



RAFA NADAL
ACADEMY by  Movistar

Summer Tennis Camp Junior

Players from 8 to 18 years old

2nd June to 01st September, 2024
Mallorca



Includes

Training and recreational activities

- Tennis skill assessment on arrival on Sunday
- 20.5 hours of tennis training with a 1:4 ratio
- Tennis competitions on Saturdays
- 10 hours of sports activities/physical preparation
- 5 hours of "Building a Champion activities"
- 8 hours of leisure and recreational activities in Mallorca
- RNA Games
- Guided visit to the Rafa Nadal Museum
- BBQ dinner and trophy ceremony
- Lunch and snacks
- 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 live a high-performance experience?

During the months of **June, July, and August**, the Rafa Nadal Academy by Movistar will open its doors to all **young people aged 8 to 18** who wish to enjoy an unforgettable experience at one of the world's best high-performance sports centers.

Summer Tennis Camp Junior players will improve their technique, physical condition, and on-court skills while also enjoying multiple recreational activities in the exceptional setting of Mallorca.

The program will take place **from June 2nd to September 01st, 2024**, with check-in and check-out on Sundays.

The technical team at the Rafa Nadal Academy recommends this camp to players who want to **maximize their tennis progression during their stay, as it includes two daily training sessions.**

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 Summer Tennis Camp Junior at the Rafa Nadal Academy by Movistar **will provide 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.

Train with Rafa Nadal's method and his team!

Weekly schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Good morning!						Arrivals & Departures
7:30	Breakfast						
8:00 - 9:45	Sport activities				Tennis & Sport activities competition		
9:45 - 10:00	Snack break						
10:00 - 12:00	Tennis training						
12:00 - 13:00	RNA Games						
13:00 - 15:30	Lunch & Free time						
15:30 - 16:45	Building a Champion	Leisure activities		Building a Champion	Leisure activities		
16:45 - 17:00	Snack break			Snack break			
17:00 - 19:00	Tennis training			Tennis training			
19:00 - 19:30	Free time			Free time			Free time
20:00 - 21:30	Dinner & Free time				Barbecue dinner & Tournament prizes		Dinner & Free time
22:00 - 22:30	Good night!						Good night!
22:30							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

