



## IMG SUMMER WOOD BAT LEAGUE PERFORMANCE PROGRAMS

IMG Academies - the world's largest, most prestigious multi-sport training institution

Do you want to get bigger, stronger, faster and more confident with your game this summer? In addition to the performance training provided in the Wood Bat League, the IMG Performance Institute offers supplemental programs in the following disciplines:

- Physical Conditioning
- Mental Conditioning
- Communication Training by *game on*
- Vision Training
- Nutrition Training
- SAT Prep by College Advantage

For more information on these programs or to register contact Kit Carlson at [kit.carlston@imgworld.com](mailto:kit.carlston@imgworld.com) or 941.739.7481.

## Supplemental Performance Programs

### PHYSICAL CONDITIONING

All IMGWBL players will receive Physical Conditioning, included in their core program. In addition, athletes have the option to add additional training sessions to amplify their results. These sessions last for one-hour, and meet at times that do not interfere with the sport training schedule. We offer three additional sessions for you to choose from based on your needs

**Speed Training program:** Program focuses on linear speed, acceleration, maximum velocity, correct starting posture, and achieving “top end” speed. 5 week program: 1 session per week- \$405, 2 sessions per week \$810

**Strength and Resistance Training program:** Strength and power are critical components to maximize success in the game of baseball. The key is to gain strength and power that transfers to improving baseball performance as opposed to hinder movement, reducing performance. Therefore, the goal is to train the body in all ranges of motion to make you a better ATHLETE and more specifically a better Baseball Athlete. 5 week program: 1 session per week- \$405, 2 sessions per week \$810

**Strength and Speed Training Combo:** Combine the Strength and Speed training disciplines to improve even faster. Sessions are delivered back to back in a single day. 5 week program: 1 double session per week- \$810, 2 double sessions per week \$1620

**Note: Pitchers and Catchers may only select one additional training day per week due to the Wood Bat schedule.**

### MENTAL CONDITIONING

Many athletes focus a great deal of time and energy on the physical and technical components of training and exclude the mental components of their practice. Mental Conditioning is the process of building the mental skills that help athletes reach their goals and compete at their best on any given day in any given situation. Our mission is to simply ‘optimize mental performance through education, support and application’.

Programs include:

VIDEO ANALYSIS ♦ GOAL SETTING ♦ RELAXATION TECHNIQUES ♦ IMAGERY ♦ DEALING WITH PRESSURE ♦ VISUALIZATION ♦ CONCENTRATION TRAINING

**10.5 hours of training, delivered 1-on-1 (in office and on field) \$1150 - 5 hrs of training \$585 - 1 hr consultation \$130**

### COMMUNICATION TRAINING by *game on*

Whether you are looking to begin practicing for your college interviews, or you are interested in discovering how you can better communicate with your coaches, teammates, or peers – game on can take you to the next level. Participate in the same improvisation, role playing and humor exercises that helped pro athletes such as Josh Fields, Pete Sampras, Alex Smith, Greg Oden, Eli Manning, & Paula Creamer, just to name a few. Programs Includes:

SELF-AWARENESS ♦ BODY LANGUAGE ♦ APPROPRIATE HUMOR ♦ PROFESSIONALISM / RESPONSIBILITY ♦ NETWORKING ♦ CONVERSATION / INTERACTION

**5 week program: 1 session per week- \$405 small group delivery, exclusively for Wood Bat athletes**

### VISION TRAINING

Vision Training is an exercise program for the eyes that results in improved vision. Results come from increased strength in the muscles of the eye, increased endurance of the eye muscles and improved communication between the brain and the images captured by the eyes.

The training takes place using a 9 exercise protocol that is specifically geared towards baseball. Programs Includes:

TARGETING (NEAR / FAR FOCUS) ♦ VISUAL REFLEXES ♦ FOCAL / PERIPHERAL VISION ♦ DEPTH PERCEPTION ♦ MEMORY ♦ BINOCULAR FIXATION ♦ FOCUS / ATTENTION

**5 week program: 1 session per week- \$405 small group delivery, exclusively for Wood Bat athletes**

### NUTRITION TRAINING

Nutrition training focuses on a three-step process: first to assess the player’s current nutrition status, second to analyze their individual and sport demands, and third to develop a progressive series of changes to optimize their diet and body composition. The final stages aim to fine-tune the players’ eating and drinking to ensure 100% hydration, to maximize training gains via pre- and post-workout nutrition, and to optimize pre-game eating to ensure peak performance. The program is customized based on individual needs..

**5 week program: 1 session per week, delivered 1-on-1 - \$585 exclusively for Wood Bat athletes**

### SAT PREP by COLLEGE ADVANTAGE

The SAT is vital factor for college admissions, and summer is the ideal time to prepare because of less distractions. We offer SAT PREP to the rising sophomore, junior, senior, or post-graduate students. Classes are led by Harvard graduate and SAT master Mark Riddell. Students receive a variety of course materials that have been hand-selected through rigorous research.

**5 week program: 10 hrs. - 2 hours per wk. (meets on Sunday afternoons) \$495 20 hrs. - 4 hours per wk. (meets on Sunday afternoons) \$950**