

## ALUMNI

Damarcus Beasley	Julieta Granada	Maria Sharapova
Freddy Adu	Tommy Haas	Gary Sheffield
Josmer Altidore	Aaron Hill	Alex Smith
Carmelo Anthony	Jelena Jankovic	Amare Stoudemire
Anquan Boldin	Jared Jeffries	Danny Szetela
Michael Bradley	Eddie Johnson	Fred Taylor
Drew Brees	Casey Kelly	Tyrus Thomas
Kobe Bryant	Carolina Llano	Peter Uihlein
Mark Buehrle	Xavier Malisse	Nicole Vaidisova
Pat Burrell	Eli Manning	Jason Varitek
Lance Carter	Clint Mathis	Joey Votto
Vince Carter	Darren McFadden	Ben Watson
Michael Clayton	Heather Mitts	Mike Weir
Paula Creamer	Kei Nishikori	Michelle Wie
Luol Deng	Greg Oden	Vernon Wells
Taylor Dent	Michael Parkhurst	Lendale White
Jelena Dokic	Chad Pennington	Roy Williams
David Duval	Carlos Quentin	Serena Williams
Josh Fields	Tony Romo	Casey Wittenberg

## TEAMS & ORGANIZATIONS

CAA Football & Baseball	Northwestern University
Florida State University	Texas A&M University
Gatorade Sport Science Institute	University of Alabama
IMG Tennis	University of Miami
Jacksonville Jaguars	University of Michigan
Michael Johnson Motivation	University of Southern California
NBA & NFL Referee Associations	US Soccer Federation

**“Today’s athlete cannot rely on natural ability alone. To maximize performance, the mind and body have to be finely tuned machines as well. The IMG Performance Institute is the ideal environment for an athlete to learn how to get the most out of his or her athletic potential.”**

### Mark Steinberg

IMG Golf / Tiger Woods’ Agent

## IMG ACADEMIES

Located in Bradenton, Florida, the 300-acre IMG Academies campus continues to grow as the most advanced state-of-the-art multi-sport training and educational facility ever created for athletes of all ages.

It includes:

- Nick Bollettieri Tennis Academy
- David Leadbetter Golf Academy
- IMG Soccer Academy
- IMG Baseball Academy
- IMG Basketball Academy
- IMG Swimming Academy
- IMG Performance Institute
- Evert Tennis Academy (Boca Raton, FL)



## IMG ACADEMIES

# IMG PERFORMANCE INSTITUTE



## WELCOME TO THE IMG PERFORMANCE INSTITUTE!

The IMG Performance Institute is the pioneer in the field of athletic performance and character development. Our comprehensive training programs are designed to improve the total athlete, on and off the field, to gain an advantage over the competition.

We develop the world’s best athletes by integrating six essential athletic and character development disciplines: physical conditioning, mental conditioning, nutrition, life skills/ leadership, communication, and regeneration. With over 15 years perfecting the delivery of these disciplines, working with the top professional athletes at every skill level, we will focus on your individual needs.

Come visit us at the IMG Performance Institute so we can help you reach your goals. Train harder, train smarter, and maximize your potential today!

Trevor Moawad  
Director, IMG Performance Institute

## FOR MORE INFORMATION:

t: 800.872.6425

w: [www.imgacademies.com/img-performance-institute/](http://www.imgacademies.com/img-performance-institute/)



## AREA

- 6 miles from Sarasota/Bradenton International Airport; 45 miles south of Tampa International Airport
- 10 miles from beautiful Gulf beaches
- 90 miles from Orlando and Disney World



## IMG PERFORMANCE INSTITUTE

### IMG Academies

5500 34th Street West  
Bradenton, Florida 34210  
[www.imgacademies.com](http://www.imgacademies.com)

t: 800.872.6425  
t: 941.752.2600  
f: 941.752.2531



## THE IPI ADVANTAGE

Our unique total athlete development program is founded upon six disciplines:

**Physical Conditioning** Develops sport specific strength, power, movement, speed, agility, flexibility, and conditioning. The goal of performance training is to raise the ceiling of athletic potential... expanding and enhancing the athletes skill set to enrich athleticism. By applying a tailored approach based on each athlete's individual needs and goals we can enhance strengths and address weaknesses to truly maximize the time investment.

**Mental Conditioning** Builds the mental skills that help athletes reach their goals and compete at their best on any given day. Our mission is to optimize mental performance through education, support and application. Awareness, motivation, goal setting, concentration, and attitude are just a few of the topics covered in mental conditioning.

**Nutrition** Optimizes personal nutrition to meet high level lifestyle and sport demands. Sample topics include: optimal everyday nutrition, eating plans to meet sports-specific demands, body composition, energy balance and body weight issues, dietary supplements, hydration strategies and maintaining nutrition while traveling.

**Life Skills/Leadership** Teaches athletes the skills and characteristics that develop high performance thoughts and habits in both sports and life. Leadership/Core Thinking is about teaching life skills that will lead to the best possible results in anything a person does.

