

SUMMER SWIM CAMP 2019



RAFA NADAL
ACADEMY
BY  **movistar**

7th to 21st of July, 2019

WHERE ARE WE?

The RAFA NADAL ACADEMY by MOVISTAR is located in Manacor – Mallorca, Rafa Nadal's hometown and one of the world's most popular tourist destinations.

We are perfectly located on the island, just 30 minutes from Palma de Mallorca Airport, which has excellent connections with the rest of Europe, and just 10 minutes from the coast.

The environment and climate here are ideal for complementing physical exercise with the large range of gastronomic, cultural and recreational activities that Mallorca offers.



Dip into a unique experience!

During some weeks in July, the Rafa Nadal Academy by Movistar will open its doors to all 11 to 18 year olds who would like to enjoy an unforgettable experience in one of the best high-performance sports centres in the world.

Swim Camp attendees will improve their technique, skills and ability in unbeatable surroundings. The students will not only enjoy the use of the Rafa Nadal Sports Centre's semi-Olympic swimming pool, they will also be able to benefit from the facilities at a sports complex that is unique in Europe. As well as a comprehensive and intensive training programme run by a qualified team of professionals, attendees will enjoy numerous leisure activities besides swimming.

The program will take place from the 07 of July to the 21 of July 2019. Swim Camp is a unique opportunity where swimming, fun, leisure and values are brought together on a campus that will be shared by youths from around the world. Dip into the Rafa Nadal Academy by Movistar now!



OBJECTIVES

- 1 Find the swimmer's strengths and weaknesses with the functional joint mobility test and performance test.
- 2 Improve technique in the various swimming strokes (front crawl, breast stroke, back stroke and butterfly).
- 3 Improve performance in the different working zones through specific functional training.
- 4 Learn the values of the Rafa Nadal Academy by Movistar with fun sessions on working in important areas like nutrition, sports psychology and fitness training.
- 5 Enjoy a unique experience in which swimming, fun, leisure and values are brought together on a campus that will be shared by young athletes from around the world.

SHARE YOUR **SWIM SUMMER CAMP**
WITH ATHLETES FROM ALL AROUND THE WORLD



Includes:

- 23 HOURS OF SWIMMING COACHING.
- 5 HOURS A WEEK OF FITNESS TRAINING / SPORTS ACTIVITIES.
- 5 HOURS OF “BUILDING A CHAMPION” ACTIVITIES.
- ACCOMMODATION IN THE ACADEMY’S SUPERVISED RESIDENCY.
- BREAKFAST, LUNCH, AFTERNOON SNACK AND DINNER.
- MEDICAL CARE, PHYSIOTHERAPY SERVICE (IF REQUIRED) AND NUTRITION SERVICE.
- LEISURE AND RECREATIONAL ACTIVITIES (PADDLE BOARDING, BOAT TRIP...).
- GUIDED TOUR OF THE RAFA NADAL MUSEUM XPERIENCE.
- COMPETITIONS ON SATURDAYS.
- BARBEQUE DINNER AND TROPHY PRESENTATION.
- WELCOME PACK.
- TRANSFER SERVICE TO AND FROM THE AIRPORT AND THE SCHEDULED ACTIVITIES.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00	BREAKFAST						CHECK OUT
9:00-11:30	SWIMMING					TOURNAMENT SWIMMING	
11:30-12:00	REST						
12:00-13:00	FUNCTIONAL TRAINING						
13:00-15:00	LUNCH AND FREE TIME						CHECK IN
15:00-17:00	SWIMMING					LEISURE ACTIVITIES	
17:00-18:30	“BUILDING A CHAMPION”		PADDLE BOARDING	“BUILDING A CHAMPION”			
18:30-20:00	FREE TIME			FREE TIME			
20:00-22:00	DINNER AND FREE TIME					BARBEQUE	DINER
22:00	REST						

AREAS OF THE PROGRAM

METHODOLOGY

The training program is customised and designed according to the characteristics of each athlete, using the methodology that our coaches have developed based on their own experience in high-end competition and teaching 10 to 18 year olds.

- Technical training for improving swimming efficiency.
- Training systems:
 - Continuous exercises
 - Staggered exercises (fartlek and interval)
 - Intensive and extensive exercises



FITNESS TRAINING

Sport has evolved in many ways. One of the most significant changes has been the transformation of physical training and its growing importance in coaching and teaching athletes from an early age. The physical demands in federated sport are ever increasing, therefore fitness training is one of the pillars of the Rafa Nadal Academy by Movistar methodology.

Fitness training at the Academy is based on two pillars:



1. Coordination skills provide the students with the grounds for making the impossible possible, the possible easy and the easy elegant. This includes mobility, balance, reactions, changes of pace, explosiveness and resistance.

