



## GETTING STARTED

(All athletes/parents should follow the 4 steps below)

**STEP 1: Go to [www.kokorovolleyball.com](http://www.kokorovolleyball.com), Schedule ETS Sessions, Book ETS Sessions**

**STEP 2: For returning ETS Kokoro athletes click on current/past member using your login credentials. For new members click New Member and follow the steps to create your new membership.**

**STEP 3: Booking Your ETS Sessions:**

- Once your membership has been added following the above steps, you will now be able to book sessions through the [etsperformance.com/kokoro](http://etsperformance.com/kokoro) website or app. Head to [etsperformance.com/kokoro](http://etsperformance.com/kokoro), scroll down to Athlete Schedule, Schedule Sessions, login with credentials, book sessions.
- All sessions will be labeled Kokoro Total Performance (2021-2022)(Athlete Evaluation)
- ETS Session will begin Monday November 1<sup>st</sup> for the (12-14s) and November 15<sup>th</sup> for the (15-18s). It is required that athletes attend at least 2x and up to 3x ETS sessions per week.

**STEP 4: Schedule Your Training Sessions!**

- Every athlete must attend a minimum of 2x ETS sessions per week! Our first 8-week training block is going to be geared around building the foundation for all of our athletes.
- We'll be spending a considerable amount of time focusing on injury prevention, body control, structural integrity, and perfecting ALL movements that will open up the gateway for enhanced athletic performance as we move into Block 2 and 3 this winter and spring.
- Each training session will last approximately **50 minutes**. Because we assume some athletes will come in prior to their specific practices, this will allow them 10 minutes to grab a snack, change, and hit the court. This will also allow a seamless transition for the next group of athletes to come in.

- There will be **ABSOLUTELY NO walk-ins allowed**, as all sessions must be scheduled in advance.
- All training sessions will start EXACTLY at the scheduled time, and everyone will begin our Dynamic Warm-Up/Muscle Activation routine together.
- If you need to cancel a session, simply login to your account and cancel your scheduled ETS session, to ensure someone else can fill the spot.

Questions and concerns regarding ETS scheduling, and training should be directed to Faryn Wirkus at [kokoro@etsperformance.com](mailto:kokoro@etsperformance.com)