



**BOOST YOUR
FUTURE!**

**ANNUAL & SEMESTER PROGRAM
2023-2024**

September 2023 - June 2024





Rafa Nadal Academy by Movistar has its own training system based on the experience we have acquired during all these years of learning through the ATP circuit, including the values that are so important in all our children's tennis programs. To us, life coaching is as important as sports coaching, therefore our goal is for every player to be able to put into practice values such as hard work, humility, tolerance, patience, respect, discipline and commitment, among others.

I would like to reiterate my gratitude to the hundreds of families that have put their trust in the Academy throughout these years. If there is one thing that makes me happy, it is receiving so much affection from the parents that tell us that their children feel like they are part of our family, because it reaffirms that we are doing things the right way.

I hope this great family continues to grow every day!

RAFA NADAL

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LOCATION & SURROUNDINGS



The RAFA NADAL ACADEMY by MOVISTAR is located in Manacor - Mallorca, Rafa Nadal's hometown and one of the world's most popular tourist destinations. We are perfectly located on the island, just 30 minutes from Palma de Mallorca Airport, which has excellent connections to the whole of Europe, and just 10 minutes from the coast.

The environment and climate here are ideal for complementing physical exercise with the large range of gastronomic, cultural and recreational activities on offer in Mallorca.



PHILOSOPHY & VALUES

- The Rafa Nadal Academy by Movistar philosophy is based on a methodology designed by the coaching team that has taken Rafa Nadal to the pinnacle of professional tennis. Led by Toni Nadal himself, the Academy's team of coaches is capable of maximising each player's strengths and getting the best out of each of them, both on and off the court.

- The aim of the programme is to maximise the potential of each player at a high-performance centre where they can combine their tennis activities with excellence in their studies. After their time at the Rafa Nadal Academy by Movistar, players will have the option to continue their academic training by applying for scholarships at top US universities.

- Tennis coaching and academic education are accompanied by comprehensive life coaching based on values inspired by the traits of Rafa Nadal himself. The state-of-the-art facilities, meticulous methodology, the quality of the teaching staff and academic excellence all mean that the prestige of this annual (or semester) plan is in keeping with that of the player whose name graces the Academy.



TECHNICAL STAFF



RAFA NADAL (Founder)

TONI NADAL (Rafa Nadal Academy Director)



CARLOS MOYÀ (Technical Director, Rafa Nadal's coach, ex-world number 1)



JOEL FIGUERAS (Tennis director of International RNA Centers)



MARC GORRIZ (Tennis coach director, vast ATP tour experience)



TOMEU SALVÀ (Head Coach U14 Men)



JOAN BOSCH (Head Coach U14 Men & Women)



GABRIEL URPI (Head Coach U18 Women & Pro Players)

+ 50 COACHES

+ 10 FITNESS COACHES

+ 6 PHYSIOTHERAPISTS

+ 12 SUPERVISORS



RNA CAMPUS

40.000m²

STATE-OF-THE-ART SPORTS FACILITIES,
IDEAL FOR COMPREHENSIVE TENNIS COACHING.





SCHOOL & BOARDING

- SUPERVISED RESIDENCY.
- 72 DOUBLE OR TRIPLE ROOMS.
 - DESK AND SPACIOUS WARDROBES.
 - AIR CONDITIONING AND HEATING.
 - WiFi CONNECTION.
 - LAUNDRY SERVICE.
 - CLEANING SERVICE.
 - PLAYERS LOUNGE
 - LEISURE ROOMS
- REST AND LEISURE ROOM (TV, COMPUTERS, PLAYSTATION AND OTHER GAMES).
- RECEPTION AND 24/7 SURVEILLANCE.
- DAILY ROOM SUPERVISION.
- RAFA NADAL SCHOOL.
 - 16 MODERN AND INTERACTIVE CLASSROOMS.
 - SCIENCE LABORATORY / COMPUTER ROOM.
 - LIBRARY / STUDY ROOM.
 - TEACHERS' ROOM.
 - INDIVIDUAL STUDENT LOCKERS.
- GREEN AREAS AND GARDENS.

