



# ADULT CAMP PREPARATION GUIDE

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## PRE-ARRIVAL CHECKLIST

Welcome to IMG Academy camp! Please review this packet, and ensure you've completed each item on the below checklist before your arrival. We're excited to welcome you to campus!

CONTACT YOUR SERVICE SPECIALIST TO REVIEW THE DETAILS OF YOUR CAMP

An IMG Academy Service Specialist will be your resource before and during your camp experience. You should have received email communication and/or a phone call from them, or you can visit [pg. 8](#) of this guide to see our directory for how to contact them.

MAKE SURE YOUR TRANSPORTATION IS SET UP

IMG Academy offers transportation to and from several local airports as well as additional services for traveling minors. Visit [pg. 5](#) for more details.

UNDER ARMOUR GEAR PACKS

Adult campers who pre-purchased Under Armour gear packs or had them included in their camp package can pick them up at the Campus Center Bookstore. Visit [pg. 5](#) to learn more.

SET UP COACHNOW ACCOUNT

IMG Academy coaches will communicate with with you throughout your training at IMG through CoachNow. Set up your account by visiting [pg. 12](#) of this guide.

SET UP ACCOMODATIONS

IMG Academy offers a variety of options for the single traveler or the entire family. Check out Legacy Hotel through [this link](#) to learn more! You can also visit our [Travel & Planning page](#) for a full list of options.



## WHAT TO BRING

We have broken up the items to bring into two sections. One section describes items everyone should bring, and the other is sport specific. Please double check your inventory to reduce the chance an item is forgotten. Need help packing? You can find suggested gear packs packaged at [ShopIMG.com](http://ShopIMG.com) as well as on [pg. 4](#) of this packet. Contact the Service Team to pre-purchase these items, so you have everything you need to maximize your training on and off campus.

**EXPLORE SHOPING**

**REQUIRED ITEMS: 2 cloth face coverings (easily laundered)**

### GENERAL SUGGESTED ITEMS TO BRING

<input type="checkbox"/> 8-10 pairs of shorts/skirts	<input type="checkbox"/> Running shoes	<input type="checkbox"/> Sunscreen/lotion	<input type="checkbox"/> Insect Repellent
<input type="checkbox"/> 8-10 pairs of socks	<input type="checkbox"/> Swimsuit	<input type="checkbox"/> Water jug	<input type="checkbox"/> Lightweight jacket
<input type="checkbox"/> 8-10 shirts/tops	<input type="checkbox"/> Beach/bath & sport towels	<input type="checkbox"/> Laundry bag	<input type="checkbox"/> Personal toiletries

The items above are based on a one-week stay. Participants staying multiple weeks will need to adjust this list to accommodate their stay.

**Items for purchase** - Items including towels and water bottles can be pre-purchased through your Service Specialist. Please contact the Service Team if you're interested in pre-purchasing these items. These items are also available to purchase on campus if the participant does not bring them.

**Valuables** - Participants should secure any valuable in their sport bags or bedrooms, if applicable.

**Lost and Found** - Items are kept behind the Front Desk in the Campus Center.

- **Hotel** - For items lost in the hotel, check with the Front Desk. If you've already departed, IMG will hold items in lost and found for 30 days. If you'd like the item shipped back to you, we will need a credit card to process shipping charges.
- **Clubhouse** - Items will be located at the front desk
- **Golf Building** - Items will be left at the front desk, or contact your instructor.
- **Tennis** - Check with your instructor regarding lost items.

### LAUNDRY AND LINENS

Legacy Hotel offers a dry cleaning service for guests. There are laundry slips and bags in each room. Guest will fill out and return the laundry to the front desk, and Legacy Hotel will send the laundry out for a 24 hour turnaround.

**Clubhouse** - Each room will have a laundry bag provided for guests. Fill the bag, and complete the slip attached to it with your information. Drop that bag off at the clubhouse front desk, and our accommodations team will take care of it.

