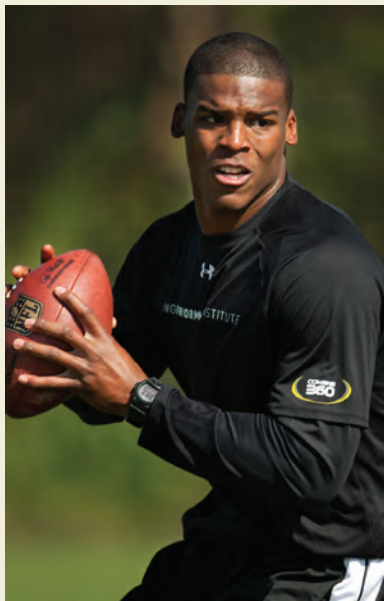


THE TOTAL ATHLETE



CAMPUS FACILITIES & AMENITIES

- » 400-acre campus
- » IMG Performance Institute Training Center: 10,000 square foot weight room, multiple training surfaces including two-lane turf track, two-lane composite track, turf field and training hill
- » Physical Conditioning, Mental Conditioning, Nutrition, Communication by game on, Vision, Athletic Regeneration and Life Skills
- » Multiple, professional-quality, full-size football fields
- » Instruction from some of the world's top performance specialists
- » On-campus housing and dining to optimize training schedule
- » Bollettieri Sports Therapy clinic complete with athletic training and regeneration facilities
- » Full-service Wellness Spa, with a staff of sport massage therapists
- » State-of-the-art BOD POD for body-composition measurement
- » Same vision training system utilized by Air Force pilots
- » Gatorade Sports Science Institute



IMG PERFORMANCE INSTITUTE

IMG Academies

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Bradenton, Florida 34210
www.imgacademies.com

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f: 941.752.2531

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NFL COMBINE/PRO DAY TRAINING PROGRAM

Cam Newton, QB

Auburn, '11 Round 1 Pick 1



Eli Manning, QB

Ole Miss, '04 Round 1 Pick 1



Anthony Castonzo, OL

Boston College, '11 Round 1 Pick 22



Anquan Boldin, WR

FSU, 3-time NFL Pro Bowler



Drew Brees, QB

Purdue, Super Bowl MVP



Tony Romo, QB

Eastern Illinois, 3x Pro Bowler



The world's premier destination for elite performance training and total athletic development.

IMG PERFORMANCE INSTITUTE



"IMG Academies' size and resources are unmatched within the industry. It covers 450 acres and has the capacity to go as high as 800... (It has) the staff, resources and know-how to replicate what players get at their team headquarters."

Sports Illustrated
June 2011

From Olympic gold medalists to collegiate National Champions, the IMG Performance Institute (IPI) has trained some of the world's most successful athletes. Having trained 70+ NFL first-round picks — including five #1 overall draft picks and three Heisman Trophy winners — IPI has proven itself as the industry leader for total athletic development.

As the pioneer of the 360-degree approach to training, IPI's comprehensive programs are designed to improve the total athlete. By offering a completely customizable program, IPI's Combine Training provides full preparation for the NFL Combine and NFL Draft.



Heisman Trophy winner and current IMG Madden Football Academy

Director, **Chris Weinke**, knows what it takes to prepare for the Combine as an alum of the IPI Combine Training program. Weinke guides on-field training and provides first-hand experience to athletes about what to expect from the Combine, Draft and NFL.

- » Personal Biomechanical Assessment
- » Individualized supplementation plans
- » Under Armour Combine apparel and shoes
- » ArmourBite Performance Mouthwear
- » Physical therapy, athletic training and regeneration services, including sport massages
- » Nutritional consultation
- » Position-specific coaching by industry leaders
- » Combine/Draft Prep and simulation
- » World-class facilities
- » Nutritionally designed meals on site
- » Mental conditioning
- » Communication and media training
- » Official Training Partner of the 2012 Senior Bowl
- » Gatorade Sports Science Institute Testing
- » Pro-style regeneration room
- » Site of the 2011 NFLPA Rookie Symposium



IMG PERFORMANCE INSTITUTE TRAINEES

COMBINE TESTING INFORMATION

BENCH PRESS

A test of upper-body strength. The athlete must bench press 225lbs. as many times as he can.

40 YARD DASH

A test of speed and power. From a three-point stance, the athlete runs 40 yards as fast as he can. Split times at 10 and 20 yards are also recorded to test explosion.

VERTICAL JUMP

A test of explosion and power. The athlete jumps straight up as high as he can.

BROAD JUMP

A test of lower body strength, explosion and power, similar to the vertical jump. The broad jump measures how far the athlete can jump, not how high. From a standing position, the athlete jumps forward off two feet as far as he can.

SHORT SHUTTLE

A test of lateral speed and coordination. From a three-point stance, the athlete runs 5 yards to one side, touching the yard line. He then sprints 10 yards in the other direction and again touches the yard line, at which point he sprints back 5 yards to the yard line he started from.

3 CONE DRILL

A test to measure change of direction. From a three-point stance, the athlete must run through a series of 3 cones, each 5 yards apart set up in an L shape.

60 YARD SHUTTLE

A test of endurance. From a three-point stance, the athlete runs 10 yards to one side, then back 20 yards and then 10 yards to the starting point.



