

PROMINENT IMG ALUMNI

TENNIS:

Andre Agassi
Jim Courier
Jelena Jankovic
Mary Pierce
Pete Sampras
Monica Seles
Maria Sharapova
Venus Williams
Serena Williams

SOCCER:

Damarcus Beasley
Kevin Burns
Jon Busch
Miguel Gonzalez
Dave Mahoney
Kyle Martino
Michael Parkhurst
Marco Velez
Alex Yi

BASEBALL:

Nomar Garciaparra
Derek Jeter
Kevin Millar
Trot Nixon
Carlos Quentin
Aaron Sele
Gary Sheffield
Jason Varitek
Vernon Wells

BASKETBALL:

Renaldo Balkman
Chauncey Billups
Vince Carter
Luol Deng
Jared Jeffries
Rob Kurz
Courtney Lee
Kevin Martin
Tyrus Thomas

GOLF:

Paula Creamer
David Gossett
Julieta Granada
Viranda Nirapathpongporn
Sean O'Hair
Aree Song
Ty Tryon
Peter Uihlein
Casey Wittenberg

PERFORMANCE:

Freddy Adu
Kobe Bryant
Michael Clayton
Tatiana Golovin
Eli Manning
Greg Oden
Chad Pennington
Alex Smith
LaDainian Tomlinson

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 SWIMMING ACADEMY



WELCOME TO THE IMG SWIMMING ACADEMY!

Now in our second year of operation, the IMG Swimming Academy has quickly become one of the finest training destinations for swimmers from around the world. Adapting IMG's multifaceted training philosophy and unparalleled facilities to the pool has helped swimmers maximize their performance and potential in and out of the water.

The IMG Swimming Academy will improve starts, turns, finishes, strength, endurance, nutrition and mental discipline—all aspects of development to give swimmers the tools to excel. We will build speed for short-distance swimmers and endurance for mid- and long-distance swimmers, always with a focus on proper stroke technique.

Join us to receive the best swimming training available in the world today!

Jorge Jaramillo
Director, IMG Swimming Academy

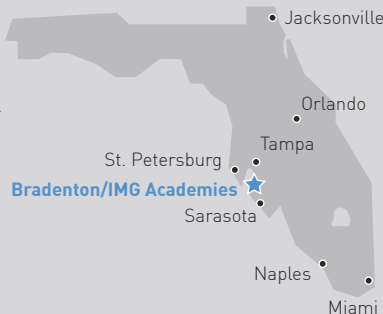
FOR MORE INFORMATION:

t: 800.872.6425

w: www.imgacademies.com/swimming-academy/

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 SWIMMING ACADEMY

IMG Academies

5500 34th Street West
Bradenton, Florida 34210
www.imgacademies.com

t: 800.872.6425
t: 941.752.2600
f: 941.752.2531



INSTRUCTIONAL PHILOSOPHY

Director Jorge Jaramillo was a two-time Olympic swimmer for Colombia and has over 25 years of experience as a technical advisor for the Colombian Swimming Federation. He was in three World Cups, three Pan Am Games, four NCAA Division I championships, and countless other national, regional, and international competitions.

The IMG Swimming Academy's goal is to develop great swimmers who are also well-rounded people. Coach Jaramillo's world-class experience translates into a unique coaching perspective, with comprehensive, holistic workouts. At the IMG Swimming Academy, success will be achieved by expert stroke analysis, using the latest technology through video evaluation, dry land training, endurance building, motivation and mental conditioning.

At IMG Academies, our students interact with other disciplined, like-minded athletes from all over the world, while training at the best athletic facilities.

ADVANTAGES OF THE SWIMMING ACADEMY

- Coaching experience and success at every level of swimming
- 30 years of working with world-class athletes
- Access to IMG Performance Institute (IPI) performance specialists
- Stroke production analysis
- Located minutes from Florida's Gulf Coast

FULL-TIME PROGRAM

- College scholarship opportunities
- Full-time students learn discipline, commitment, responsibility, competition, goal setting and goal achievement
- Monday — Friday, two workouts per day and IPI training; Saturday, one workout
- Mental conditioning and nutrition guidance
- Boarding and non-boarding options
- Two accredited schools have curriculums delivered around our program. Students graduate from Pendleton or St. Stephens and attend some of the best US colleges.
- Our full-time program runs from September to May

If you are a swimmer, you have to experience IMG Academies!

SHORT-TIME PROGRAM

- All ability levels from 9–18 years
- Arrive Sunday — Depart Saturday
- Emphasis on stroke correction and improvement
- Program will be adjusted based on age and ability

SUMMER CAMP

- Summer Camp: June — August
- Diverse group of athletes training in different sports
- Over 30 years' experience in high-quality sports summer camps
- On- and off-campus activities, trips and excursions available for all athletes
- Three-week training blocks produce optimal results

More than a summer camp — it's an experience.

TYPICAL DAILY WORKOUT

Monday - Friday

- ½ hour pre-workout with IPI coaches: dry land warm-up/stretch
- 2 hours morning swimming workout: technique and strokes
- 1 hour IPI: focus on strength, power and speed
- 2 hours afternoon workout
- 1 hour psychology/tactical/strategic

Saturday

- ½ hour warm-up, dry land
- 1 hour swimming workout
- 1 hour swimming: technique and mechanics

Our program also offers stroke video analysis (additional charge).

IPI - PHYSICAL CONDITIONING

IPI's systematic approach combines sports-specific training focusing on movement, strength, power, speed, flexibility and recovery to enhance overall performance. IPI helped develop some of the world's best athletes using customized programs with a process-driven approach.

MENTAL CONDITIONING

The Mental Conditioning Program hones athletes' attitudes and habits, ensuring their success in meeting the challenges of competition. It provides the "missing link," bridging the gap between potential and performance, creating athletes with the highest standards. We also focus on relaxation, race visualization, stress management, time management for school, workouts and social life, goal setting and achievement.

ADULT SWIMMING

If you're committed to improving your ability and ready to train, call us for information on our Adult and Corporate programs and facilities.

CAMPUS FACILITIES & AMENITIES

- 300-acre IMG Academy 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 training and therapy center
- Dormitory housing
- Jr. Cafeteria / Adult dining rooms
- Computer learning center
- Classrooms and study areas
- Recreation area
- Luxurious nightly accommodations
- Clubhouse & conference center
- Pendleton School (K — 12 private institution)
- University of Miami satellite campus
- Language school & college courses
- IMG Academies Golf & Country Club, a 7,000-yard, par 72 golf course
- The Wellness Spa
- Academy Realty Group
- Fabulous weather, beautiful beaches
- Great Florida attractions nearby
- Secure campus with 24-hour supervision

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