

SMV Family!

My name is Jake Kirsch and I am the Director of Performance at ETS Rochester. ETS is a private sports performance training facility (right down the hill from NVC) that focuses on providing unmatched strength, power, speed, energy system development, performance, and movement mastery training for serious athletes aged 8 up to professional levels.

I've been fortunate to have been with ETS since 2016, and in 2019 we opened our location in my hometown of Rochester. Since opening, we have trained over 1,100+ athletes across all sports with 45% of that population being female athletes.

In 2021, I was blessed to meet Deb and partner with SMV to become the exclusive training partner for the club. Each year, we learn and try to find better ways to serve the girls within SMV, so I'm excited to announce that this year, we are PUMPED to announce that we will be modifying and extending these exclusive offerings to **ALL** of the teams in SMV! We have refined the options for memberships to make them the most flexible and accommodating for varying commitment/frequency levels.

EXCLUSIVE SMV Membership Options (ALL are now for Unlimited Strength Plus & Elite Speed sessions!):

3-Month Commitment:

\$209/month

6-Month Commitment:

\$199/month

12-Month Commitment: Most Popular & Provides Year-Round Training Coverage

\$179/month

*All of the rates above reflect SIGNIFICANT monthly savings compared to our normal membership options

**We have sibling discounts available and referral bonuses!

IMPORTANT: All athletes who are interested in joining ETS will contact me (Jake) to schedule their free, 45-minute athlete evaluation before signing up. The evaluation process includes a physical component for the first half of the time where we bring the athlete into the facility to run through our signature dynamic warm-up & sprint progression, evaluate their movement efficiency, and perform a few relative strength and speed tests. The second half includes a sit down with the athlete and family to go over their individual results, assess goals, and explain in detail how ETS works (schedule, class descriptions, Q & A, etc.).

We are so excited to welcome more SMV athletes into the #ETSFam and we can't wait to see everyone's hard work pay off on the court this club season!

Please reach out with any additional questions and have a blessed day!

Yours in Performance Mastery,

Jake Kirsch

Director of Operations - Lead Performance Coach

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