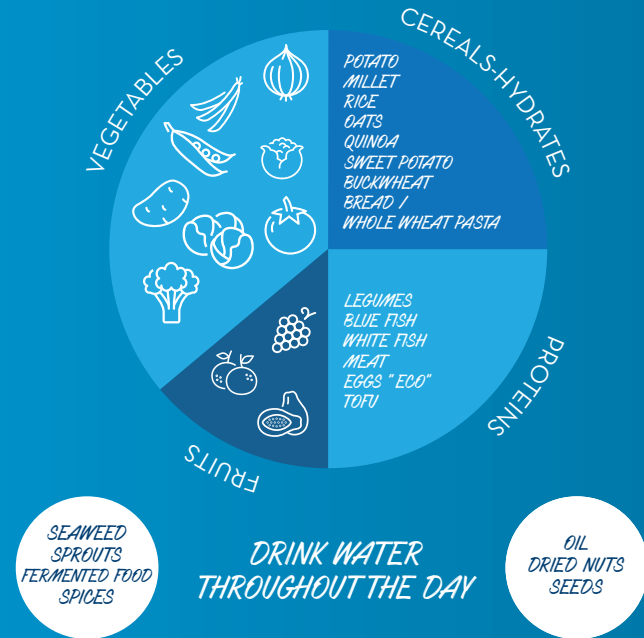
The students stay on the Academy's campus, which consists of a residency with spacious and modern double rooms with their own bathroom and shower, desk, wardrobes, WiFi connection, air conditioning and heating. The residency is supervised and has 24-hour surveillance 7 days a week.

The accommodation in the residency is divided into separate areas. Academy personnel will assign the rooms according to age and gender.

Accommodation, breakfast and evening meal are not included for players who do not reside at the Academy (No Boarding). Players must be accompanied to the Academy in the morning when the activities begin and picked up in the afternoon when they end.



