

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.

> · Tennis competition. · Welcome pack. · Transfer service to and from the airport.*

· Guided visit to the Rafa Nadal Museum.

* Only for boarding.

Our players: · They will perfect their technique and tactics with personalised tennis training with a maximum of 3 players per court.

TRAIN LIKE A TENNIS PRO!

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 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.

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.

of experienced physical trainers. · They will learn how to eat and hydrate correctly before, during and after training.

· They will improve their performance on the court with the help

· 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).



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.

effective feedback.

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

TRAINING EXPERIENCE

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

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

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

player.

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

Injury prevention

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.

Preventive physiotherapy. "Stretching, mobility and proprioception"

· 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

· Case studies: this session will review the concepts learned and explain to the

children, through practical situations, the routines to follow if symptoms of

different commercial brands.

cramps, diarrhoea, insomnia or tiredness appear.



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".

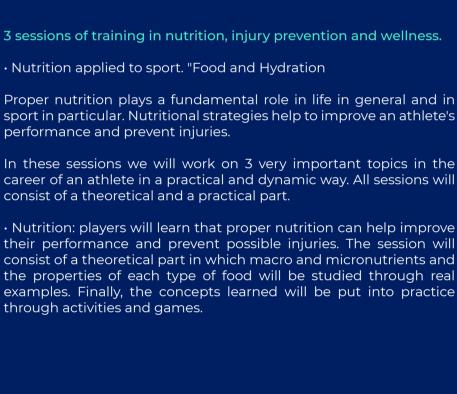
In the High-Performance Program we will work on the mental strength of our

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).

· Emotional Self-Regulation (pressure management).



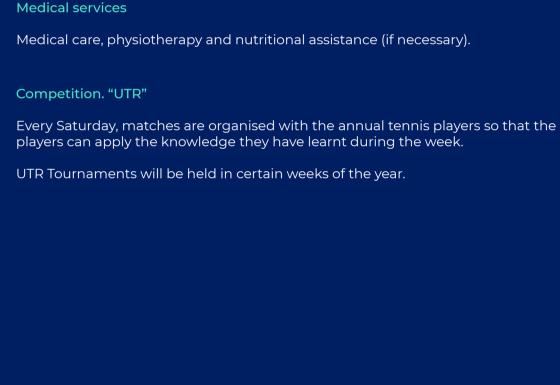
• 7 nights' accommodation in the Academy's supervised residence. Arrivals and departures on Sundays. Training from Monday to Saturday. · Breakfast, lunch, afternoon snack and dinner.

· Medical care and physiotherapy assistance (if necessary).

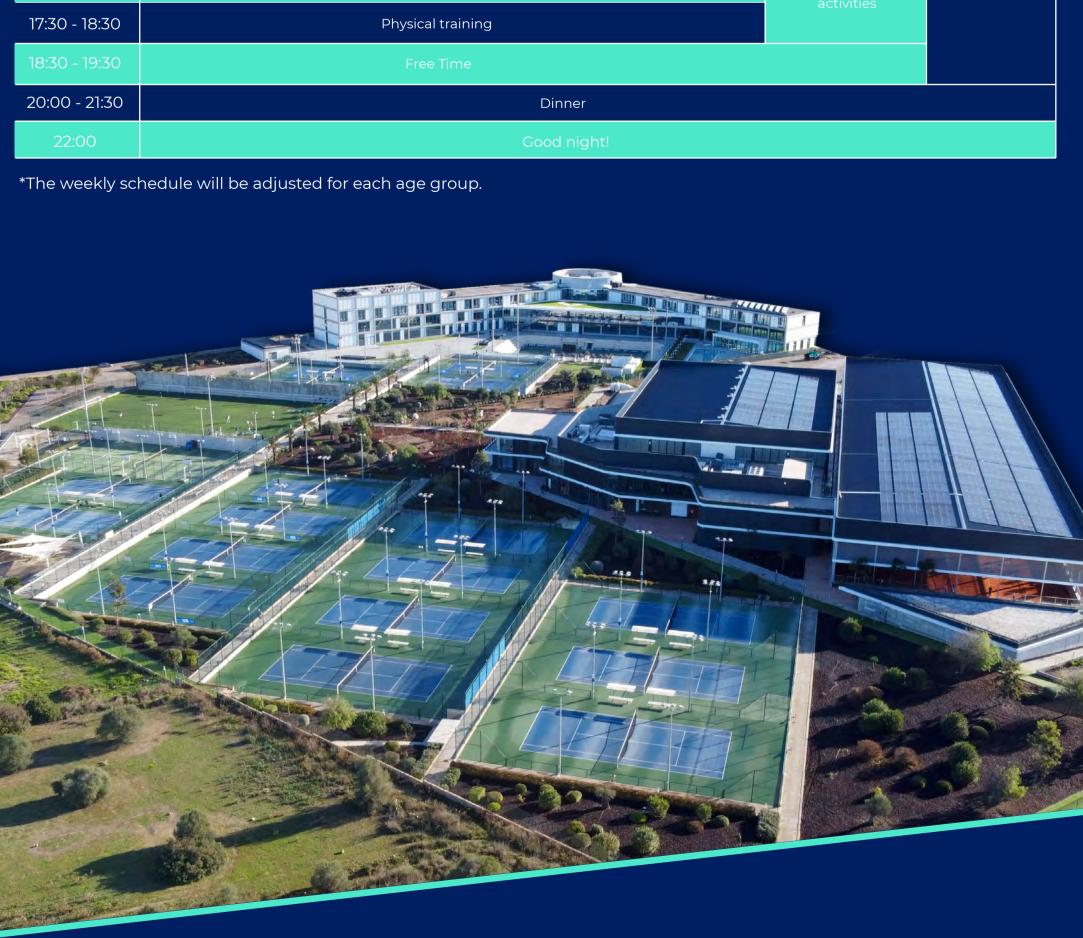
· Guided visit to the Rafa Nadal Museum.

· Transfer service to and from the airport. · Welcome pack.





- **WEEKLY SCHEDULE** WEDNESDAY THURSDAY TUESDAY MONDAY SUNDAY **FRIDAY SATURDAY** Health & Off court session Off court session 8:00 - 9:15 Free time Free time Tennis Injury prevention' "Nutrition" Wellness tournament (group 1) Rafa Nadal 11:30 - 12:00 Individual tennis session (1 day per player) Museum visit Arrivals and Lunch Departures 14:30 - 17:00 Tennis training 17:30 - 18:30 Physical training 20:00 - 21:30 Dinner *The weekly schedule will be adjusted for each age group.



· 23 hard courts (19 outdoor & 4 indoor) 6 indoor courts · 22 clay courts (15 outdoor & 7 covered) · 9 outdoor courts (3 panoramic) · 1 semi-olympic 25m pool

· 1 beach volley court

Sports Clinic

FACILITIES

· 1 football 7 pitch · 2 squash courts

· 45 tennis courts

Fitness center

- · SPA & Beauty salon

• 15 padel tennis courts

·1 padbol court

· 2 outdoor recreational pools

RAFANADAL

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