

# Autumn Tennis Camp Junior

Players from 8 to 18 years old

13<sup>rd</sup> October to  
03<sup>th</sup> November, 2024  
Mallorca

## Includes

### Training and recreational activities

- 20.5 hours per week of tennis training.
- 10 hours of sports activities.
- 5 hours per week of "Building a Champion" activities.
- 8 hours of recreational and leisure activities in Mallorca.
- 6 hours of leisure activities at the Academy.
- Guided visit to the Rafa Nadal Museum.
- Saturday competitions.
- BBQ lunch and trophy ceremony.
- Welcome pack.

### Boarding (Campus option with accommodation)

- 7 nights of accommodation in the supervised residence at the Academy (full board).
- Medical care and physiotherapy services (if needed).
- Airport transfer service.

## Do you want to improve your tennis skills and live a unique experience?

Now you can reserve your spot at the **Autumn Tennis Camp Junior of the Rafa Nadal Academy by Movistar**, which will take place from March 13<sup>rd</sup> October to 03<sup>th</sup> November, 2024. **Players can book one, two, or three weeks of camp.** Check-in and check-out will be on Sundays.

This camp, which offers tennis training and recreational sports activities, is available to **all young people between the ages of 8 and 18** who want to enjoy an unforgettable experience at one of the world's best high-performance sports centers.

Players at the Autumn Tennis Camp Junior will have the opportunity to **train using the Rafa Nadal Academy by Movistar training system, improving their technique, physical fitness, and on-court skills while enjoying various recreational activities in the picturesque setting of Mallorca.**

This camp **also aims to educate attendees through sports, using the engaging practical activities included in the "Building a Champion" program.** Thanks to sessions led by instructors from the Rafa Nadal Academy by Movistar, young tennis players will receive **training related to nutrition, physical preparation, and values such as effort, humility, tolerance, patience, respect, and integrity.**



The **Autumn Tennis Camp Junior** at the Rafa Nadal Academy by Movistar represents a **unique opportunity for tennis, fun, leisure, and values to come together through a campus where young people from all over the world will live together.**

It's also a perfect plan for families looking to enjoy a **tennis vacation in Mallorca.**

We also offer a Camp for players aged 18 and above, as well as other sports programs for adults tailored to all levels of play.

## Weekly schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Good morning!						Check-in & Check-out
7:30am	Breakfast						
8:30am - 10:30am	Tennis training					Tennis competition	
10:30am - 10:45am	Snack						
11am - 12:45pm	Recreational activities						
1pm - 3pm	Lunch and free time					Trophy ceremony +Lunch	
3pm - 5pm	Tennis training	Leisure activities	Tennis training			Leisure activities	
5pm - 5:15pm	Snack		Snack				
5:15pm - 6:30pm	Building a champion		Building a champion				
6:30pm - 7:30pm	Free time						
7:30pm - 9pm	Dinner						
9pm - 10pm	Leisure activities						
10:30pm	Good night!						

\*The weekly activity schedule will be adjusted for each age group.

## Facilities

- 45 tennis courts | 23 hard courts (19 outdoor & 4 indoor)
- 22 clay courts (15 outdoor & 7 semi-covered)

- Supervised residence
- Fitness center
- 25m indoor & outdoor pool
- Sports Clinic by Quiron Salud
- Restaurant & Players room
- 15 padel tennis courts
- 1 seven-a-side soccer field
- Beach volley, squash, padbol, and multisports courts