EAT GOOD FEEL GOOD 



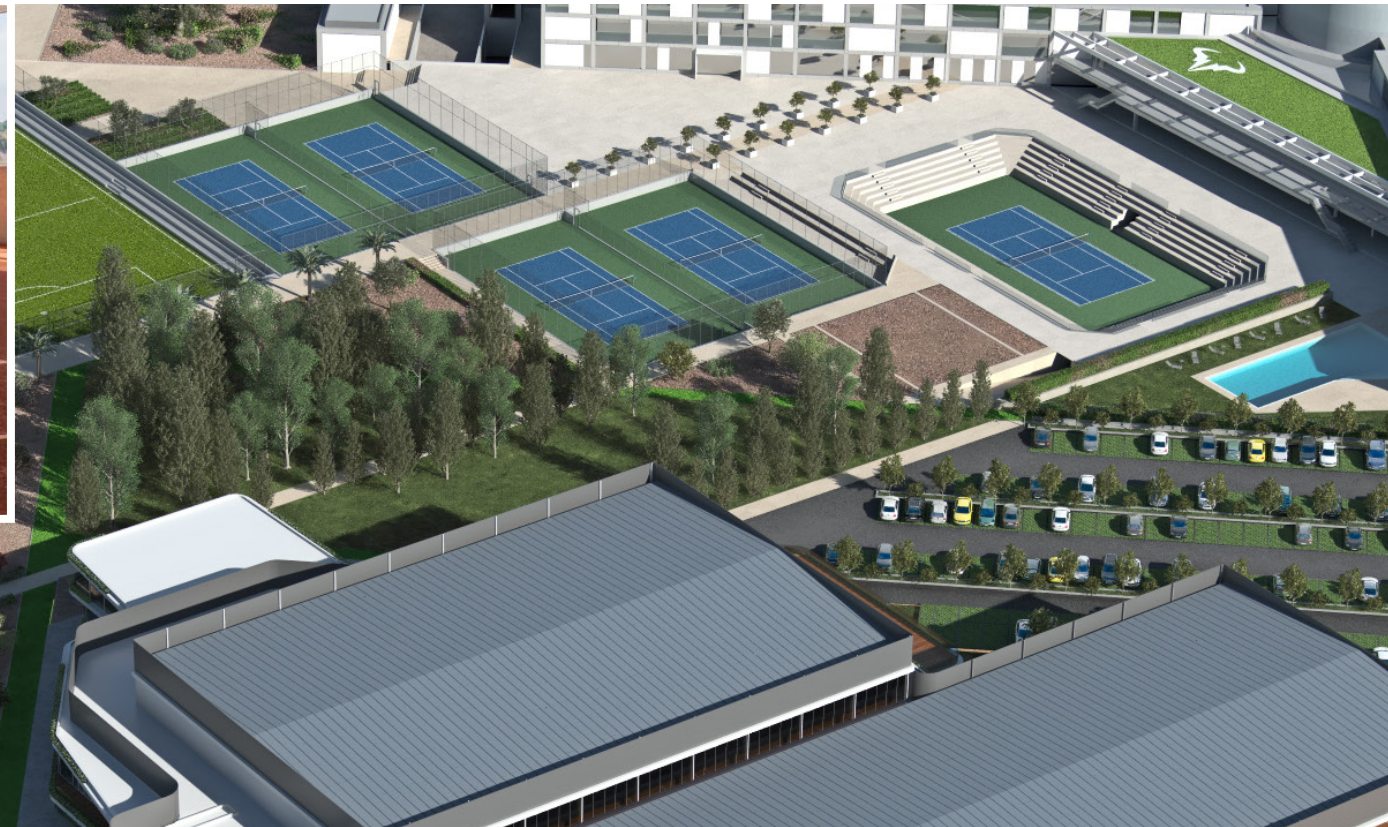
THE quirónsalud SPORTS CLINIC

The Quirónsalud sports clinic offers a complete, multi-disciplinary service to favour the practice of sports in the best medical conditions, to instil healthy sporting habits and to provide a high-quality response to any possible injuries.

- ADVANCED PHYSIOTHERAPY AND OSTEOPATHY SERVICE.
- PREVENTION OF AND RECOVERY FROM INJURIES.
- GENERAL MEDICAL AND NURSE SERVICES.
- NUTRITION SERVICE.
- PSYCHOLOGICAL CARE.

MEALS & NUTRITION

- FULL BOARD (BREAKFAST, SNACK, LUNCH, AFTERNOON SNACK, DINNER).
 - * BALANCED BUFFET AND MEALS PREPARED IN-HOUSE WITH THE SUPERVISION OF THE NUTRITIONIST.
 - * INDIVIDUAL NUTRITION MONITORING.
- CAFETERIA AND RESTAURANT.



FACILITIES

- 45 TENNIS COURTS:
 - 23 HARD COURTS (19 OUTDOOR & 4 INDOOR)
 - 22 CLAY COURTS (15 OUTDOOR & 7 COVERED)
- 15 PADEL TENNIS COURTS:
 - 6 INDOOR COURTS
 - 6 OUTDOOR COURTS
 - 3 PANORAMIC COURTS
- FITNESS CENTER
- 1 SEMI-OLYMPIC SWIMMING POOL 25M
- 2 OUTDOOR RECREATIONAL SWIMMING POOLS
- 1 FOOTBALL 7 PITCH
- 1 BEACH VOLLEY COURT
- 1 PADBOL COURT
- 2 SQUASH COURTS
- SPA & WELLNESS SALON

PRO - SHOP

- SPORTSWEAR (CLOTHING, FOOTWEAR AND ACCESSORIES).
- TENNIS AND PADEL EQUIPMENT (RACQUETS, FOOTWEAR AND ACCESSORIES).
- STRINGING SERVICE.
- OFFICIAL RAFA NADAL & RAFA NADAL ACADEMY MERCHANDISING.



RAFA NADAL MUSEUM

- EXHIBITION OF ALL OF RAFA NADAL'S TROPHIES
- EXHIBITION OF RAFA NADAL'S KITS.
- DONATIONS FROM THE WORLD'S BEST ATHLETES.
- STATE-OF-THE-ART SPORTS SIMULATORS.
- AUDIOVISUAL SHOW WITH INTERACTIVE SCREENS.

RAFA NADAL SCHOOL

The Rafa Nadal School (RNI) is a coeducational school located within the Rafa Nadal Academy by Movistar (RNA) facilities. Aiming to educate the students with academic excellence and a rigorous study plan, the RNS educational plan was designed with high quality standards and comprehensive life coaching based on Rafa Nadal’s values. In addition, RNS is available to all, not just RNA players. RNS has national and international students that, although they are not part of a tennis programme, want to study and prepare for the future with a great team of teachers at state-of-the-art facilities. RNS also helps students obtain official recognition for their studies and obtain their qualifications from lower or upper secondary education if they wish to.



PROGRAMS AND QUALIFICATIONS

- Certified American curriculum: from grade 7 to grade 12 resulting in a high school diploma.
- Certified British curriculum from children to primary (grade 7) giving rise to a primary school diploma.
- Official recognition of lower and upper secondary education qualifications for students who wish to continue their studies in Spain.
- RNIS is an international school that is authorised in Spain by the Government of the Balearic Islands and the Ministry of Education and is also a Candidate School with the Middle States Association (MSA), one of the six regional accreditation organisations recognised by the United States Department of Education.

