

 **IMG ACADEMY**
TRACK & FIELD
AND CROSS COUNTRY
BOYS & GIRLS



Utilizing a revolutionary scientific approach to training along with in-depth instruction for every event, IMG Academy's track & field and cross country program helps athletes dominate at every level.

PROGRAM METHODOLOGY

IMG Academy's track & field and cross country program has developed an unprecedented training methodology that's built upon a coach-led, athlete-driven environment.

By placing an emphasis on personalized growth and development within a team atmosphere, athletes recognize not only what it will take to achieve their personal goals, but they are constantly driven by other individuals who have similar aspirations.



From setting records to being selected for invitational meets to committing to top Division 1 programs, IMG's track & field and cross country program remains a global destination for athletes seeking to reach the next level.



PROGRAM ACHIEVEMENTS

- 25+ D1 commitments
- 15+ countries represented by athletes training with the program
- 15 New Balance Nationals Indoor qualifiers
- 5 top 10 Indoor 2020 rankings
- 2020 champions boys and girls - George Jenkins Invitational, St. Cloud Invitational

NOTABLE ALUMNI/TRAINEES

- Tianna Bartoletta (USA)
- Amanda Bingson (USA)
- Su Bingtian (CHN)
- Devyani Biswal (CAN)
- Qunicy Breel (ARU)
- Maribel Caicedo (ECU)
- Chieh Chen (TWN)
- Keila Costa (BRA)
- Matteo Galvan (ITA)
- Benjamin Gfoehler (CHE)
- Jack Green (GBR)
- Libania Grenot (ITA)
- Gloria Hooper (ITA)
- Ashley Kelly (BVI)
- Darya Klishina (RUS)
- Salome Kora (CHE)
- Chantel Malone (BVI)
- Candyce McGrone (USA)
- LaShawn Merritt (USA)
- Carvin Nkanata (KEN)
- Anastasiya Ott (RUS)
- Zhang Peimeng (CHN)
- Demterius Pinder (BAH)
- Lich Con Quach (VNM)
- Lan Thi Quach (VNM)
- Davide Re (ITL)
- Deborah Rodriguez (UZB)
- Amaru Schenkel (SUI)
- Alina Talay (BLR)
- Angelo Taylor (USA)
- Richard Thompson (TTO)
- Michel Torneus (SWE)
- Wei Yongli (CHN)
- Xie Zhenye (CHN)

NOTABLE RECENT TRACK PROGRAM COLLEGE COMMITMENTS

- Arizona
- Boston University
- Cornell
- Florida
- Indiana
- Kennesaw State
- Lipscomb
- Mississippi
- Pennsylvania
- San Diego State
- Stetson
- Syracuse
- The Citadel
- Tulane
- University of Colorado - Boulder
- Virginia

| BOARDING SCHOOL

6TH - 12TH GRADE AND POST-GRADUATE OPTIONS AVAILABLE

IMG Academy is the world's premier boarding school for dedicated and passionate student-athletes. IMG Academy's track & field and cross country program is the optimal college preparatory environment for student-athletes to receive both a challenging academic course load as well as world-class athletic training.

Student-athletes focus on intricate development cycles inclusive of base training, pre and post-competition, and regeneration. Event-specific training includes weekly video analysis while more technical events may have more frequent video sessions throughout the week.

IMG's student-athletes are exposed to elite training and conditioning plans created by world champions and former Olympians.

Training is available for the following events:

- **Jumpers (triple jump, high jump, long jump, pole vault):** training may focus on sprint mechanics, approach rhythm, ground force reaction, bar clearance (pole vaulters), power or speed, and more
- **Sprinters & hurdlers:** training includes block settings, conditioning, mechanical analysis, stride patterns, and more to address all aspects of competitive performance
- **Throwing (shop put, discus, javelin, hammer):** training focuses on technique, grip, rotations, turns, power vs. speed, and more across all throwing events
- **Distance & cross country:** training incorporates drills that help develop biomechanical efficiency while cross country student-athletes combine long distance road work, trail runs, and track intervals to develop speed and endurance



Learn more about IMG Academy's
boarding school online at
www.imgacademy.com/boarding-school or
by scanning the QR code.

