

- **What is the IMG Performance Institute?**

The IMG Performance Institute (IPI) is a pioneer in athletic performance enhancement. We are committed to providing an atmosphere that is comprehensive in the aspects of education, integrity and an overall commitment to developing the total athlete. Through the integration of scientific research, we create a uniquely harmonized program that is dedicated to achieving athletic excellence. We feel obligated to reciprocate our athlete's passion for sport, and will seek to provide only the highest levels of service and professionalism.

- **How do the performance packages differ from the academy training groups?**

The added value performance packages are intended for athletes that would like to make an even stronger commitment to their development in the areas of physical conditioning, mental conditioning, leadership training, communication development, regeneration, nutrition and sports medicine. IPI offers more individualized training programs. Athletes are evaluated and assigned to a small group or individual times for a highly tailored approach to the athlete's training. These groups and/or individual sessions allow for the athletes training to more directly apply to their stage of physiological development and better address their individual needs assessment.

- **Which athletes could benefit from the performance packages?**

All athletes regardless of sport, age, or ability level can benefit from additional training. Athletes at all levels use IPI's comprehensive divisions and their respective training to help address their weaknesses to enhance their strengths and to maintain optimal health.

- **How do these programs fit into my schedule? Do I have time for them?**

IPI meetings will be customized into the athlete's daily schedule. Meetings may occur in between their sport and school, before they begin their day, or after their day is completed. Time spent with IPI coaches will not take away any time from the sport.

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