



What to Bring?

Where Players Train!

- Bring a notebook to record what you learn, as well as what you want to continue to improve upon when you return home.
- Play as much of your sport as you can before arriving to camp. This will prepare you for the intensive training ahead of you.
- It would be beneficial for you to start a personal conditioning regimen. You will benefit and enjoy the program more if you are in good shape.

Note: Check with your doctor before starting any physical conditioning or exercise.

Nick Bollettieri Tennis Academy	Rackets (2-3) Socks (10 pair) Shorts (10) Jump rope Sunglasses Beach Towel	Tennis shoes (2) T-shirts (12) Sunscreen Water bottle Bathing Suit
David Leadbetter Golf Academy	Golf Clubs Golf shoes (with soft spikes) Water bottle Visor/hat Collapsible stand golf bag for walking on course	Collared golf shirts Sunscreen Golf balls Training shoes/sneakers
IMG Soccer Academy	Shirts (2/day) Soccer cleat (2) Sunscreen Sneakers Socks (2 /day)	Shin guards Shorts (2/day) Water bottle
The Baseball Academy	Tennis/turf shoes Fielders glove/mitt Jacket (seasonal) Workout shorts/pants (5) Personal equipment (bats, etc)	Batting gloves Sunscreen Workout shirts (5) Spikes/cleats Cap
The Basketball Academy	Basketball sneakers T-shirts (8-10) Training sneakers	Socks (7-10) Shorts (5-6) Flip-flops (shower)
Performance Institute	Swimsuit Shorts (2 /day) Water (gallon container) Shoes (for linear and lateral training)	T-shirts (4 /day) Socks (3-4 /day)
The Swimming Academy	Swimsuit (2) Swimming Caps (2) Beach Towel (2)	Goggles Sunscreen Water bottle