



RAFA NADAL
ACADEMY by  **Movistar**

MALLORCA - SPAIN

CHRISTMAS CAMP

JUNIOR & ADULT
PLAYERS

DECEMBER 25TH, 2022
TO JANUARY 8TH, 2023

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

Thanks to the Christmas Camp you will be able to train with the Rafa Nadal Academy by Movistar training system and enjoy our tennis training sessions and multisport activities in a unique environment.

This program is ideal for adult players who want to have fun and experience their passion for sport at one of the most special times of the year. It is also perfect for young tennis players aged between 8 and 18 looking for an exclusive experience with players from all over the world. The best tennis Christmas ... In the best possible place!

Christmas Camp will take place from December 25th, 2022 to January 8th, 2023 at the Rafa Nadal Academy by Movistar and you can choose between a one-week program (from December 25th to January 1st or from January 1st to January 8th) or participate in both weeks. Check-in and check-out of this program will be on Sunday.

The daily schedule of the Junior & Adult Camps is designed so that all members of the family can share their free time.

More information: sales@rafanadalacademy.com · t. (+34) 971 845 022

www.rafanadalacademy.com

ADULT CAMP

THE PROGRAM INCLUDES:

- Accommodation for 7 nights with breakfast or half board. (Includes breakfast and dinner. Drinks not included).*
- 12 hours/week of tennis coaching with the team of coaches from the Rafa Nadal Academy by Movistar. Ratio court/player 1:4.
- 3 hours/week of “Learn to compete”. Real competition situations will be worked on to design an appropriate strategy. Ratio coach/player 1:4.
- 5 hours of fitness training on group.
- 1.5 hours of paddle tennis coaching.
- 1.5 hours of guided trekking route to discover the amazing landscapes of Mallorca.
- Visit to Palma de Mallorca. Includes transportation to and from the Academy.
- Free ticket to the Rafa Nadal Museum.
- Tennis competition and awards ceremony.
- Free use of the Fitness Centre with more than 200 activities per week.
- Free Access to the 25 m indoor pool and Wellness Spa with hydrothermal circuit, sauna and Steam baths.
- Official Welcome Pack.

*Ecotax not included in the accommodation fee.

This Christmas...
The Christmas Camp will be your best gift!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	TECHNICAL TENNIS TRAINING					TECHNICAL TENNIS TRAINING	ARRIVALS & DEPARTURES
	FITNESS TRAINING						
1.30pm to 3pm	LUNCH & FREE TIME						
AFTERNOON	PADEL TENNIS TRAINING	TACTICAL TENNIS TRAINING	VISIT TO PALMA	TACTICAL TENNIS TRAINING	HIKING ROUTE	CLOSING CEREMONY	

*This schedule may be subject to change depending on the number of participants in the program.



JUNIOR CAMP

THE PROGRAM INCLUDES:

- 20.5 hours of tennis coaching with the team of coaches from the Rafa Nadal Academy by Movistar.
- 10 hours of fitness training / sports activities.
- 6 hours/week of "Building a Champion" activities.
- 4 hours/week of outdoor leisure activities.*
- Accommodation at the supervised residence within the Academy.
 - Breakfast, lunch, dinner and snacks.
- Medical care and physiotherapy assistance (if necessary).
 - Guided visit to the Rafa Nadal Museum.
 - Barbecue dinner and award ceremony.
 - Official Welcome Pack.
- Transfer from airport to facilities and from facilities to airport.

Contact our admissions department for information on the *No Boarding version of the campus.*

THE BEST CHRISTMAS AWAITS FOR YOU!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	GOOD MORNING!						ARRIVALS & DEPARTURES
8am	BREAKFAST						
9am-11am	TENNIS TRAINING						
11am-11.30am	SNACK						
11.30am-1pm	MULTISPORTS TRAINING					COMPETITION	
1pm-3pm	LUNCH & FREE TIME						
3pm-4.30pm	TENNIS TRAINING	LEISURE ACTIVITIES		TENNIS TRAINING	BUILDING A CHAMPION	LEISURE ACTIVITIES	
4.30pm-5pm	SHOWER			SHOWER			
5pm-6pm	BUILDING A CHAMPION			BUILDING A CHAMPION			
6pm-7pm	FREE TIME	SHOWER		FREE TIME	SHOWER		
7pm-7.30pm							
8pm-8.30pm	DINNER & FREE TIME					BARBECUE & AWARD CEREMONY	DINNER & FREE TIME
10pm						GOOD NIGHT!	GOOD NIGHT!
10.30pm	GOOD NIGHT!						

*This calendar may be subject to change.

**Leisure activities will be defined considering the current epidemiological situation and the weather.