

# LANGUAGE & SPORT CAMP



For players aged 9 to 15

JULY 3rd to AUGUST 14th, 2022  
MALLORCA

## INCLUDES

### TRAINING & LEASURE ACTIVITIES

- 12h of English or Spanish classes.
- 6h of tennis coaching.
- Tennis competition on Saturdays.
- 9h of fitness training / sports activities.
- 6h of Building a Champion activities.
- 4 hours of leisure and recreational activities in Mallorca.
- Guided visit to the Rafa Nadal Museum.
- BBQ dinner and trophy ceremony.
- Welcome Pack.

### BOARDING\*

- 7 nights of accommodation at the Academy's supervised residence (full board).
- Medical care and physiotherapy assistance (if necessary).
- Transfer services from and to Airport.

\* Included only in the campus option with accommodation.



## DO YOU WANT TO HAVE A UNIQUE EXPERIENCE OF SPORTS AND LINGUISTIC IMMERSION?

During the months of July and August, the Rafa Nadal Academy by Movistar will open its doors to all children between 9 and 15 years of age who are looking to enjoy an unforgettable experience at one of the best peak-performance sports centres in the world.

Players at the Language & Sport Camp will improve their technique, physical fitness and on-court skills while enjoying multiple leisure activities in the unbeatable surroundings of Mallorca.

In tandem with practicing sports, participants will also be able to improve their level of English or Spanish with daily classes taught by the teaching team of the Rafa Nadal International School, a bilingual school located in the same installations as the Academy.

The Language & Sport Camp also aims to educate participants through sport with entertaining practical activities that comprise the Building a Champion programme. Thanks to sessions led by coaches from the Rafa Nadal Academy by Movistar, the young players will receive lessons on nutrition, fitness training and values such as hard work, humility, tolerance, patience, respect and integrity.

The Rafa Nadal Academy by Movistar Language & Sport Camp is a unique opportunity for tennis, fun, leisure and values to be brought together at a campus that will be shared by children from all over the world.

The programme will take place from Sunday 3rd July to Sunday 14th August 2022.

Train with Rafa Nadal's coaching system and his coaching staff!



## WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:30am	Wake up!							
8:00am	Breakfast time							
09:00am	Language lessons (english or spanish)							
11:00am	Snack							
11:15am	Fitness training / Sport activities					Competition	Arrivals & Departures	
1:00pm	Lunch and Free Time							
12:45pm	Building a Champion			Building a Champion		Leisure activities		
4:15pm	Tennis training		Leisure activities	Tennis training		Leisure activities		
5:45pm	Free time			Free time				
7:00pm	Shower							
8:00pm	Dinner and free time					Barbecue & Tournament prizes	Dinner & free time	
10:00pm	Good night!							

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



## FACILITIES

- 37 tennis courts:
  - 23 hard court (19 outdoor and 4 indoor)
  - 14 clay courts (7 outdoor and 7 covered)
- 12 paddle courts:
  - 6 indoor courts
  - 6 outdoor courts
- Fitness centre
- 1 semi-olympic swimming pool 25m
- 1 outdoor swimming pool
- 1 football pitch
- 1 beach volley court
- 1 padbol court
- 2 squash courts
- Spa and beauty salon



**THE SAFETY OF YOUR CHILDREN IS THE MOST IMPORTANT. PLAY SAFE!**

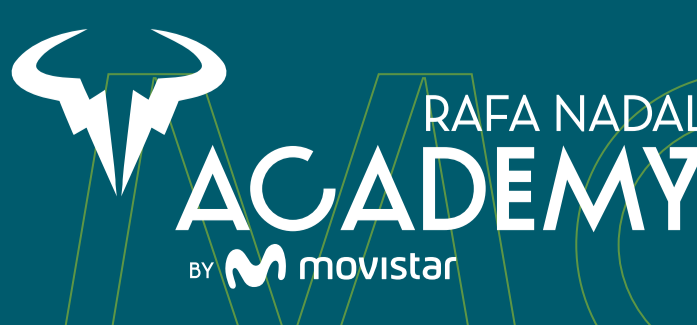
The facilities of the Academy have been adapted to comply with the safety and hygiene protocols established by health authorities. Thanks to synergy with QuirónSalud (healthcare partner of the Academy) the Rafa Nadal Academy by Movistar has been considered a success story by the press and international institutions, and an example of safety and trust thanks to its management during the health crisis caused by COVID-19.

It has also obtained the seal "Safe COVID-19 Protocol by Quirónsalud" issued by Applus+. This seal certifies the quality and efficiency of the Academy's work processes to guarantee the safety and well-being of all its players. We are very proud of our human team, which has obtained the experience and knowledge necessary to develop a protocol that guarantees a safe stay and sports practice in our facilities.

To guarantee the safe environment, all players and guests of the Rafa Nadal Academy by Movistar must comply with the health measures approved by the Government of the Balearic Islands, which include restrictions on the entry of passengers to Mallorca.

Procedure for passengers from a foreign country: <https://spth.gob.es/>  
 Procedure for passengers from Spanish territory: <https://www.ibsalut.es/es/viajar-a-baleares>

The preventive measures associated with the current pandemic for our players enrolled in the Junior Programs will be confirmed by the Players Desk team before the arrival of the players and their families, according to the context upon arrival.



(+34) 971 845 022

sales@rafanadalacademy.com

www.rafanadalacademy.com