

# HIGH-PERFORMANCE CAMP

For players aged 11 to 20.

## HIGHLIGHTS

- 6 days of training, from monday to saturday.
- 7 nights stay with full board.\*
- 22h of tennis training. Ratio 1:3.
- 30min of individual tennis training. Ratio 1:1.
- 6.25h of physical preparation.
- 3 sessions of training in nutrition, injury prevention and wellness.
- Mental training in court.
- Guided visit to the Rafa Nadal Museum.
- Tennis competition.
- Welcome pack.
- Transfer service to and from the airport.\*

\* Only for boarding.

## TRAIN LIKE A TENNIS PRO!

The Rafa Nadal Academy by Movistar launches a new programme aimed at young tennis players between the ages of 11 and 20\* looking for a high-performance experience with personalised, high-intensity training.

This training camp is part of our annual programme and includes specific work in all the areas that we consider essential for the preparation of a player who aspires to dedicate himself to professional tennis.

The methodology applied in the training sessions has been developed by Rafa Nadal, Toni Nadal and his technical team thanks to the knowledge acquired during their years of experience on the professional circuit.

The programme includes 6 days of intensive training and 7 nights' stay, with check-in and check-out always on Sundays. The player can choose between one or more weeks of training.

Our coaches test all players at the beginning of the programme to assign them to a training group according to their level of play.

Our players:

- They will perfect their technique and tactics with personalised tennis training with a maximum of 3 players per court.
- They will improve their performance on the court with the help of experienced physical trainers.
- They will learn how to eat and hydrate correctly before, during and after training.
- They will boost their mental strength thanks to the work of our specialists in sports psychology.

In addition, they will have the opportunity to train and socialise with the players from our Annual Programme.

The High-Performance Camp is available from September to June, except for holiday weeks when we will offer Sports Camps with more leisurely activities.

\*Players aged 19 and 20 will be eligible for the program if they meet the following conditions:

- They must have earned ITF Junior points.
- They will follow the same training program as the younger players.
- They will participate in the program as No Boarding players and will be accommodated in Rafa Nadal Residence (subject to availability).

## IT INCLUDES TRAINING EXPERIENCE

22 hours of tennis training in "Technique, Tactics and Strategy"

Tennis training sessions will be held in small groups with no more than 3 players per court.

Our coaches test all players at the beginning of the programme to assign them to a training group according to their level of play. In addition, players will have the opportunity to train with the players from our Annual Programme.

The aim of the training sessions is to maximise the potential of each player by improving their technique, tactics and performance on the court, using the methodology developed by Rafa Nadal and his technical team throughout his career.

On-court video analysis: Coaches will conduct video analysis sessions during tennis training. In this way the player will be able to visualise the technical details to be improved and the coach will implement the appropriate corrections on the court, eliciting more effective feedback.

· Hydration: our specialists will explain the importance of maintaining good hydration before, during and after sport. Students will learn when, how and how much to hydrate, as well as the consequences that dehydration can have on the body. This will be followed by a practical workshop on how to make homemade hypotonic and isotonic drinks and how to read the labels of different commercial brands.

· Case studies: this session will review the concepts learned and explain to the children, through practical situations, the routines to follow if symptoms of cramps, diarrhoea, insomnia or tiredness appear.

· Preventive physiotherapy: "Stretching, mobility and proprioception"

Injury Prevention is a very important part of the Academy. Tennis is an asymmetrical and aggressive sport that causes imbalances between muscles and joints. In the physiotherapy sessions we will try to minimise the risk of injury through joint mobility exercises, stretching the muscles that have a greater tendency to shorten, and strengthening the stabilising muscles of the different joints of the body. In addition, we will teach the players to be able to work alone on their stretching, mobility and proprioception routines.



30 minutes of individual tennis training.

Throughout the week, players will enjoy a 30-minute private training session with our coaches.

The session will be fully adapted to the needs and objectives of each player.