Christian Ponder, QB
FSU, '11 Round 1 Pick 12



Darren McFadden, RB
Arkansas, '08 Round 1 Pick 4



Louis Murphy, WR
Florida, 40 Time: 4.43 seconds



Mathias Kiwanuka, DE
BC, '06 Round 1 Pick 32



LaDainian Tomlinson, RB
TCU, '01 Round 1 Pick 5



Josh Freeman, QB
Kansas St., '09 Round 1 Pick 17

IMG PERFORMANCE INSTITUTE TRAINEES (continued)



Alex Smith, QB
Utah, '05 Round 1 Pick 1



Dominique Rodgers-Cromartie, CB
TN State, '08 Round 1 Pick 16



Titus Young, WR
Boise State, Round 2 Pick 44

"The academy provided a comprehensive environment that helped me significantly in my Senior Bowl and Combine preparation. The training I received at the IMG Performance Institute not only prepared me physically for the NFL Combine, but gave me the confidence needed to be a top draft choice"



LaDainian Tomlinson, RB
TCU, now New York Jets



Nick Collins, S
Bethune-Cookman, 3x Pro Bowler

Randall Cobb, WR
Kentucky, '11 Round 2 Pick 64



As a world-renowned innovator in the field of speed training, **Loren Seagrave** has made a profound impact across

sports. From multiple 1st-round NFL Draft selections to more than 50 Olympic medal winners, Seagrave's proven speed training methodology has taken athletes to unprecedented levels.

IMG PERFORMANCE INSTITUTE TRAINEES (continued)



The IMG Performance Institute's **Trevor Moawad** knows how to inspire high achievement and test the limits of

mental toughness. He motivates the motivated. He puts words into action. In working with some of the best coaches and the most elite athletes, Moawad has coached the ultimate in production from respected names in the business.



"The atmosphere and energy on the IMG Campus is unrivaled. Everything you need is within yards of you. I was recovering from a bowl game injury the whole time I was in Bradenton, but my schedule was set up to combine rehabilitation, mental training, nutrition, film study and media training. The combination was a success for me because it prepared me both physically and mentally."

Heath Miller, TE

Pittsburgh Steelers, 2x Super Bowl Champion



Knowshon Moreno, RB

Georgia, '09 Round 1 Pick 12



Steve Hutchinson, OL

Michigan, 7x Pro Bowler



Jeremy Maclin, WR

Missouri, '09 Round 1 Pick 19



Ndamukong Suh, DL

Nebraska, '10 Round 1 Pick 2



Michael Oher, OL

Ole Miss, '09 Round 1 Pick 23



James Laurinaitis, LB

Ohio State, '09 All-Rookie selection

IMG PERFORMANCE INSTITUTE TRAINEES (continued)



Dexter McCluster, RB
Ole Miss, '10 Round 2 Pick 36



Quintin Mikell, S
Boise State, 2x All-Pro



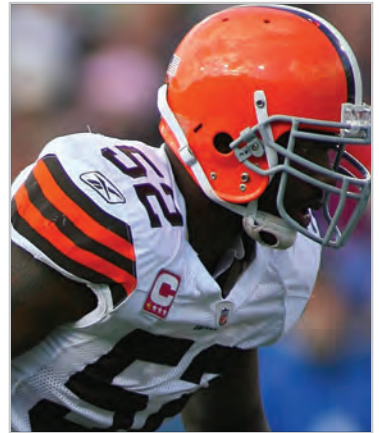
Fabian Washington, CB
Nebraska, '05 Round 1 Pick 23



Dunta Robinson, CB
South Carolina, '04 Round 1 Pick 10



Ben Watson, TE
Georgia, '04 Round 1 Pick 32



D'Qwell Jackson, LB
Maryland, '08 NFL Leading Tackler

"Training at IMG Academies has been the best. I know when I come here that I'm going to get the best workout I can get. I wouldn't want to go anywhere else."

Dexter McCluster, RB
Kansas City Chiefs



One of the most dynamic and inspirational strength coaches in the industry, **Jeff Dillman** can motivate any athlete to perform to their full potential. From his years working with top athletes at LSU to helping Appalachian State win multiple national championships, Dillman has the experience and energy to transform an athlete's strength training.

IMG PERFORMANCE INSTITUTE TRAINEES (continued)



Tamba Hali, DE
Penn State, '06 Round 1 Pick 20



Roger Saffold, OL
Indiana, '10 All-Rookie Team



Johnathan Joseph, CB
South Carolina, '06 Round 1 Pick 24



Cliff Avril, DE
Purdue, NFL Rookie Sack Leader



Ryan Grant, RB
Notre Dame, '09 1,253 Yd Rushing



Michael Clayton, WR
LSU, '04 Round 1 Pick 15



A successful former television and movie actor, **Steve Shenbaum** has worked with

seven No. 1 overall draft picks and more than 30 1st-round NBA, NFL and NHL draftees to help improve their media communication, interview skills, social confidence, conversational ability, public speaking and self awareness.

SAMPLE OF A DAILY SCHEDULE (subject to change)

- 7:30-8:30am Breakfast
- 8:30-9:00am Trigger Point Therapy
- 9:00-10:30am Combine-specific Movement Training
- 10:45am-12:00pm Position-specific Training (on the field)
- 12:00-1:30pm Lunch
- 1:30-2:30pm Mental Conditioning/Vision Training/Nutrition/Communication (Rotates daily)
- 3:00-4:30pm Combine-specific Strength Training
- 4:30-5:00pm Regeneration*
- 5:00-7:00pm Dinner

*Each week you will receive one regeneration massage.