### SUGGESTED ITEMS TO BRING BY SPORT

<b>TENNIS</b>	Tennis shoes (2) Sunglasses T-shirts (12) Socks (10 pairs)	Shorts (10) Sport towel Rackets (2-3)	<b>PERFORMANCE</b>	Shirts (2/day) Shorts (2/day) Socks/underwear (2/day) Sneakers
	<b>GOLF</b>	Golf clubs Collared golf shirts Golf shoes (with soft spikes) Golf balls		Golf tees Collapsible stand golf bag Visor/hat Training shoes/sneakers

**Bring a notebook** to record what you learn, as well as what you want to continue to improve upon when you return home.

**Practice** - Play as much of your sport as you can before arriving to camp. This will prepare you for the intensive training ahead of you.

**Train** - It would be beneficial for you to start a personal conditioning regimen. You will benefit and enjoy the program more if you are in good shape.

**Note:** Check with your doctor before starting any physical conditioning or exercise.



**SHOPIMG CAMP GEAR PACKS**

Contact your Service Specialist to pre-purchase your Under Armour gear packs prior to your arrival. If you are wondering what to bring, [ShopIMG.com](http://ShopIMG.com) offers official IMG Academy Under Armour training packages that can be viewed online before you arrive so that you have everything you will need to maximize your training on and off campus.

**VIEW ALL PACKAGES ONLINE**



Elite Package (Men)

**\$349.00**



Elite Package (Women)

**\$349.00**



Core Package (Men)

**\$199.00**



Core Package (Women)

**\$199.00**



### TRANSPORTATION

- **Transportation Requests** - Transportation to and from a selected airport may be arranged through the IMG Academy Transportation Department. Please make all travel arrangements at least 72 hours in advance.

**Sarasota/Bradenton Airport** - \$40\*  
**Tampa International Airport** - \$125\*

**Fort Myers** - \$225  
**Orlando International Airport (MCO)** - \$310\*

**Miami (MIA)** - \$565  
**Orlando - Sanford (SFB)** - \$350

*Prices listed above are for one-way service and are subject to change.*

\*Multi-person rates may be available.

Please contact the Transportation Department for additional information:

**Phone:** (941) 752-2568/ (941) 739-7453

**Fax:** (941) 752-2630

**E-mail:** [transportation@img.com](mailto:transportation@img.com)

Please click the link below to reserve your airport transportation, and please ensure you have given us the correct airline, flight number, airport, and arrival/ departure time and date for the airport. Please create and submit separate entries for each arrival & departure that you have.

To book IMG Academy transportation visit [www.imgacademy.com/travel-and-planning/airport-transportation](http://www.imgacademy.com/travel-and-planning/airport-transportation).

### PARKING

Parents dropping off their campers should park in the lot near the Campus Center/Academic Center. Please ask the gate upon entry if you have questions regarding parking or directions.

IMG offers a consistent Tram Service to navigate campus upon arrival and during your camper's stay. There is a tram stop located behind the Campus Center across from the West Campus tennis courts. If you are staying at Legacy Hotel, we also offer parking on-site as well as a Valet Cart service that operates upon request to campus.

- Parents can request a parking pass when entering/leaving campus from the Campus Safety staff at the gate. We do not offer parent IDs to camp parents.
- Please note, Campers will be permitted to utilize a ride sharing service (Uber, Lyft, etc.) to leave campus unless they are accompanied by a parent/ guardian.

### ACCOMMODATIONS

- **Legacy Hotel** at IMG Academy: Located steps away from the world-renowned IMG Academy, Legacy Hotel is a lifestyle boutique hotel available to families, parents, and guests. Amenities include a resort-style pool, fitness center, Icon Eatery & Bar, grab & go meals, and more. Legacy Hotel is just minutes from Bradenton, Anna Maria Island, and Sarasota and allows guests to enjoy both the on-campus programming as well as local area attractions.

