



**JOINING
FORCES**
KOKORO VOLLEYBALL x ETS PERFORMANCE

GETTING STARTED

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

STEP 1: Create your ETS Kokoro Total Performance membership by clicking the appropriate link on the ETS page.

STEP 2: For returning ETS Kokoro athletes click Current/Past Member using your login credentials. For new members click New Member and follow the steps to create your new ETS Kokoro Total Performance membership.

STEP 3: Booking Your ETS Sessions:

- Once your membership has been added following the steps above you will now be able to book sessions through the etsperformance.com/kokoro website or app. Head to etsperformance.com/kokoro, scroll down to Athlete Schedule, Schedule Sessions, login with credentials, book sessions.
- All sessions will be labeled Kokoro Total Performance (2022-2023) (Athlete Evaluation)
- ETS Sessions will begin Monday October 31st for the (12-14s) and November 14th 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!

- Our first 8-week training block is going to be geared around building the foundation for all our athletes.
- We will 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 **50-55 minutes**. Because we assume some athletes will come in prior to their specific practices, this will allow them 5-10 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, it is your responsibility to show up on 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