OUR PHILOSOPHY

We offer a high-quality international education for both lower and upper secondary education. All of our teachers seek the best abilities of each of the children and encourage them to develop them, while also helping them to correct and reduce their limitations. To us it is very important that each and every one of the children feels happy at the College and discovers the pleasure of learning, thus generating self-assurance and confidence, which will stay with them for the rest of their lives.

WHO WE ARE AND WHAT WE OFFER

- Immersion in an English-speaking international sports environment based on the needs of the student.
- A team of 26 English-speaking teaching professionals of various nationalities.
- Schedule adapted to suit tennis training, allowing students to meet all the RNIS graduation requirements (22 credits), as well as the basic NCAA requirements (16 credits).
- Guidance counselling services, including support for college and university placement throughout secondary school and the selection of the NCAA.
- We are a fully-certified SAT, TOEFL and AP test centre.
- Personalised teaching with a student-teacher ratio of: 10:1.
- Individual English support for those students whose first language is not English.
- Additional tutoring sessions.
- Homeroom and tutor program for supporting the students, both personally and academically.
- Teaching through technology with tablets for all students to use in class.
- Online support platform to support students that travel to tournaments.
- Online grades book, updated regularly and accessible to parents.
- IT support and administration for contact with parents, documentation, scheduling and IT needs.
- Regular contact with parents.
- State-of-the-art facilities.

ONLINE STUDIES SUPPORT

An option for players of 16 years of age or over that gives the player flexibility to be able to organise their studies in the event that they have an intensive sporting schedule. The option is subject to terms and conditions. The online support programme offers a full-time supervisor to players in order to establish and organise their study schedule and offer continuous support and supervision. It is obligatory to attend supervised study periods during the week.

ANNUAL TENNIS & SCHOOL PROGRAMS 2023 - 2024

The Rafa Nadal Academy by Movistar has 2 annual programs: The **Annual Tennis & School Program** & The **Annual Tennis Plus Program**. Both start on September 2023 and end on June 2024.

Training sessions are customised according to the characteristics of each group of players and are implemented with the methodology with which Rafa Nadal's team has worked with huge success for more than 15 years.



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THE #RNA, A VALUE HUB

“I always work with one goal: to improve as a player and as a person”. This Rafa Nadal quote symbolises the DNA of the Rafa Nadal Academy by Movistar. Players at the Academy receive life coaching in which virtues such as hard work, humility, tolerance, patience, respect, integrity, discipline, organisation and commitment are developed and put into practice. In order to carry out this training, the Academy has a team of people and coaches, specialising in different areas of teaching, that constantly assist the students, motivating them to persevere in the face of adversity and accompanying them in their daily tasks.



VALUES PYRAMID



TRAINING METHODOLOGY

The Rafa Nadal Academy by Movistar has designed an annual training methodology based on the enriching experience acquired through years of success on the professional tour.

The prestigious team of coaches, headed by Toni Nadal himself, is responsible for training young players and preparing them for the tennis of the future. The use of new technology has allowed us to show that, thanks to statistical trends, tennis has evolved towards a faster style of play in which points are shorter and opening shots (serve/return) make all the difference.

Thus, we prepare players so that they can make decisions in a shorter period of time and develop and strengthen their speed and agility. Today's tennis and that of the future is first played with the eyes, then with the mind, next with the legs and finally with the hands.

Therefore, in training we work on all aspects of the game (technical, strategic, physical and mental) so that our players can play as competitively as possible. Each training session is aimed at improving specific aspects of the game, which requires maximum concentration from every player. Training sessions are equally as demanding as a top competition match.

FITNESS TRAINING

The sport's evolution and the desire for better results have made fitness training one of the determining factors for achieving them. Athletes must work on their body every day in order to obtain a better performance in their sporting discipline.

At the Rafa Nadal Academy by Movistar we work individually on each player's specific requirements to optimise their physical qualities for maximum performance. Functional work has always been the methodology used throughout Rafa Nadal's sporting career, and at the Academy we use the same system, utilising state-of-the-art technical equipment to achieve it.

We prioritise two key aspects: improving coordination skills that will help the player perfect their physical agility and balance so that they can do things in their game that were previously impossible. An important pillar of day-to-day life at the Academy is all the injury-prevention work. Tennis is an asymmetrical sport and the aggressiveness of the movements involved can cause large unbalance in our bodies.

At the Academy we carry out a functional joint and muscular evaluation of each player. Once the results have been analysed, we prepare a personalised daily working schedule that will help them minimise the risk of injury.



