

During the 2011-2012 school year, one Performance Elective per semester will be offered to all students (Grade 6 and above) who are attending the IMG Pendleton School or an IMG approved school (St. Stephens or Post-Graduate). One elective per semester is included in your tuition). A brief summary of the 10 Elective Divisions is provided below, however, we highly encourage you to learn more at www.imgacademies.com/img-performance-institute, or by contacting Chris Washington at (941) 752-2688 or chris.washington@imgworld.com. Once you have made your selections, please complete the registration form and return it to IMG Academies Admissions along with your registration packet.

The 10 Elective Divisions

(All electives taught in a small group setting)

Vision Training:

Develops and strengthens the athlete's eye muscles and visual system to enhance hand eye coordination, peripheral vision, reaction time, and depth perception.

Mental Toughness:

Develops the ability to compete with a consistent, positive and focused mind-set, no matter what the situation.

Stress Management:

Teaches practical knowledge and skills to cope and manage stress effectively both on and off the sports field.

Communication by game on:

Improves self awareness, social interaction and overall confidence when communicating in sport and life through improvisation and role playing exercises.

Nutrition:

Optimizes personal nutrition to meet high level lifestyle and sport demands.

Life Skills - Preparing for Life after the Academies:

Teaches athletes the skills and characteristics that will help manage the transition to college life.

Yoga:

Improves balance, flexibility, core strength and endurance and helps improve the mind-body connection.

Speed Training:

Improves technical movement, posture, actions and breathing required to maximize speed.

Injury Prevention and Care:

Teaches anatomy, injury prevention, injury recognition and first aid to athletes.

SAT/ACT Preparation:

A customized program designed to improve study habits, test taking strategies, and ultimately test scores.

Please rank your top five program choices in the boxes below (1 through 5, with 1 being your top choice), and return the completed form along with your registration packet. Please contact Chris Washington at 941.752.2688 or chris.washington@imgworld.com if you have any questions.

Performance Electives	Recommended	Pre-requisites
<input type="checkbox"/> Vision Training 1	All students	None
<input type="checkbox"/> Vision Training 2*	All students	Vision 1
<input type="checkbox"/> Nutrition 1	All students	None
<input type="checkbox"/> Nutrition 2*	All students	Nutrition 1
<input type="checkbox"/> Mental Toughness	Freshman (Grade 9) & over	None
<input type="checkbox"/> Stress Management	Freshman (Grade 9) & over	None
<input type="checkbox"/> Communication by game on 1	All students	None
<input type="checkbox"/> Communication by game on 2*	All students	Communication 1
<input type="checkbox"/> Communication by game on 3*	All students	Communication 2
<input type="checkbox"/> Communication by game on 4*	Juniors (Grade 11) & over	Communication 3
<input type="checkbox"/> Life skills - Preparing for Life after the Academies	Juniors (Grade 11) & over	None
<input type="checkbox"/> Yoga	All students	None
<input type="checkbox"/> Speed Training	All students	None
<input type="checkbox"/> Injury Prevention and Care	Juniors (Grade 11) & over	None
<input type="checkbox"/> SAT/ACT Preparation	Juniors (Grade 11) & over	None

Notes:

* You may select from each division only once. Some courses require students to have attended the foundation courses (ex. Vision 1 before Vision 2). If you have previously taken Vision, Nutrition, or Communication by game on during your time at IMG Academies and think you are eligible for level 2-4 courses please contact Chris Washington at (941) 752-2688 or chris.washington@imgworld.com.

Performance Electives will be assigned based on your tenure at IMG Academies as well as your academic and athletic schedule. We will do our best to sign you up for your highest choice based on class availability. If this is not possible, you will receive your next highest available choice.

Performance Elective schedules will be available September 9th, 2011 and classes will begin September 12th, 2011. During the first two weeks of fall semester we will be administering entry performance evaluations (Combine360) and finalizing your schedule.

Please Print Clearly:

Name: _____ Sport: _____

Age: _____ Grade Level: _____ School: _____

Coach Name (if known) _____

Parent Names: _____

Parent Phone: _____ Parent E-mail: _____

Student Cell Phone: _____ Student E-mail: _____

PLEASE RETURN TO:

IMG Academies
 Attn: Admissions t: 800.872.6425
 5500 34th Street West t: 941.752.2476
 Bradenton, Florida 34210 f: 941.752.2526



www.imgacademies.com