

YOUTH WEEKLY PROGRAM PRICING

NICK BOLLETTIERI TENNIS ACADEMY (NBTA) & IMG PERFORMANCE INSTITUTE (IPI)

Dates	WEEKLY PROGRAM		NBTA WEEKLY ACCELERATED	
	Boarding	Non-Boarding	Boarding	Non-Boarding
January 4 – February 14, 2009	\$1,725	\$1,475	\$2,625	\$2,375
February 15 – February 21, 2009	\$1,985	\$1,599	\$2,995	\$2,575
February 22 – April 4, 2009	\$1,850	\$1,599	\$2,825	\$2,575
April 5 – April 18, 2008	\$1,985	\$1,599	\$2,995	\$2,575
April 19 – May 2, 2009	\$1,850	\$1,599	\$2,825	\$2,575
May 3 – May 30, 2009	\$1,450	\$1,199	\$2,225	\$1,975
May 31 – June 13, 2009	\$1,650	\$1,399	\$2,505	\$2,255
June 14 – June 20, 2009	\$1,760	\$1,510	\$2,680	\$2,430
June 21 – July 4, 2009	\$1,850	\$1,599	\$2,825	\$2,575
July 5 – July 18, 2009	\$1,985	\$1,735	\$2,995	\$2,745
July 19 – August 1, 2009	\$1,850	\$1,599	\$2,825	\$2,575
August 2 – August 15, 2009	\$1,760	\$1,510	\$2,680	\$2,430
August 16 – August 22, 2009	\$1,650	\$1,399	\$2,505	\$2,255
August 23 – September 5, 2009	\$1,510	\$1,260	\$2,335	\$2,085

DAVID LEADBETTER GOLF ACADEMY (DLGA)

Dates	WEEKLY PROGRAM		POST GRADUATE PROGRAM	
	Boarding	Non-Boarding	Boarding	Non-Boarding
January 4 – February 14, 2009	\$1,825	\$1,575	\$8,395/mo	\$7,275/mo
February 15 – February 21, 2009	\$2,095	\$1,725	2 week minimum	
February 22 – April 4, 2009	\$1,975	\$1,725		
April 5 – April 18, 2008	\$2,095	\$1,725		
April 19 – May 2, 2009	\$1,975	\$1,725		
May 3 – May 30, 2009	\$1,550	\$1,299		
May 31 – June 13, 2009	\$1,725	\$1,475		
June 14 – June 20, 2009	\$1,865	\$1,615		
June 21 – July 4, 2009	\$1,975	\$1,725		
July 5 – July 18, 2009	\$2,095	\$1,845		
July 19 – August 1, 2009	\$1,975	\$1,725		
August 2 – August 15, 2009	\$1,865	\$1,615		
August 16 – August 22, 2009	\$1,725	\$1,475		
August 23 – September 5, 2009	\$1,615	\$1,365		

SOCCER, BASEBALL, BASKETBALL & SWIMMING ACADEMIES

Dates	WEEKLY PROGRAM		BASEBALL SUMMER LEAGUE	
	Boarding	Non-Boarding	Boarding	Non-Boarding
January 4 – February 14, 2009	\$1,375	\$1,125	\$7,195	\$6,595
February 15 – February 21, 2009	\$1,585	\$1,225	The High School Summer Wood Bat League runs from	
February 22 – April 4, 2009	\$1,475	\$1,225	June 14th to August 2nd in 2009.	
April 5 – April 18, 2008	\$1,585	\$1,225	Call for more info.	
April 19 – May 2, 2009	\$1,475	\$1,225		
May 3 – May 30, 2009	\$1,175	\$925		
May 31 – June 13, 2009	\$1,325	\$1,075		
June 14 – June 20, 2009	\$1,405	\$1,155		
June 21 – July 4, 2009	\$1,475	\$1,225		
July 5 – July 18, 2009	\$1,585	\$1,335		
July 19 – August 1, 2009	\$1,475	\$1,225		
August 2 – August 15, 2009	\$1,405	\$1,155		
August 16 – August 22, 2009	\$1,325	\$1,075		
August 23 – September 5, 2009	\$1,225	\$975		

MULTIPLE WEEK ADVANTAGE

If a 1 week stay is all that is possible we recommend, you arrive in shape in preparation for a tremendous learning, training, athletic and cultural experience that will provide a foundation for success.

Week 1 - During the 1st week, students are adjusting to a new training schedule, acclimating to the weather while processing new information. The first week is exciting, challenging, motivating and inspirational.