These elements will be integrated into the pool and fitness training sessions, where tasks will be set based on real competition situations, with students receiving individual coaching.

2. Injury prevention is a very important part of the Academy's program. Preventative training, which aims to minimize risks, will be built around the following aspects: joint mobility exercises, stretching muscles that tend to get tight in order to relieve tension, strengthening of the stabilising muscles around each joint in the body, including the shoulder rotators and deep back muscles.

To work on these aspects, the Academy has a state-of-the-art fitness training machines.

AREAS OF THE PROGRAM

“BUILDING A CHAMPION” #RNAVALUES

The entire Rafa Nadal Academy by Movistar team’s mission is to try to instil in the young athletes the values that Rafa Nadal has shown on and off the court during his years on the professional tour.

Our Summer Camp athletes will take a daily “Building a Champion” session, a project created by the Rafa Nadal Academy by Movistar in order to strengthen training through the values of the sport. These sessions focus on all the areas that affect an athlete such as nutrition, sports psychology and fitness training, always through workshops and fun activities that encourage debate and personal reflection.

The “Building a Champion” activities not only give the students the perfect chance to learn, they also provide a range of skills and specific knowledge so that they can make the most of and enjoy their Rafa Nadal Academy by Movistar experience.

The values of hard work, discipline, honesty, perseverance, teamwork, compromise, humility and respect, among others, are the trademarks of the Academy and the pillars that support education, training and, in general, the comprehensive education of the students.



AREAS OF THE PROGRAM

COMPETITION

At the Academy, we understand that competition is a fundamental tool for the development of an athlete, therefore every Saturday morning we organise an internal competition where all the swimmers have the chance to take on other athletes, whether or not they are from the Rafa Nadal Academy by Movistar.



NUTRITION

Suitable nutrition plays a fundamental role in life in general and in particular in the practice of sports. Nutritional strategies help to improve an athlete's performance and prevent injuries.

The Academy's nutritional plan is based on several regimes in stages, and teamwork (coaches, fitness coaches, physiotherapists, psychologists and doctors) is fundamental for its implementation, so that the students themselves can learn to consume the necessary nutrients at any given time.

The Academy's nutritional programme includes:

- 1 The creation of balanced and healthy menus with a selection of the best quality products from the island of Mallorca.
- 2 Hydration before, during and after training and competition, based on the climate conditions.
- 3 Support for recovery and injury prevention.
- 4 The centre has its own kitchen and a team of chefs and cooks with experience in high-performance centres.
- 5 Nutrition workshop: isotonic drinks, recovery drinks after exercise and natural energy and protein bars.



AREAS OF THE PROGRAM

LEISURE ACTIVITIES

All participants in the Summer Swim Camp will enjoy numerous leisure activities, both at the Academy's facilities and elsewhere, where they will share memorable moments with athletes from around the world.

One of the most exclusive activities is a guided visit to the Rafa Nadal Museum Xperience, a unique space where children can see all of Rafa Nadal's trophies and sports kit up close. They will also have fun with our state-of-the-art sports simulators and virtual-reality platforms.

