

Train & Compete

Tennis Camp Junior

For players from 11 to 18 years old

26th May to 02nd June, 2024
Mallorca



INCLUDES

Training and competition

- 10 hours of tennis training. Ratio 1:4
- UTR competition starting from a 2.50 UTR rating. 4 guaranteed UTR matches
- 7.5 hours of sports activities / physical preparation
- 3 hours of 'Building a Champion' activities
- Afternoon of recreational and playful activities in Mallorca
- Guided visit to the Rafa Nadal Museum
- 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?

Now you can book your spot at the **Train & Compete Tennis Camp Junior** at the Rafa Nadal Academy by Movistar, taking place **from 26th May to 02nd June, 2024**.

This program, which includes tennis training, competition, and sports activities, is **open to all youths aged 11 to 18** who wish to enjoy an unforgettable experience at one of the world's top high-performance sports centers. Player check-in and check-out will be on Sundays.



Players at the Train & Compete Tennis Camp Junior will have the opportunity to **train with the training system of the Rafa Nadal Academy by Movistar**, enhancing their technique, physical condition, and on-court skills while enjoying various activities in the incomparable setting of Mallorca.

The technical team at the Rafa Nadal Academy highly recommends this program to players who aim to **maximize their tennis progression** through competition and the **accumulation of UTR points** for their professional ranking.



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 situations, and values such as effort, humility, tolerance, patience, respect, and integrity.

The 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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30h		Breakfast						
8:30h - 10:30h		Tennis training					UTR Competition	Check-outs
10:30h - 11:00h		Energy break						
11:00h - 12:30h		Physical preparation						
13:00h - 14:30h		Lunch						
14:30h - 15:00h	Check-ins	UTR Competition		UTR Competition		UTR Competition	Leisure activities	
15:00h - 16:30h			Building a Champion		Building a Champion			
16:30h - 17:30h			Rafa Nadal Museum visit					
17:30h - 19:30h								
20:00h		Dinner						

*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)
- 16 padel courts
 - └ 7 indoor courts
 - └ 6 outdoor courts
 - └ 3 panoramic courts
- Supervised residence
- Fitness Center
- Indoor and outdoor 25m swimming pool
- 1 seven-a-side football field
- Sports Clinic by Quirónsalud
- Restaurant & Players room
- Beach volley, squash, padbol & multisports courts

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