PHYSIOTHERAPY & RECOVERY FROM INJURIES

Taking into account the needs of the most demanding athletes at the Academy, at the Rafa Nadal Academy by Movistar we have a premium health service that includes the most advanced techniques in order to reduce the onset of injuries, as well as to accelerate the return to play when an injury does occur.

Our physiotherapy and osteopathy service includes all the manual therapy techniques and we have all the latest equipment for the treatment of sports injuries.

Our specialists are in constant training with the best professionals in order to acquire knowledge on the most advanced techniques and to provide a better service to our players.



SPORTS PSYCHOLOGY

The effort required to achieve success or goals that seem unreachable demands discipline, dedication, honesty and consistency in the search for one goal. To achieve any objective, as well as perseverance and hard work, it is also important to have good personal organisation, as this helps the player to prioritise and manage themselves.

At the Rafa Nadal Academy by Movistar, we work on sports psychology from an educational perspective, in order to achieve the complete development of our players, both on and off the court. The integration and implementation of a programme for training in psychological skills helps our players develop the good habits and attitudes necessary to increase their self-awareness.

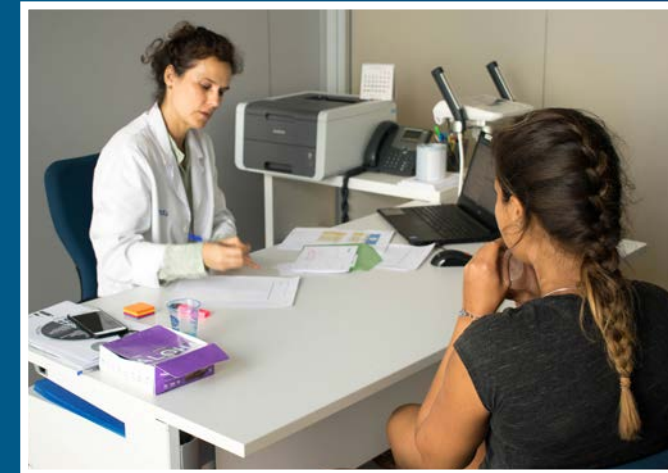
This, in turn, improves their ability on court and in their studies and generates the values of commitment and responsibility.



NUTRITION

Suitable nutrition plays a fundamental role in life in general and in particular in the practice of sports. Nutritional strategies help to improve an athlete's performance and prevent injuries.

The Academy's nutritional plan is designed by Rafa Nadal's nutritionist and based on several plans divided into stages, and teamwork (coaches, fitness coaches, physiotherapists, psychologists and doctors) is fundamental for its implementation, so that the students themselves can learn to consume the necessary nutrients at any given time.



THE NUTRITION PROGRAMME INCLUDES:

- The creation of balanced and healthy menus with a selection of the best quality products from the island of Mallorca.
- Hydration before, during and after training and competition, based on the environmental conditions.
- Support for recovery and injury prevention.
- The centre has its own kitchen and a team of chefs and cooks with experience in high-performance centres.

ANNUAL PROGRAMS CONTENT



ANNUAL TENNIS & SCHOOL PROGRAM

FOR PLAYERS AGED 12 TO 18



EDUCATION & BOARDING

- 1 academic course at the Rafa Nadal School.
- Accommodation at the Academy's supervised residency.
- Breakfast, lunch, afternoon snack and dinner.
- Leisure and recreational activities at weekends.

TENNIS TRAINING

- 17 hours of tennis training per week.
- Quarterly report on the player's progress and video analysis.
- Premium off-court training (technique, tactics, video analysis and mental skills).

FITNESS TRAINING AND HEALTH

- 6,15 hours of fitness training per week.
- Medical check-up.
- Medical care, physiotherapy and nutrition service.
- Sports psychology support.

TOURNAMENTS

- Creation of tournament schedule (according to age and standard) and travel organisation.
- Coaching in competitions. (Tournament expenses not included).

ANNUAL TENNIS PLUS

FOR PLAYERS AGED 16 TO 18



EDUCATION & BOARDING

- Online study support.
- Accommodation in supervised residency at the Academy.
- Breakfast, lunch, afternoon snack and dinner.
- Leisure and recreational activities at weekends.

TENNIS TRAINING

- 23 hours of tennis training per week.
- Quarterly report on the player's progress and video analysis.
- Premium off-court training (technique, tactics, video analysis and mental skills).

FITNESS TRAINING AND HEALTH

- 11,15 hours of fitness training per week.
- Medical check-up on arrival.
- Medical care, physiotherapy and nutrition service.
- Sports psychology support.

TOURNAMENTS

- Creation of tournament schedule
- (according to age and standard) and travel organi-sation.
- Coaching in competitions (Tournament expenses not included).