Legacy Hotel at IMG Academy  
 (941) 245-1900  
 5450 Bollettieri Blvd  
 Bradenton, FL 34210

- Operated by Legacy Hotel, **Academy Park Villas** are apartment homes that are fully-furnished and include a common area with a large screen TV, a laundry room with washer and dryer, and a full-size kitchen. Academy Park Villa guests have access to all of the same amenities as hotel guests, such as the resort-style pool and fitness center, while staying in either a three or four-bedroom apartment.
- Conveniently located on IMG Academy's East Campus, **The Lodge** provides an ideal accommodation option for guests. Comfortably-appointed rooms and suites offer a wide range of features, from our ultra-convenient single clubrooms to our spacious three bedroom suites.

Reservations at the Lodge  
 East Campus Clubhouse  
 (941) 752-2689  
 5500 34th Street West  
 Bradenton, FL 34210

Visit [Travel and Planning on our website](#) for more information and to book your accommodations.

### COACHNOW



CoachNow is the platform that IMG Academy coaches will use to post important information about camp sessions. Campers who have CoachNow video analysis included in their package will also use this platform during those sessions. Campers will also be notified of any weather alerts and location changes from their instructor through this platform. Visit [pg. 12](#) of this guide for more information about how to create your account.



The following provides information that every participant should know before attending an IMG Academy camp program. It is designed to equip you with the knowledge to plan and prepare for a successful stay.

The Johns Hopkins All Children's Hospital questionnaire should also be completed and submitted between 6 days and 48 hours prior to arrival.

## CHECK-IN

Please contact your Service Specialist to confirm your check-in date and time. Please note, if you're traveling with family, only two family members will be allowed to accompany you during the check-in process if necessary. Family members are not allowed in any building at this time as part of IMG's Safer Campus Initiative.

- Campers staying at Legacy Hotel will need to check-in to their room separately from their camp check-in procedure.
- Late and early arrivals due to travel will be accommodated as needed. Please notify the Camp Service Team so that they can adjust your reservation accordingly and notify the appropriate staff members.
- Parking - Please see [pg. 5](#) for details regarding parking and transportation options during check-in.
- Schedule - Each participant will receive their sport program schedule, a t-shirt, and their campus card during check-in.
- Important Documents - Adult campers are required to fill out the health services questionnaire before arrival. There will also be a waiver and agreement to complete upon arrival at check-in.
- Groups - Check-in will be based on travel schedule. Please refer to the transportation document for transportation assistance to and from the airport. For additional group check-in needs, you may email [Campservice@img.com](mailto:Campservice@img.com). Groups should contact the Service Team who will then work with campus desk for any special requests.

## CHECK-OUT

Adult campers do not have a formal check out process. Once your final sport session has concluded, your camp experience is complete. If you need to coordinate late checkouts, please do so through the front desk of Legacy Hotel or the Clubhouse.

## GENERAL DINING INFORMATION

- Lunch is included in all camp packages and will be provided to campers after their morning session at their respective sport facilities.
- Icon Eatery Hours:  
6:30am-11pm

## ADDITIONAL DINING OPTIONS

- The Servery - Select a nutritionally-optimized meal from this buffet-style cuisine located inside the Campus Center.
- La Boulangerie - Located in the Campus Center across from the Campus Desk. Open from 7:30am - 2:30pm daily. La Boulangerie features delicious bites and crafted hot or iced beverages from our on-campus bistro. Serving Kahwa Coffee, pastries, light bites, and sandwiches for your active and on-the-go lifestyle.
- Fuzion - Located in the Campus Center. Open from 11am-10pm daily. Fuzion is where cuisines from the east & west meet to create a delicious blend of flavors and combinations to delight any taste and Fuzion offers Fresh Rolled Sushi every day.
- IMG Golf Club - Just minutes from the IMG Academy campus, the IMG Golf Club features an 18-hole championship golf course, multiple practice areas, grille room and bar, and fitness room. Visit [www.imgacademygolfclub.com](http://www.imgacademygolfclub.com) for more information on hours and dining.

