

IMG BASEBALL ACADEMY

FALL 2010 WEEKLY CAMPS

DATES	BOARDING	NON BOARDING
29-AUG	1,285	1,035
5-SEP	1,325	1,075
12-SEP	1,325	1,075
19-SEP	1,325	1,075
26-SEP	1,405	1,155
3-OCT	1,405	1,155
10-OCT	1,405	1,155
17-OCT	1,405	1,155
24-OCT	1,405	1,155
31-OCT	1,450	1,200
7-NOV	1,450	1,200
14-NOV	1,520	1,270
28-NOV	1,450	1,200
5-DEC	1,450	1,200
12-DEC	1,450	1,200

2010 HOLIDAY CAMP

DATES	BOARDING	NON BOARDING
DEC 27-31	1,250	995

SPRING 2011 WEEKLY CAMPS

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

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 Week 1, students are adjusting to a new training schedule and acclimating to the weather while processing new information.

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 week students see their bodies become leaner, faster, stronger and more athletic and the techniques and tactics start to become instinctive. To take advantage of this natural progression, we have designed 3, 5, and 7 week summer programs and we encourage multiple week stays during the months of September-May.

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

OPTIMIZE YOUR PROGRAM! (SEE BACK FOR DETAILS)

OPTIMIZE YOUR PROGRAM

Now that you have chosen your sport, we would like to encourage you to optimize your program one of **three ways** through our approach to total athlete development. We develop the world's best athletes by adding to their core sport training 8 athlete development disciplines:

- Mental Conditioning
- Physical Conditioning
- Communication by *game on*
- Life Skills
- Nutrition
- Athletic Regeneration
- College Advantage
- Vision Training

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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.

DAY OF WEEK	SPORT DISCIPLINE	DURATION	TOTAL COST
MONDAY	PHYSICAL CONDITIONING	1 WKS	\$450
TUESDAY	MENTAL CONDITIONING	2 WKS	\$875
WEDNESDAY	NUTRITION	3 WKS	\$1,275
THURSDAY	COMMUNICATION BY <i>GAME ON</i>	4 WKS	\$1,650
FRIDAY	VISION TRAINING	5 WKS	\$2,000
SATURDAY	OFF DAY	6 WKS	\$2,325

Note: Programs recommended for ages eight and above and are subject to change.

COLLEGE ADVANTAGE 'ON TOP'

We bundled five college placement courses 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. There is space in the day to comfortably make this and other additions. We encourage you to add COLLEGE 'ON TOP' to the weeks you spend here.

DAY OF WEEK	SESSION	DURATION	TOTAL COST
MONDAY	IDENTIFY SCHOOL	1 WKS	\$350
TUESDAY	NCAA GUIDELINES	2 WKS	\$700
WEDNESDAY	COLLEGE LIFE	3 WKS	\$1,050
THURSDAY	APPLICATIONS & FINANCIAL AID	4 WKS	\$1,400
FRIDAY	COLLEGE TESTING	5 WKS	\$1,750

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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	n/a	n/a	\$90	\$270	\$405
LIFE SKILLS	\$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
VISION TRAINING	\$130	\$585	\$90	\$270	\$405

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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, communication by game on, life skills, Vision Training, nutrition and athletic regeneration to develop dedicated individuals who want to optimize their athletic experience.

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.

FOR MORE INFORMATION:

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 Bradenton, Florida 34210 f: 941.752.2531

For a complete list of prices for each sport visit, www.imgacademies.com