

Step 1: Select a Sport

- Tennis Soccer Basketball Lacrosse
 Golf Baseball Football Performance

Step 2: Pick a Team Training Program

Team Training Program #1: Train *at* IMG

- Utilize IMG training facilities, including: fields, courts and IMG Performance programs (See step 3).
- All training and instruction led by your own coaches.
- 2 training sessions each day
- Compete against IMG teams, individuals and/or visiting teams and players in the ultimate training environment (based on availability).
- On-Campus transportation
- Includes breakfast, lunch and dinner at IMG Academies

Price per day: Boarding - \$130 Non-Boarding - \$75

Team Training Program #2: Train *with* IMG

- Have your players train alongside other visiting players and/or IMG students under the guidance of IMG coaching staff.
- 2 training sessions each day
- Includes sport specific training, competition, IMG Performance programs and more.
- Coaches gain first-hand experience through classroom sessions and on-field observation.
- On-Campus transportation
- Includes breakfast, lunch and dinner at IMG Academies

Price per day: Boarding - \$225 - \$360 Non-Boarding - \$185 - \$320

Step 3: Train at IMG Only

IPI Performance Program: Select 2 programs of interest for your team to schedule during your training experience

- Movement, speed and agility
 Mental Conditioning
 Nutrition

Step 4: Select your dates and determine length of stay

Arrival Date: _____ Departure Date: _____

Step 5: Do you require transportation to and from the airport?

We can provide transportation to an from either the Sarasota International Airport or Tampa International Airport. For more information please contact us at transportation@imgworld.com or 1-800-872-6425.