## HEALTH & SAFETY



As the world around us is adjusting to COVID-19, so are we. [Click here](#) to see our Safer Campus Initiative.

## WEATHER SAFETY

In case of rain or other inclement weather, sport programs have a rain contingency plan for every session. No refunds or credits will apply.



## RETAIL



**Campus Center Bookstore** - The Bookstore can be found on campus inside the Campus Center on West Campus. The Bookstore is fully stocked with IMG Academy sport logo merchandise, training gear, Gatorade, workout accessories and snacks. Participants are allowed to charge purchases to their My IMG Card.

## IMG ACADEMY GOLF CLUB

Enjoy the Pro Shop at the Golf Club before or after a round of golf on the 18-hole championship course.



## DUNLOP INNOVATION CENTER

IMG's on-campus pro shop features Dunlop rackets and accessories, string and stringing services, and more products to help take your game to the next level.

## TOUR STUDIO POWERED BY COOL CLUBS

As the premier club fitter in the area, IMG's Tour Studio accommodates golfers of all levels. The Tour Studio is available by appointment and features access to our expert club fitter and coaches to ensure you're playing with just the right equipment.



## CAMPUS MAP

Get to know IMG Academy's campus in Bradenton, FL before you arrive for your camp program. Click [here](#) for an interactive campus map. Please note, IMG Academy offers a consistent tram service to help your camper navigate campus and to help them travel to the Campus Center, their sport program, the Residence Halls, and more. There are various, clearly marked tram stops throughout campus.

## GATORADE



Hydration – Part of playing at one's best means staying hydrated. When an athlete fails to replace the fluids and electrolytes lost through sweat, they can become dehydrated. Gatorade re-hydrates better than water by putting the essential electrolytes back into an athlete's body and delivers carbohydrates that energize muscles and the brain. Participants should be instructed about the importance of adequate fluid consumption. Participant's may be training outdoors in a hot and humid climate where dehydration can occur quickly. Gatorade is one of IMG Academy's Premier sponsors, and we have integrated the Gatorade G-Series into our athletes' workout sessions. We want to take each participant's game to the next level, and Gatorade is committed to helping participants get there. Sport performance is driven from the inside out, so we are providing free G Series products strategically placed around campus to help athletes "Win from Within."

Participants will find:

- **Gatorade Prime:** Delivers 24g of carbohydrate energy to your muscles quickly, so Participants can own the first move when at practice or during a competition. Available in chews at the Campus Center during breakfast.
- **Gatorade Perform:** Proven hydration to replace what is lost through sweat. Available in coolers at your sport.
- **Gatorade Recover:** Protein to help rebuild muscle. Available in a shake for the end of the day either in the Weight Room or at sport.





## PHONES / IMG ACADEMY DIRECTORY

Please view the below list for a directory of phone numbers to ensure you have a convenient camp experience.

- **Camp Advisor Mainline** - 1 (800) 872-6425
- **Campus Desk** - (941) 749-8747
- **Clubhouse** - (941) 752-2689
- **Legacy Hotel** - (941) 245-1900
- **ProShop / Bookstore** - (941) 749-8754
- **Transportation** - (941) 752-2568 / (941) 739-7453
- **Mailroom** - (941) 752-2549

## OTHER CONTACT INFORMATION

- **Ascender Hall East** - (941) 749-8672 / 8673
- **Ascender Hall West** - (941) 749- 8701 / 8702
- **Ascender Hall South** - (941) 749-8793 / 8794
- **Forms** - (941) 752-2445
- **Health Services** - (941) 752-2479

## EMAIL

General IMG Academy email: [info@imgacademy.com](mailto:info@imgacademy.com)

Service Team: [campservice@img.com](mailto:campservice@img.com)

## MAIL

- **Incoming mail** - Please send mail for participants to the following address:

Participant's Name  
 c/o IMG Academy  
 5500 34th Street West  
 Bradenton, FL 34210

Participant's Name  
 Legacy Hotel at IMG Academy  
 5450 Bollettieri Blvd  
 Bradenton, FL 34210



**LOCAL AREA INFORMATION AND DIRECTIONS**

**Entrance**

IMG Academy - West Campus:

**Address**

5691 Bollettieri Blvd.  
Bradenton, Florida 34210

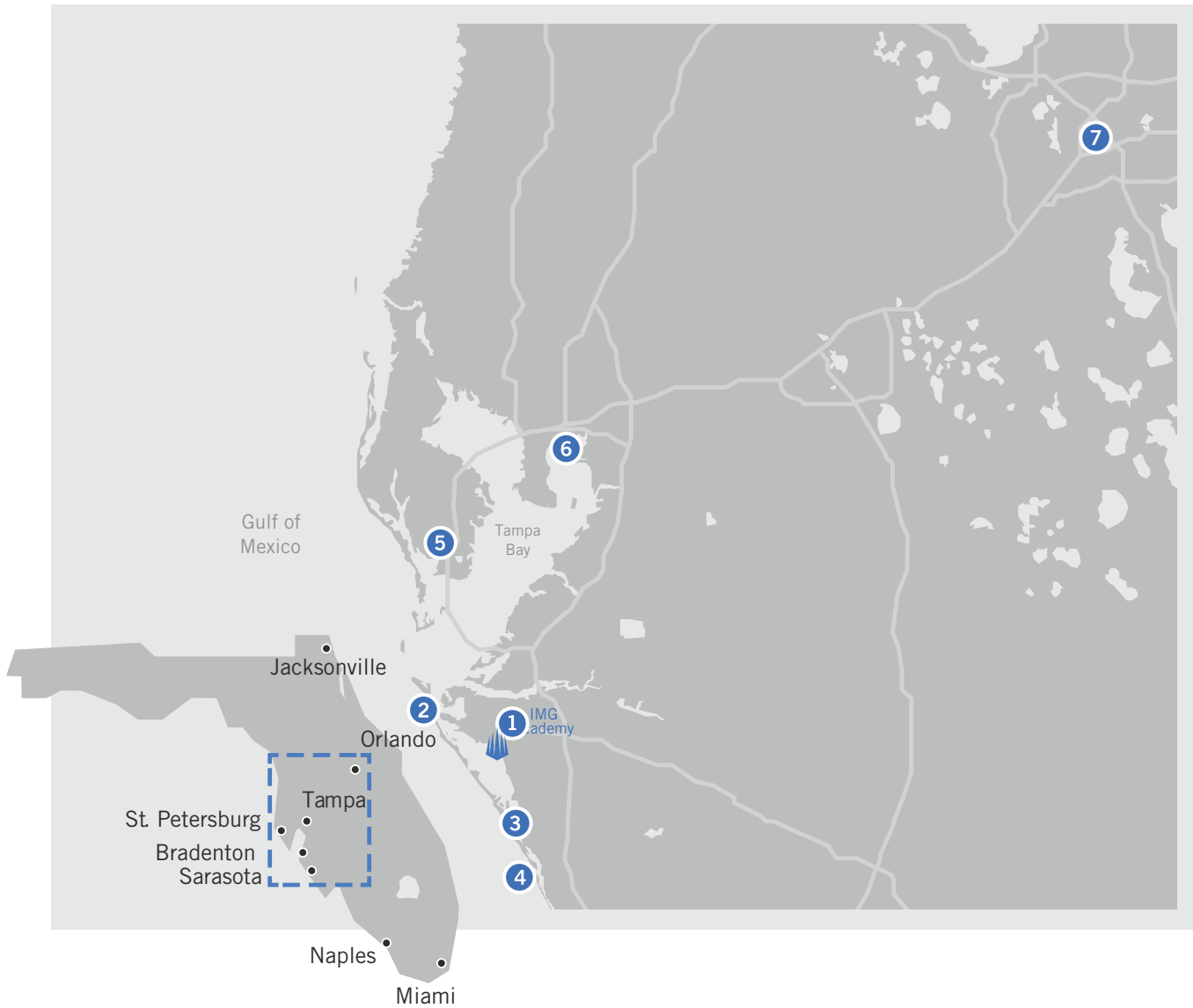
**Accessible Facilities**

*IMG Academy Academic Center, Legacy Hotel and Wellness Spa at IMG Academy, IMG Academy Campus Center, IMG Academy Fieldhouse, IMG Performance and Sport Science Center, IMG Academy Stadium, Ascender Hall East, West and South, baseball/lacrosse/soccer/football fields, tennis courts, and outdoor track*

IMG Academy - East Campus:

5500 34th Street West  
Bradenton, Florida 34210

*IMG Academy Lodge & Villas, basketball gymnasiums, East Performance Center, and indoor/outdoor tennis courts*



- 1** DOWNTOWN BRADENTON
- 2** ANNA MARIA ISLAND
- 3** DOWNTOWN SARASOTA
- 4** SIESTA KEY
- 5** ST. PETERSBURG
- 6** TAMPA
- 7** ORLANDO

# OTHER IMG ACADEMY PROGRAMMING



## BOARDING SCHOOL

Join the world's most dedicated athletes through IMG's boarding school program. Available for grades 6-12 as well as post-graduate programs, IMG Academy emphasizes a holistic approach to developing student-athletes in the classroom, through sport, and in life. Check out what makes IMG so unique by clicking the link below.

[CLICK HERE](#)



## SPORT CAMPS

IMG Academy offers sport camps for youth athletes in eight sports. Select a customizable program for the duration of your choice to maximize your potential through proven instruction with IMG's expert coaches. Learn more, and find out which camps are available through the link below.

[CLICK HERE](#)



## GROUP RATES

Interested in attending camp with your friends or teammates as a group? Explore IMG's Group Benefits by clicking the link below.

[CLICK HERE](#)



