

APRIL



Greetings from the ETS Family! We are excited to get back to work after our week off from Spring Break! We will be continuing our Eccentric Phase for one more week where we have been learning to absorb force, control movement, and build elastic, eccentric strength. We will then be heading into our Isometric Phase for the next four weeks. It is important that we keep attending our required 2x sessions per week to maximize our training potential.

Make sure to continue booking sessions through the ETS website:

1. etsperformance.com/kokoro
2. Schedule Sessions
3. Member Login (email and phone number used to create initial membership)

If you are unable to attend your scheduled session PLEASE be sure to cancel or email Faryn at kokoro@etsperformance.com so we can open that spot up for an athlete that wants to attend that session time.

Summer Memberships for the 2020-2021 Kokoro athletes as well as any siblings interested in training with us for the summer is available for sign up! You can register through the Kokoro or etsperformance website. The membership cost will be \$150 and athletes will be able to train up to 4x per week from July 12th-August 13th.

As always, any questions regarding to ETS please contact Faryn at kokoro@etsperformance.com

Sincerely,

-Coach Faryn