TOURNAMENTS & COMPETITIONS

At the Rafa Nadal Academy by Movistar, we understand that competition is a fundamental tool for an athlete's development, both as a tennis player and as a person. Each player will have a tournament schedule that is built based on their age and standard of tennis. This schedule may include local, national and international tournaments.

The schedule will be established by the player's coach, together with the Head Coach and the Rafa Nadal International School tutor so that competition may be combined with academic commitments. Each player's schedule will be revised/set every three months. Tournament registration, travel expenses and accommodation are not included in the price of the program. Player registration in tournaments is carried out by each player's Rafa Nadal Academy by Movistar coach. After this is completed, the planning of the travel logistics is undertaken.

During travel to tournaments, be they local, European or international, players will be accompanied by a coach (the number of coaches will vary according to the number of players). Once the tournament schedule has been established, the operations team will calculate the estimated trimestral cost of all the tournaments. These expenses include flights, accommodation, transport, food and the coaches' accommodation and food expenses. If it is legally possible for the player to have a credit or debit card, we recommend that one is obtained for expenses during the trip.

The trimestral tournament bill is sent to the parents for an advanced payment to be made. Throughout the year there will be 3 payments to the Academy for tournaments. After each trimester the operations team will check the actual tournament costs to determine if the player has a credit or debt according to what they initially paid. Insurance will be considered for the players and coaches for each trip.



ACTIVITIES & LEISURE

Free time is arranged around the children's sporting schedule and academic performance. Activities are organised once or twice a week (Saturday afternoon and Sunday morning) and run by a team of guardians.

Weekend activities can vary depending on the sports schedule and taking into account the wishes and needs of the players. Our goal is to achieve the optimal balance between cultural excursions that support the Academy's values and reinforce the relationships between the students and leisure activities of a more fun nature.



ADDITIONAL INFORMATION

TRANSPORT SERVICE

The program includes a transport service to the Palma de Mallorca Airport (PMI) for players staying at the Academy, both for their arrival/departure and for holiday periods during the academic year (Christmas, Easter and RNIS one-week breaks in October and February). Transport to destinations for private purposes is not included.

For players that have reserved a UM service, the Academy will provide a person at the Palma de Mallorca Airport to accompany them at all times until they are handed over to the airline. Our Players' Desk department is responsible for the UM service and the transport service.

Rafa Nadal Academy by Movistar does not have support staff in other cities.



MEDICAL INSURANCE

The Rafa Nadal Academy by Movistar has medical insurance policies with one of Spain's leading insurance companies. This insurance covers athletes for the primary medical care and injuries that occur during the course of the annual program.

As we know all too well, injuries form part of an athlete's daily life, particularly when they are part of an intensive training program. Therefore, when a player suffers an injury, the Academy implements its action plan to assess the situation and we design a rehabilitation plan for the player when they can no longer participate in their habitual tennis program.

Although the final goal for the whole team is for the injured player to return to the courts as soon as possible, it is also our responsibility to ensure that the player is properly recovered before their return in order to minimise future problems. At the Rafa Nadal Academy by Movistar we do everything possible to offer the players the best service, both on and off the court, while always putting the players' needs first.

CASH MANAGEMENT FOR MINOR EXPENSES

Players at the Academy can benefit from the 'Academy Bank Account', by means of which the Academy's administrative personnel can manage a player's funds by following the instructions of their parent or guardian. This means that the player learns to manage their resources efficiently and suitably so that they are responsible and can, in time, manage to look after their finances independently.

Parents can send a specific amount of money to the bank account that we provide and when the player wants to take money out, they will have to sign a receipt to maintain a record of the transactions.

ADMISSIONS PROCESS, PAYMENTS & CANCELLATION POLICY

Please contact the Admissions Department, sales@rafanadalacademy.com.



VISAS AND PERMITS FOR ENTRY INTO SPAIN FOR NON-EUROPEAN UNION PLAYERS

The Rafa Nadal Academy by Movistar provides players from outside of the European Union the necessary support to help them formalise their stay in Spain.

However, in all cases, it is the responsibility of the player's guardian to ensure that they meet all the necessary requirements for entry and to guarantee the residency permits and visas for tournaments.

INITIAL VISA

Once the payment of the deposit for the program has been confirmed by the Admittance Department, an invitation letter and an enrolment letter will be issued to the player's guardians so that they may start the visa application process at the Spanish embassy in their country of origin. For the Annual Program, the Academy recommends that the guardians ensure that it is a long-stay visa or student visa for the whole of the Schengen area and that it allows multiple entries into Spain while the players are travelling to tournaments. If necessary, additional documentation may be provided at the request of the interested party.