## CORPORATE RETREATS

Looking for an opportunity for your organization or business to experience all that IMG Academy has to offer while developing teamwork and communication skills? Explore IMG's Corporate Retreat options online by clicking this link. From a meeting setting to fully-customized programming with IMG's experts, our Corporate Retreat options are ideal for any group, organization, or business.

[CLICK HERE](#)



## ALL AVAILABLE IMG ACADEMY PROGRAMMING

Interested in exploring everything that we offer at IMG? Explore all of your opportunities by clicking the link below.

[CLICK HERE](#)

# SPORT CAMP FAQs

## PACKING

### WHAT DO I NEED TO PACK?

Please see the "What to bring" attachment on your Introductory email from the Service Team or [page 4 of this document](#).

## TRANSPORTATION

### HOW MUCH DOES TRANSPORTATION COST?

The cost is dependent on the distance that the airport is from IMG Academy. Please see [pg. 5 of this packet](#) for more information.

### WHAT ABOUT PARKING?

If you're staying at Legacy Hotel, we offer complimentary self parking or \$10/night valet parking.

### WHICH AIRPORTS ARE CLOSEST TO IMG ACADEMY?

The closest airports, in order from closest to farthest are: Sarasota (SRQ), Tampa (TPA), Orlando (ORL), Miami (MIA). Transportation from any other airports will have to be discussed with the Service Team at [campservice@img.com](mailto:campservice@img.com).

### HOW WILL I KNOW HOW TO GET AROUND CAMPUS?

IMG has a tram system that goes throughout campus. We suggest trying out the tram during check-in to become familiar with the system before training begins. Coaches will go over their schedules during orientation. We offer a valet golf cart system from Legacy Hotel on an as-needed basis. When a guest needs a ride, they can call or stop by the front desk, and the next available valet will transport them. When they need a ride back to the hotel, they can call the hotel front desk at (941) 245-1900, and IMG will dispatch the next available valet to bring them back to the hotel.

