

IMG LACROSSE ACADEMY

2010 WEEKLY CAMPS

DATES	BOARDING	NON BOARDING
14-NOV	1,520	1,270
21-NOV	1,520	1,270
28-NOV	1,450	1,200
5-DEC	1,450	1,200
12-DEC	1,450	1,200
19-DEC	1,520	1,270

2010 HOLIDAY CAMP

DATES	BOARDING	NON BOARDING
12/27-12/30	995	895

2011 WEEKLY SUMMER CAMPS (JUN-AUG)

DATES	BOARDING	NON BOARDING
29-MAY	1,285	1,035
5-JUNE	1,285	1,035
12-JUNE	1,405	1,155
19-JUNE	1,475	1,225
26-JUNE	1,475	1,225
3-JULY	1,585	1,295
10-JULY	1,585	1,295
17-JULY	1,585	1,295
24-JULY	1,585	1,295
31-JULY	1,475	1,225
7-AUG	1,475	1,225
14-AUG	1,405	1,155
21-AUG	1,365	1,115

2011 WEEKLY CAMPS (JAN-MAY)

DATES	BOARDING	NON BOARDING
2-JAN	1,450	1,200
9-JAN	1,450	1,200
16-JAN	1,450	1,200
23-JAN	1,450	1,200
30-JAN	1,450	1,200
6-FEB	1,450	1,200
13-FEB	1,520	1,270
20-FEB	1,520	1,270
27-FEB	1,450	1,200
6-MAR	1,520	1,270
13-MAR	1,520	1,270
20-MAR	1,635	1,270
27-MAR	1,635	1,270
3-APR	1,520	1,270
10-APR	1,520	1,270
17-APR	1,635	1,270
24-APR	1,635	1,270
1-MAY	1,450	1,200
8-MAY	1,325	1,075
15-MAY	1,325	1,075
22-MAY	1,325	1,075

2011 WEEKLY SUMMER CAMPS + ESL CLASSES

DATES	BOARDING	NON BOARDING
MAY 29-JUNE 11	1,285	1,035
JUNE 12-18	1,405	1,155
JUNE 19-JULY 2	1,475	1,220
JULY 3-30	1,635	1,325
JULY 31-AUG 13	1,475	1,220
AUG 14-20	1,405	1,155
AUG 21-27	1,365	1,115

SUMMER PROGRAMS

	WEEKS	START DATE	END DATE	BOARDING	NON BOARDING
5-WEEK LACROSSE CAMP					
SERIES 1	5 WEEKS	6/12/11	7/16/11	\$6,625	\$5,455
SERIES 2	5 WEEKS	7/17/11	8/20/11	\$6,625	\$5,455
5-WEEK LACROSSE CAMP + HS					
SERIES 1	5 WEEKS	6/12/11	7/16/11	\$7,745	\$6,545
SERIES 2	5 WEEKS	7/17/11	8/20/11	\$7,745	\$6,545
5-WEEK LACROSSE CAMP + COLLEGE					
SERIES 1	5 WEEKS	6/12/11	7/16/11	\$7,945	\$6,745
SERIES 2	5 WEEKS	7/17/11	8/20/11	\$7,945	\$6,745
5-WEEK LACROSSE CAMP + ESL					
SERIES 1	5 WEEKS	6/12/11	7/16/11	\$7,325	\$6,125
SERIES 2	5 WEEKS	7/17/11	8/20/11	\$7,325	\$6,125
5-WEEK LACROSSE CAMP + SAT					
SERIES 1	5 WEEKS	6/12/11	7/16/11	\$7,745	\$6,545
SERIES 2	5 WEEKS	7/17/11	8/20/11	\$7,745	\$6,545
3-WEEK LACROSSE CAMP					
SERIES 1	3 WEEKS	6/19/11	7/9/11	\$4,310	\$3,560
SERIES 2	3 WEEKS	7/10/11	7/30/11	\$4,520	\$3,690
SERIES 3	3 WEEKS	7/31/11	8/20/11	\$4,140	\$3,425

Cancellation Protection is available, entitling registrant to a full refund for any cancellation made prior to check in. The charge for Cancellation Protection is 10% of the total purchased and applies to all items purchased. This charge itself is non-refundable.

OPTIMIZE your core program with THE TOTAL ATHLETE experience (SEE BACK FOR DETAILS)



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

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
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