

IMG ACADEMIES

OPTIMIZE your core program with THE TOTAL ATHLETE experience

Now that you have chosen your sport, we would like to encourage you to OPTIMIZE your program one of FOUR ways through our approach to becoming THE TOTAL ATHLETE.

1 THE TOTAL ATHLETE EXPERIENCE

We define THE TOTAL ATHLETE as an individual who consistently trains in all disciplines of performance to maximize his/her potential in and out of the sport. THE TOTAL ATHLETE program includes an extra hour of training per day covering the following topics during a week of camp:

DAY OF WEEK	SPORT DISCIPLINE	DURATION	TOTAL COST
MONDAY	SPEED TRAINING	1 WKS	\$475
TUESDAY	MENTAL CONDITIONING	2 WKS	\$925
WEDNESDAY	NUTRITION	3 WKS	\$1,340
THURSDAY	COMMUNICATION BY <i>GAME ON</i>	4 WKS	\$1,730
FRIDAY	VISION TRAINING	5 WKS	\$2,115
SATURDAY	OFF DAY	6 WKS	\$2,450

Note: Programs recommended for ages 12 and above and offered based on availability and are subject to change.

2 COLLEGE ADVANTAGE

We bundled five college placement courses per week into a program that you can add to your core sport program. On average, this would add another hour a day to your camp.

DAY OF WEEK	SESSION	DURATION	TOTAL COST
MONDAY	IDENTIFY SCHOOL	1 WKS	\$370
TUESDAY	NCAA GUIDELINES	2 WKS	\$735
WEDNESDAY	COLLEGE LIFE	3 WKS	\$1,100
THURSDAY	APPLICATIONS & FINANCIAL AID	4 WKS	\$1,470
FRIDAY	COLLEGE TESTING	5 WKS	\$1,840

3 PERFORMANCE 'A LA CARTE'

In case you are interested in only a specific athlete development discipline, any of our stand-alone components listed below can be purchased a la carte.

A LA CARTE DISCIPLINES	1 ON 1 TRAINING		SMALL GROUP TRAINING		
	1 SESSION	5 SESSIONS	1 SESSION	3 SESSIONS	5 SESSIONS
MENTAL CONDITIONING	\$140	\$630	n/a	n/a	n/a
PHYSICAL CONDITIONING (STRENGTH)	n/a	n/a	\$95	\$285	\$425
SPEED TRAINING	n/a	n/a	\$95	\$285	\$425
LIFE SKILLS	\$140	\$630	n/a	n/a	n/a
COMMUNICATION BY <i>GAME ON</i>	n/a	n/a	\$95	\$285	\$425
NUTRITION	\$140	\$630	n/a	n/a	n/a
ATHLETIC REGENERATION	\$140	\$630	n/a	n/a	n/a
VISION TRAINING	n/a	n/a	\$95	\$285	\$425

4 THE TOTAL ATHLETE 'CAMP' WEEK

Enhance your sport-specific training with a week of the TOTAL ATHLETE EXPERIENCE and maximize your potential on and off the field, court or course. Immerse yourself into the world of performance training and let the IMG Performance Institute experts education you on how to be THE TOTAL ATHLETE while challenging you to push your mind and body to new limits.

FOR MORE INFORMATION:

IMG Academies t: 800.872.6425
 5500 34th Street West t: 941.752.2600
 Bradenton, Florida 34210 f: 941.752.2531

For a complete list of prices for each sport visit, www.imgacademies.com