**Communication** Improves self awareness, social interaction and overall communication in sports and life through improvisation and role playing exercises. This innovative program that teaches through improvisation and role-playing focuses on building self-confidence and effective communication while developing invaluable skills for life.

**Athletic Regeneration** Rejuvenates the body through the use of massage and physical therapy while reducing the potential of injury through corrective exercises allowing for optimal training. The Sports Medicine component of the program helps athletes via a detailed evaluation and assessment, individualized treatment, therapeutic exercise and identifying each athlete's movement patterns that may be a predisposition to injury.

## JUNIOR / HS / COLLEGE PERFORMANCE PROGRAMS

**Weekly Camps (September – May)** Here's where the rubber meets the asphalt... or grass, or turf, or court—whatever your sport and wherever you train. Bigger, faster, stronger—whatever your goal we have a program for you. Are you a college athlete, high school star, or a player just trying to make the team or improve on last season? It doesn't matter! Work is work, results are results, and we expect you to achieve both. All programs focus on individual goals and needs. Whatever your schedule, whatever your goal, the bottom line is that at an IMG Performance Institute Camp, work is efficient, communication is clear, training is motivating and dynamic, and results are achieved. Programs run weekly throughout the year.

**Summer Camps (June – August)** Our summer camps attract the serious athlete ages 8 and up for weekly training or a multiple week series. Programs are individualized and incorporate the six disciplines of performance. The environment is dynamic, inspiring, fun-filled and the schedule is action-packed and challenging. Customize your program to match your needs. A three-week training block during the summer produces optimum results. Take advantage of the off-season and become a better athlete!

**Full Time Programs** This 100% customizable program integrates the six performance disciplines based on student goals, needs, a complete assessment and evaluation. Please call us for more information.

## SPECIALTY PERFORMANCE PROGRAMS

**Pro / Prospect Programs** We offer NFL, MLB, MLS/ WPS, NHL, and professional, minor league, off-season and pre-season training for athletes in all sports. You can train, breath, eat, and live at the IMG Performance Institute, making it the only one-stop-shop in the world. Take the next step in your career with the IMG Performance Institute.

**Team / Group Programs** Let us customize a team or group training program that is designed with your specific goals in mind. If it is pre season, off-season or in-season, whatever your schedule, whatever your goal, we will design a program to achieve results. Contact us for more information—whether you come to us or we come to you.

**Consulting** Because every organization has specific needs our consulting services are customized to fit those needs. We take a team approach, covering all areas of performance. Inquire to receive more information on our services.

**Adult Programs** Make the conscious decision to become the athlete you know you can be. Let our professional staff at the IMG Performance Institute show you how to improve your body, mind and spirit. Call us to receive information on our Adult and Corporate programs and facilities.

**Bring the Family** The multi-sport nature of IMG Academies makes it the ideal place for family vacations. Call today to find out more about what we can offer Mom, Dad, and the kids!

\*Sample schedule available online at [www.imgacademies.com/img-performance-institute/](http://www.imgacademies.com/img-performance-institute/)

**“The staff of the IMG Performance Institute has guided my strength, conditioning, speed, agility, quickness and endurance training for nearly 10 years. I highly recommend IPI to serious athletes of any age, and any sport.”**

**Maria Sharapova**

3-time Grand Slam Champion

## CAMPUS FACILITIES & AMENITIES

- 300-acre IMGA Campus
- IMG Performance Institute: 10,000 sq. ft. weight room and multiple training surfaces: field turf, natural grass, 4-lane track and training hill
- Sports Performance Center with facilities for mental conditioning, nutrition, communication, leadership, sports medicine, and regeneration program delivery
- 56 total tennis courts, including: 35 hard courts, 16 clay courts, 1 red clay court, 4 indoor courts (20 lighted), and Strategy Zone facilities
- A 30-acre double-ended driving range with target greens, sand bunkers, chipping/pitching greens with Tiff Eagle grass, 2 covered hitting pays and a new synthetic turf putting green
- 7 Bermuda grass soccer fields
- Baseball training complex with 2 pro fields, 3 diamonds, multiple batting cages and bullpen mounds
- 2 NBA regulation-size hardwood basketball courts (NBA floor cushioning) with 12 teaching stations, video breakdown room and classroom space
- Sports training and therapy center
- Dormitory housing
- Jr. Cafeteria / Adult dining rooms
- 4 pools and multiple recreation areas
- Classrooms, computer learning center and study areas
- Luxurious nightly accommodations with Adult Clubhouse & conference center
- Pendleton School (K – 12 private institution)
- University of Miami satellite campus with language school & college courses
- IMG Academies Golf & Country Club, a 7,000-yard, par 72 golf course
- The Wellness Spa & Academy Realty Group
- Great Florida attractions nearby with fabulous weather, beautiful beaches
- Secure campus with 24-hour supervision

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