Week 2 - By the 2nd week students have adjusted to their surroundings and they are starting to grasp the new tactics and techniques.

Weeks 3+ - By the 3rd and 4th week students see their bodies become leaner, faster, stronger and more athletic and the techniques and tactics start to become instinctive. It is no surprise that many students who arrive for a week often extend for multiple weeks.

- Non-boarding - Check in Sunday | Check out Saturday.

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 PROGRAM! (SEE BACK FOR DETAILS)

FOR MORE INFORMATION:

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IMG
ACADEMIES



OPTIMIZE YOUR PROGRAM

Now that you have chosen your sport we would like to encourage you to optimize your program through our approach to total athlete development. We develop the world's best athletes by adding to their core sport training 6 athlete development disciplines:

Mental Conditioning - Builds the mental skills that help athletes reach their goals and compete at their best on any given day.

Physical Conditioning - Develops sport specific strength, power, movement, speed, agility, flexibility, and conditioning.

Communication by *game on* - Improves self awareness, social interaction and overall communication in sport and life through improvisation and role playing exercises.

Leadership - Teaches athletes the skills and characteristics to empower them to become effective leaders in sport and life.

Nutrition - Optimizes personal eating 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.

Athletic Regeneration - Rejuvenates the body through the use of massage and manual therapy while preventing the potential of injury through corrective exercises allowing for optimal training.

PERFORMANCE 'ON TOP'

We bundled 5 sessions per week into a program that you can add 'on top' of your core sport program. On average, this would add another hour a day to your camp. We encourage you to add PERFORMANCE 'ON TOP' to the weeks you spend here, or at least to a portion of them.

# OF WEEKS	MENTAL CONDITIONING	PHYSICAL CONDITIONING	COMMUNICATION BY GAME ON	LEADERSHIP PROGRAM	NUTRITION PROGRAM	ATHLETIC REGENERATION	TOTAL SESSIONS	TOTAL COST
1	1	1	1	1	1	0	5	\$450
2	2	3	2	1	1	1	10	\$875
3	2	5	2	2	2	2	15	\$1,275
4	3	7	3	2	3	2	20	\$1,650
5	3	9	4	3	3	3	25	\$2,000
6	4	11	4	3	4	4	30	\$2,325

Note: All programs are progressive for students participating for multiple weeks.

PERFORMANCE 'CAMP' WEEK

Enhance your sport specific training with a week of total athlete development. The Performance Camp combines the expertise of mental conditioning, physical conditioning, *game on* communication, leadership, nutrition and athletic regeneration to develop dedicated individuals who want to optimize their athletic experience. For pricing, refer to the IPI section on the front of the flyer.

	7:30 am - 8:30 am	9:00 am - 10:30 am	11:00 am - 12:00 pm	12:00 pm - 1:00 pm
Monday	Breakfast	Movement & Agility	Recovery	Lunch
Tuesday	Breakfast	Movement & Agility	Mental Conditioning	Lunch
Wednesday	Breakfast	Movement & Agility	Leadership Training	Lunch
Thursday	Breakfast	Movement & Agility	Mental Conditioning	Lunch
Friday	Breakfast	Movement & Agility	Leadership Training	Lunch
	1:00 pm - 2:00 pm	2:00 pm - 3:30 pm	4:00 pm - 5:00pm	
Monday	Nutrition	Strength Power Training	Communication by <i>game on</i>	
Tuesday	Sports Medicine	Strength Power Training	Massage	
Wednesday	Nutrition	Strength Power Training	Communication by <i>game on</i>	
Thursday	Sports Medicine	Strength Power Training	Massage	
Friday	Recovery	Strength Power Training	Wrap-up / Synopsis	

*Schedule subject to change

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. Note: When purchasing 5 sessions or more, you will also receive a 10% discount.

A LA CARTE DISCIPLINES	1 on 1 Training		Small Group Training		
	1 Session	5 Sessions	1 Session	3 Sessions	5 Sessions
Mental Conditioning	\$130	\$585	n/a	n/a	n/a
Physical Conditioning	\$130	\$585	\$90	\$270	\$405
Leadership	\$130	\$585	\$90	\$270	\$405
Communication by <i>game on</i>	n/a	n/a	\$90	\$270	\$405
Nutrition	\$130	\$585	\$90	\$270	\$405
Athletic Regeneration	\$130	\$585	n/a	n/a	n/a