TRACK CAMPS

AVAILABLE YEAR-ROUND FOR ATHLETES AGES 12-18

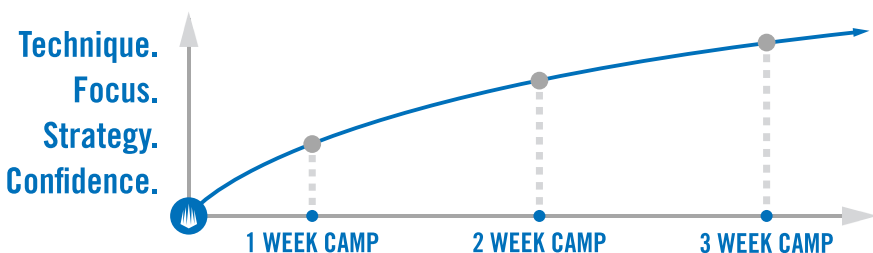
IMG Academy track & field and cross country camps consist of event-specific training that's hyper-focused on proper technique, form, and mechanics. Coaches that have developed Olympians and high-level collegiate athletes and professionals instruct campers through the same drills and methodology utilized by these elite athletes.

Camp programs include small-group instruction as well as strategy and video analysis sessions.

IMG Academy track & field camps were developed to focus on the most crucial aspects of the sport:

- **IMG Camp:** IMG's revolutionary training methodology (sport & core performance training)
- **Total Athlete:** IMG Camp + 1 daily specialization session (Ex. strength & power or mental toughness & vision)
- **Breakthrough:** IMG Camp + 1 daily personalized sport training session
- **Game Changer:** IMG Camp + Total Athlete + Breakthrough

In addition to progressive training, 3-week camps also provide track athletes with an opportunity to experience the option that most closely mirrors IMG's renowned boarding school program.



Learn more about IMG Academy's custom weekly and multi-week camps online at www.imgacademy.com/sport-camps or by scanning the QR code.

FACILITIES & TECHNOLOGY



8-LANE 400M TRACK

2 pole vault runways with international level landing mats, 2 long and triple jump runways, dedicated long throws area with multiple shot circles

PERFORMANCE CENTER

Weight room, Mind Gym, athletic training, and more



FIELD HOUSE

With professional locker and meeting rooms



GATORADE SPORTS SCIENCE INSTITUTE





2014

Left Lithuania and enrolled at IMG Academy

2017

Represented Lithuania and placed 5th at the IAAF Youth Championships in Kenya

Ranked world #1 in U18 Heptathlon

New Balance Nationals Outdoor Heptathlon Champion

2018

Graduated from IMG Academy and enrolled at Cornell University

2019

1st place in the pentathlon at the Ivy League Indoor Track & Field Championship

2020

1st place in the pentathlon at the Ivy League Indoor Track & Field Championships

**BEATRICE JUSKEVICIUTE,
IMG ACADEMY CLASS OF 2018**

DID YOU KNOW?

15 student-athletes were invited to compete in the 2020 New Balance Nationals Indoors.

OTHER PROGRAMMING OPTIONS

- **Collegiate/Pro:** Off-season / pre-season / post-season training availability
- **Team Training:** Customizable options during spring break, the holidays, or any time throughout the year
- **Events:** On-campus tournaments or annual opportunities to host your own event

CONTACT US & CONNECT

Contact us to learn more about our programming options and to explore all of the opportunities available at IMG Academy.



1-866-872-6425



WWW.IMGACADEMY.COM



INFO@IMGACADEMY.COM



5650 BOLLETTIERI BOULEVARD
BRADENTON, FL 34210

SOCIALIZE WITH US



@IMGATRACK_FIELD

@IMGACADEMY



IMG ACADEMY