FOREIGN IDENTIFICATION CARD (TIE) APPLICATION

After obtaining the visa and during the 3 months following the player's arrival in Spain, the Operations Department will request an appointment with the Foreigners Registration Office of Palma in order to take fingerprints and to obtain the TIE, the card which permits residency in Spain during the study period without requiring a visa. The TIE will be issued within 40 calendar days.

RE-ENTRY AUTHORISATION

In the event that a player needs to leave Spain before obtaining the physical TIE card, it will be necessary to request Re-entry Authorisation. This document allows re-entry into Spain, for a period of 90 days, without requiring a visa.

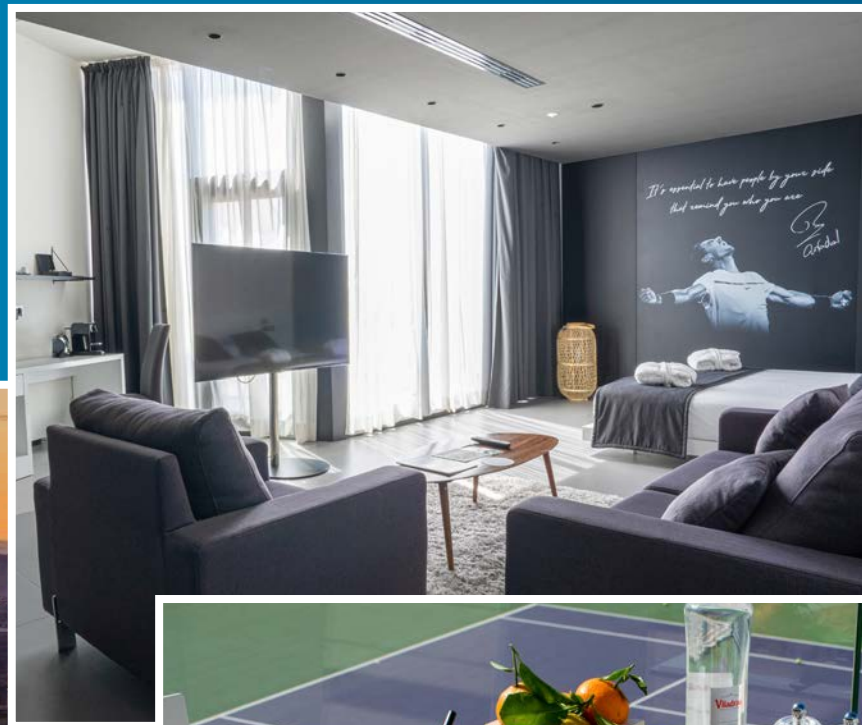
TIE RENEWAL

For those students that already have a TIE and are extending their stay at the Rafa Nadal Academy by Movistar, a renewal application will be made for their TIE, once confirmation of their registration is received from the Admittance Department.

RESIDENCY PERMITS FOR SPAIN FOR PLAYERS FROM THE EUROPEAN UNION

Players belonging to the European Union, Norway, Iceland or Switzerland that reside in Spain for more than three consecutive months will have to request an NIE (Foreign Identity Number) and register in the Central Registry for Foreign Nationals.

OTHER FACILITIES



ACCOMMODATION

64 DOUBLE ROOMS **3** SUITES

In our comfortable and spacious double rooms, guests will be able to enjoy the natural light, highly-functional fittings and a sports-related design that is guaranteed to delight.

All the rooms are fitted with air conditioning, heating and free WiFi. Every detail has been taken into account with the furnishings. Guaranteed rest for any athlete.

RESTAURANTS

The center boasts its own restaurants with a wide range of high-quality gastronomy. Thanks to its tasty breakfast buffet, its daily menu and its a la carte restaurant with delicious typical dishes from Mallorcan and Mediterranean cuisine, the US OPEN CAFÉ, ROLAND GARROS RESTAURANT AND CLUB HOUSE has already become one of Mallorca's gastronomic hotspots.