## COACHNOW

### HOW WILL I BE ABLE TO HAVE ACCESS TO COACHNOW?

Each camper will receive an introduction email to CoachNow from their Camp Director 48 hours before camp starts. Once your camper has signed up with their email address, they can then invite you to view their page.

## CHECK-IN

### HOW LONG WILL CHECK-IN TAKE?

Check-in should take about 1 hour. Although, it could be longer or shorter depending on the volume many campers arriving. Accommodation and camp check-in are separate processes, so please allow enough time for each depending on your camp experience of choice.

## DINING

### ARE MEALS INCLUDED WITH CAMP PRICE?

Lunch is included in all 1 day+ camp packages. At this time, lunch will be delivered to campers at their respective sport facilities after the AM session. Other dining options include The Clubhouse, Icon Eatery, the IMG Golf Club, and the options inside the Campus Center. Refer to [p. 7](#) for more information on dining.

## FORMS

### HOW DO I COMPLETE MY FORMS?

Adult campers will need to complete the health questionnaire prior to arrival, and then they will need to fill out a waiver and agreement upon arrival at check-in.

## MISCELLANEOUS

### WHO IS MY POINT PERSON TO SPEAK TO FOR EVERYTHING REGARDING MY CAMPER AND THEIR STAY?

Once you have booked your camp with one of our Camp Advisors, you will receive communication from the Service Team. Your designated Camp Service Specialist will be your point of contact moving forward.

### CAN I ADD WEEKS TO MY RESERVATION WHILE I'M AT CAMP?

We ask that all changes, extensions be made the Wednesday before the next week. Please contact the Service Team for any additional questions.

### CAN I SHIP MY LUGGAGE OR SPORT EQUIPMENT TO IMG ACADEMY?

Yes, you can! You will just need to address the package as follows:

Camper's Name  
c/o IMG Academy  
5500 34th Street West  
Bradenton, FL 34210

Golf clubs will be located at the Golf Building upon arrival.

*Please note – Package arrival time is subject to change based on mail room/warehouse volume, quarantine periods, etc.*

### WHAT IS YOUR POLICY FOR CANCELLATIONS?

Please see our purchase policy [here](#). If you have booked non-refundable, you will receive a credit on file. If you have booked refundable, you will receive a refund minus a 2% cancellation fee. Once your camper has checked into camp, all camps become non-refundable and you will receive a credit on file if you need to cancel. Reservations at the Legacy do not count as camp reservations.



**COACHNOW IS THE PLATFORM THAT IMG ACADEMY COACHES WILL USE TO POST IMPORTANT INFORMATION ABOUT CAMP SESSIONS, PROVIDE DETAILED FEEDBACK AND INSTRUCTION, AND MORE. CAMPERS WILL BE VIRTUALLY CONNECTED WITH THEIR COACHES DURING AND AFTER CAMP, SO THEY CAN ACCESS WHAT THEY LEARNED WHILE ON CAMPUS EVEN AFTER THEIR PROGRAM IS COMPLETE.**

1. Open the email invite from CoachNow / your Sport Director. **DO NOT HIT THE JOIN NOW LINK IN THE E-MAIL.** Go to the bottom of the e-mail, and look for the six digit code.
2. Download and open the CoachNow App. Click "I was invited." Enter the six-digit code. You will be prompted to create a password.
3. You must have the app downloaded on your phone. Click "Sign In" and enter this information.
4. If you used one email to make more than one reservation, you will need to supply us a different e-mail for each participant . E-mail the corresponding e-mails to your sport camp director. *Please note, you only need to complete this step if you have more than one athlete participating in the program.*
5. If you already have a CoachNow account set up, please click on the bell icon inside the app, and click "Join" to accept the invitation to your program.
6. Please be patient. If you need to change your email, or need to coordinate other emails, please contact the Service Team.