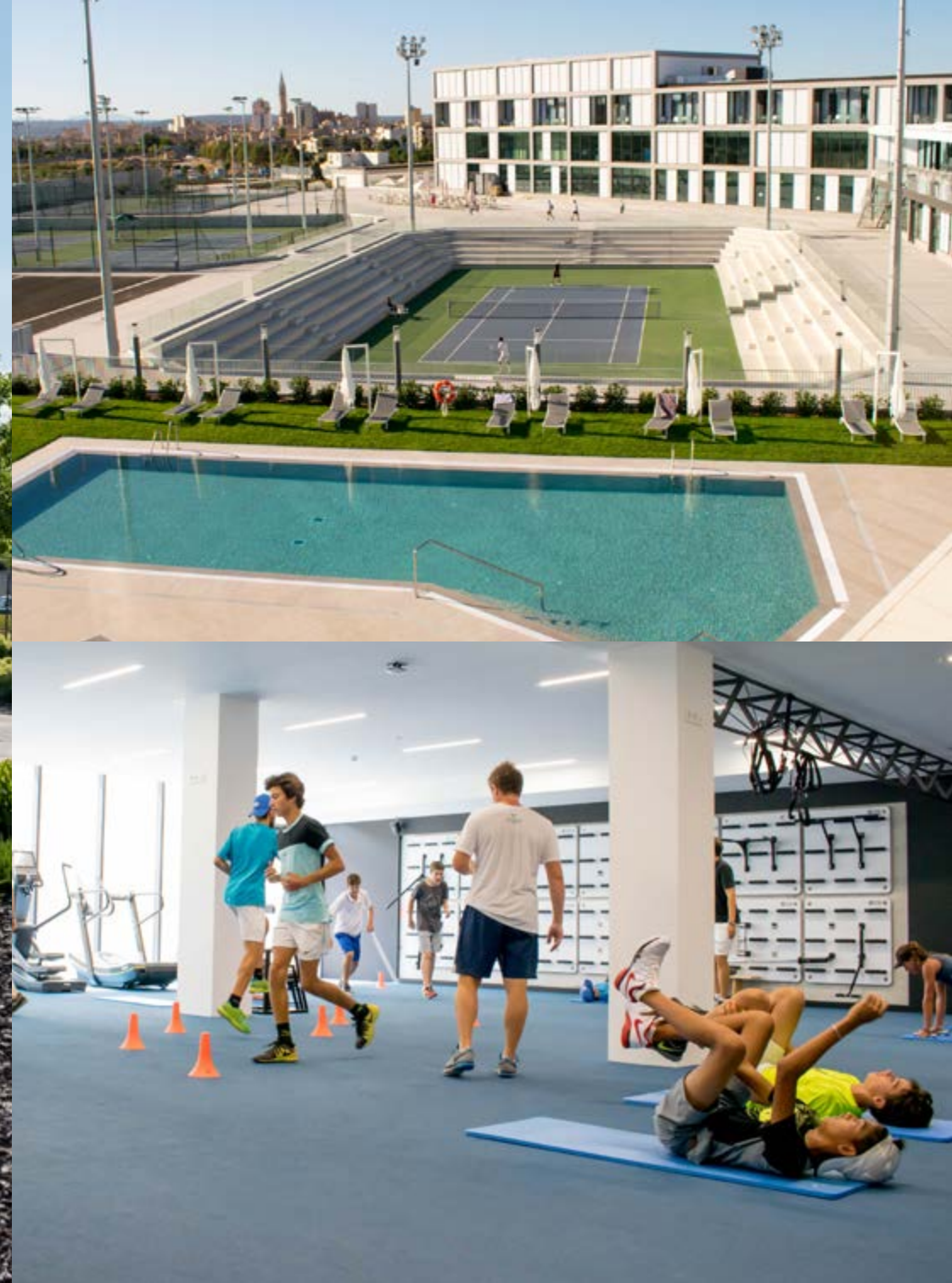
The athletes will also have the chance to see the coast and enjoy water sports such as paddle boarding, beach games and boat trips.



FACILITIES



- EXCLUSIVE SUPERVISED RESIDENCY FOR THE STUDENTS.
- RESTAURANT WITH BREAKFAST, LUNCH AND BUFFER DINNER AND BAR-CAFETERIA.
- INTERNATIONAL COLLEGE WITH AMERICAN SYSTEM (AISM)
- INDOOR, 25M SEMI-OLYMPIC SWIMMING POOL.
- INDOOR TEACHING POOL.
- OUTDOOR RECREATIONAL POOL.
- FITNESS CENTRE WITH STATE-OF-THE-ART EQUIPMENT.
- SPECIALISED SPORTS-MEDICINE, PHYSIOTHERAPY AND NUTRITION CLINIC.
- REGULATION SPORTS COURT FOR PLAYING VARIOUS SPORTS
- PRO-SHOP WITH SPORTS KIT.
- 27 REGULATION TENNIS COURTS ON DIFFERENT SURFACES (CLAY AND FAST COURT), OUTDOOR AND INDOOR.
- 7-A-SIDE FOOTBALL PITCH.
- 7 PADEL COURTS.
- GREEN ZONES AND GARDENS.



ACCOMMODATION

The students stay on the Academy's campus, which consists of a residency with spacious and modern double rooms with their own bathroom and shower, desk, wardrobes, WiFi connection, air conditioning and heating.

The residency is supervised and has 24-hour surveillance. The accommodation in the residency is divided into separate areas by age and gender and Academy personnel will assign the rooms.

Includes:

- ACCESS TO WiFi.
- FULL SHARED ACCOMMODATION (DOUBLE, TRIPLE).
- MEALS (BREAKFAST, SNACK, LUNCH, AFTERNOON SNACK AND DINNER, PREPARED IN THE ACADEMY'S OWN KITCHEN).
- ACCESS TO THE RECREATION ROOM (WITH TV, COMPUTERS, WiFi, PLAY STATION/ WII AND OTHER GAMES).
- LAUNDRY SERVICE (ONLY FOR BOARDING ATHLETES).





Carretera Cales de Mallorca s/n · km. 1,2
Manacor ~ Mallorca
Islas Baleares ~ España

Information and Reservations:

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