

A portrait of Angus Mugford, a man with short brown hair, wearing a black polo shirt. He is looking slightly to the right of the camera with a neutral expression. In the background, a blurred image of a male athlete in a white tank top is visible. The overall lighting is soft and professional.

Angus Mugford, Ph.D

Utilizing years of research and experience, Angus Mugford develops and monitors all Mental Conditioning programs at IMG Academies. With a widely respected international reputation in the sport psychology world, Mugford helps integrate mental conditioning into the daily training schedules of the youth, adult, collegiate and professional athletes at IMG Academies.

Mugford and his staff have presented at several international sport psychology conferences, as well as being published in peer-reviewed academic journals like *The Sport Psychologist*, *The Sport and Exercise Scientist* and *Journal for Sport and Exercise Psychology*. They have also been featured in publications and media like CNN, ESPN, New York Times, The New Yorker, ESPN The Magazine, Time Magazine, Tennis Magazine, Men's Fitness and others.

 Angus Mugford

Head of Mental Conditioning, IMG Performance Institute