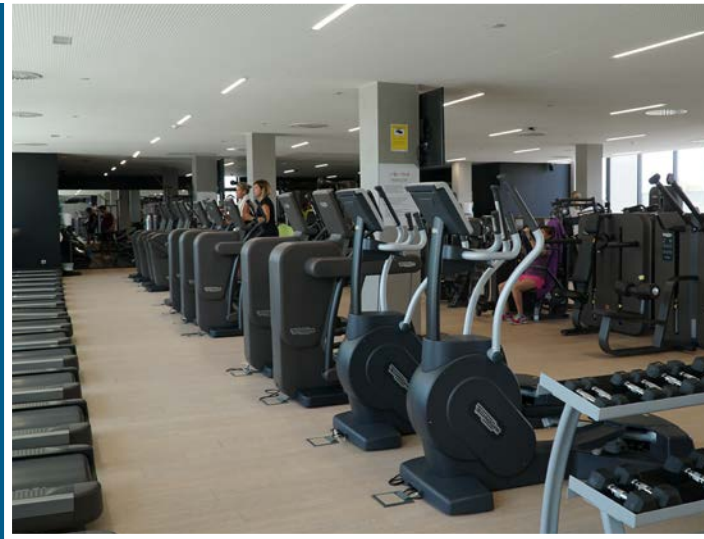
In addition, is a social space with large TV screens for enjoying the best sports events and spacious relaxation areas with a terrace and views of the sports facilities.

FITNESS CENTRE

3.000 M²

The RAFA NADAL CLUB boasts a fitness centre equipped with state-of-the-art Technogym technology and a wide range of first-class instructors. In addition, it has a revolutionary MyWellness Cloud monitoring system, which facilitates training-session supervision.

The 3,000m² fitness centre comprises a large room of Technogym machines, 3 rooms for instructed activities and semi-Olympic and teaching swimming pools. It has ample changing rooms for all users.



BEAUTY SPA

Designed for rest and relaxation, this space is ideal for achieving optimum performance before and after exercise.

It has a hydrothermal area from reducing tension and recharging your batteries with cold, warm and hot-water baths, the dry heat of the sauna or the humid heat of the Hammam. In this space users can also enjoy a wide range of body and facial treatments.



ADULT TENNIS PROGRAMS



TOTAL TENNIS & FITNESS

- 6 DAY CAMP (MONDAY TO SATURDAY).
- 12 H TENNIS PER WEEK (2H/DAY).
- 5H OF FITNESS PER WEEK (1H/DAY).
- RATIO COURT-PLAYER: 1/4.
- MEDIUM-INTENSITY.

*ALSO AVAILABLE FOR HALF-WEEK STAY INCLUDING 3 DAYS OF TRAINING.



TOTAL TENNIS PLUS

- 6 DAY CAMP (MONDAY TO SATURDAY).
- 22 H TENNIS PER WEEK (MORE THAN 3H/DAY).
- COVERING TECHNIQUE, TACTICS AND COMPETITION.
- RATIO COURT-PLAYER: 1/4.
- HIGH-INTENSITY.

*ALSO AVAILABLE FOR HALF-WEEK STAY INCLUDING 3 DAYS OF TRAINING.



PREMIUM TENNIS

- INDIVIDUAL AND CUSTOMIZED PROGRAM.
- 1 WEEK/ RATIO 1:1.
- 12 HOURS TENNIS/WEEK.
- 5 HOURS FITNESS/WEEK.
- 2:45 MINUTE SPORTS TENSION-RELEASE MESSAGES.
- PHYSICAL EVALUATION TEST AND INITIAL MEDICAL EXAMINATION.

LEARN TO COMPETE



- 5 DAY CAMP (MONDAY TO FRIDAY).
- 12 H TENNIS PER WEEK FOCUS ON COMPETITION (2H/3H. DAY).
- 5H OF FITNESS PER WEEK (1H/DAY).
- RATIO COURT-PLAYER: 1/4.
- MEDIUM-INTENSITY.

TOTAL TENNIS DOUBLES



- DOUBLES TENNIS PROGRAM.
- 6 DAY CAMP (MONDAY TO SATURDAY).
- 12 H TENNIS PER WEEK (2H/DAY).
- 5H OF FITNESS PER WEEK (1H/DAY).
- RATIO COURT-PLAYER: 1/4.
- MEDIUM-INTENSITY.

*ALSO AVAILABLE FOR HALF-WEEK STAY INCLUDING 3 DAYS OF TRAINING.

MORE PROGRAMS



- PADEL
- CYCLING & TRIATHLON
- SPORT HEALTH

ALL THIS PROGRAMS INCLUDES: ACCOMODATION, FREE ACCESS TO THE FITNESS CENTRE, POOLS & WELLNESS SPA, AND THE OFFICAL WELCOME PACK.



RAFA NADAL ACADEMY

by  **Movistar**

INFORMATION & RESERVATIONS

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