6.25 hours of physical preparation. "Coordination, footwork, explosiveness"

Physical preparation has undergone a major transformation in recent years and plays an increasingly important role in the training of players from a very early age.

In our sessions, specific objectives focused on the practice of tennis will be set. Exercises will be personalised taking into account the age, physical condition and competition schedule of each player.

Tennis players need to develop their strength and speed in order to execute shots with greater agility and to be able to make short, fast movements, with changes of orientation and direction. Balance in the support structure and the ability to react are also determining factors. In addition, specific flexibility work is very important for injury prevention.

During the week, the following skills of the player will be enhanced:

- Coordination and footwork.
- Conditional physical abilities: strength, endurance, flexibility and speed.
- Injury prevention



3 sessions of training in nutrition, injury prevention and wellness.

· Nutrition applied to sport. "Food and Hydration"

Proper nutrition plays a fundamental role in life in general and in sport in particular. Nutritional strategies help to improve an athlete's performance and prevent injuries.

In these sessions we will work on 3 very important topics in the career of an athlete in a practical and dynamic way. All sessions will consist of a theoretical and a practical part.

· Nutrition: players will learn that proper nutrition can help improve their performance and prevent possible injuries. The session will consist of a theoretical part in which macro and micronutrients and the properties of each type of food will be studied through real examples. Finally, the concepts learned will be put into practice through activities and games.



· Health & Wellness.

Athletes are under a lot of pressure on and off the track. From a very young age, they must manage stressful situations and make decisions that affect their future.

In these sessions we will perform therapies that help our players achieve physical and emotional well-being, which will help them better face the challenges of day to day.

Our specialists will carry out activities such as Yoga, Pilates, or muscle relaxation therapies, among others.

Mental Training: "Emotional control and adversity management"

Psychological preparation helps to develop the mental strength of the players, which is essential for overcoming adversity. At the Academy we work on this aspect on a daily basis because we understand that tennis is played first with the "eyes", then with the "mind", then with the "legs" and finally with the "hands".

In the High-Performance Program we will work on the mental strength of our players during tennis training. We will emphasise the following contents:

- Motivational Guidance and Self-motivation (focus on the process).
- Self-regulation of activation levels (energy).
- Attentional Self-Regulation.
- Emotional Self-Regulation (pressure management).



Medical services

Medical care, physiotherapy and nutritional assistance (if necessary).

Competition. "UTR"

Every Saturday, matches are organised with the annual tennis players so that the players can apply the knowledge they have learnt during the week.

UTR Tournaments will be held in certain weeks of the year.

## BOARDING EXPERIENCE

- 7 nights' accommodation in the Academy's supervised residence.
- Arrivals and departures on Sundays. Training from Monday to Saturday.
- Breakfast, lunch, afternoon snacks and dinner.
- Medical care and physiotherapy assistance (if necessary).
- Guided visit to the Rafa Nadal Museum.
- Transfer service to and from the airport.
- Welcome pack.



## WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Good morning!					Breakfast time!	Arrivals and Departures
8:00 - 9:15	Off court session "Injury prevention"	Off court session "Nutrition"	Free time	Health & Wellness	Free time	Tennis tournament (group 1)	
10:00 - 11:30	Tennis training				Rafa Nadal Museum visit	Tennis tournament (group 2)	
11:30 - 12:00	Individual tennis session (1 day per player)					Lunch	
12:00 - 14:00	Lunch & free time					Playful activities	
14:30 - 17:00	Tennis training						
17:00 - 17:30	Energy break						
17:30 - 18:30	Physical training						
18:30 - 19:30	Free Time						
20:00 - 21:30	Dinner						
22:00	Good night!						

\*The weekly 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 covered)
- 15 padel tennis courts
  - 6 indoor courts
  - 9 outdoor courts (3 panoramic)
- Fitness center
- 1 semi-olympic 25m pool
- 2 outdoor recreational pools
- 1 football 7 pitch
- 1 beach volley court
- 1 padbol court
- 2 squash courts
- Sports Clinic
- SPA & Beauty salon