



RAFA NADAL
ACADEMY by  Movistar

Summer Train & Compete Tennis Camp Junior

For players from 11 to 18 years old

18th August to 01st September, 2024
Mallorca



INCLUDES

- 12.5 hours of tennis training. Ratio 1:4
- UTR competition starting from 2.50 UTR rating. 4 guaranteed UTR matches
- 10 hours of sports activities /physical preparation
- 5 hours of 'Building a Champion' activities
- 8 hours of recreational and playful activities in Mallorca
- RNA Games
- Guided visit to the Rafa Nadal Museum
- Barbecue dinner and trophy presentation
- Lunch and mid-morning snack
- Welcome package

BOARDING (Campus option with accommodation)

- 7 nights of accommodation in the supervised residence of the Academy (full board)
- Medical attention and physiotherapy service (if necessary)
- Airport transfer service

Do you want to live a unique tennis and competition experience?

During the months of June, July and August, the Rafa Nadal Academy by Movistar will open its doors to all youth aged 11 to 18 who wish to enjoy an unforgettable experience at one of the world's top high-performance sport centers.

Players at the Summer Train & Compete Tennis Camp will improve their technique, physical condition and on-court skills while enjoying multiple recreational activities in the incomparable setting of Mallorca.

This program also aims to educate attendees through sport, thanks to the engaging practical activities that make up the "Building a Champion" program. Through sessions led by instructors from the Rafa Nadal Academy by Movistar, Young tennis players will receive training related to nutrition, tactical situation, and values such as effort, humility, tolerance, patience, respect and integrity.



The Rafa Nadal Academy technical team recommends this program to players who wish to optimise their tennis progression through competición and to obtain UTR points for their profesional ranking.



The Summer Train & Compete Tennis Camp Junior at the Rafa Nadal Academy by Movistar will be a unique opportunity for tennis, competition, leisure, and values to come together through a camp where young people from around the world will coexist.

**Train with
the method
of Rafa Nadal
and his team!**

SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00h	Good morning!						
7:30h	Breakfast						Arrivals & Departures
8:00h - 9:45h	Sport activities					Tennis & Sport activities competition	
9:45h - 10:00h	Snack						
10:00h - 12:00h	Tennis training						
12:00h - 13:00h	RNA Games						
13:00h - 15:30h	Lunch & Free Time						
15:30h - 16:45h	Building a champion	Leisure activities		Building a champion	Leisure activities		
16:45h - 17:00h	Energy Break			Energy Break			
17:00h - 19:00h	UTR Competition			UTR Competition			
19:00h - 19:30h	Free time			Free time			
20:00h - 21:30h	Dinner and free time					Barbacue & Tournament prizes	Dinning & free time
22:00h - 22:30h	Good night!						Good night!
22:30h							

Train with the method of Rafa Nadal and his team!



FACILITIES

- 45 tennis courts
 - | 23 hard courts (19 outdoor & 4 indoor)
 - | 22 clay courts (15 outdoor & 7 semi-covered)
- 16 padel courts
 - | 7 indoor courts
 - | 6 outdoor courts
 - | 3 panoramic courts
- Supervised Residence
- Fitness Center
- 25m Indoor & outdoor swimming pool
- One 7-a-side football pitch
- Sports clinic by Quiron Salud
- Restaurant and Players Lounge
- Courts of Beach-volley, squash, padbol y multisports.

www.rafanadalacademy.com
sales@rafanadalacademy.com
t. (+34) 971 845 022