Athletes who work with JDS Sportcoaching, LLC coaches are eligible for discounts on the already competitively priced products we sell. This discount extends to Globus and Compex EMS units, Ergomo powermeters and Suunto personal training devices ordered through the JDS Online Store.

Equipment that makes a difference

JDS Sportcoaching is committed to 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 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: 877-NXT-LEVEL

web: <http://www.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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