

Winter Tennis Camp

Players from 8 to 18 years old

February 18th to 25th, 2024
Mallorca

Includes

Training and recreational activities

- 20 hours per week of tennis training
- 10.5 hours of sports activities
- 5 hours per week of "Building a Champion" activities
- 8 hours of recreational and leisure activities in Mallorca
- 6 hours of leisure activities at the Academy
- Lunch and snacks
- Guided visit to the Rafa Nadal Museum
- Saturday competitions
- BBQ lunch and trophy presentation
- 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 improve your tennis skills and live a unique experience?

Now you can reserve your spot at the **Winter Tennis Camp of the Rafa Nadal Academy by Movistar**, which will take place from February 18th to 25th, 2024.

This camp, which offers tennis training and recreational sports activities, is available to **all young people between the ages of 8 and 18** who want to enjoy an unforgettable experience at one of the world's best high-performance sports centers.

Players at the Winter Tennis Camp will have the opportunity to **train using the Rafa Nadal Academy by Movistar training system**, improving their technique, physical fitness, and on-court skills while enjoying various recreational activities in the picturesque setting of Mallorca.

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 **Winter Tennis Camp** at the Rafa Nadal Academy by Movistar represents 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.**

It's also a perfect plan for families looking to enjoy a tennis vacation in Mallorca.

At the Academy, we also offer multiple sports programs for adults tailored to all levels of play.

Weekly schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Good morning!						Check-in & Check-out
7:30am	Breakfast						
8:30am - 10:30am	Tennis training					Tennis competition	
10:30am - 10:45am	Snack						
11am - 12:45pm	Recreational activities						
1pm - 3pm	Lunch and free time					Trophies ceremony +Lunch	
3pm - 5pm	Tennis training	Leisure activities	Tennis training		Leisure activities		
5pm - 5:15pm	Snack		Snack				
5:15pm - 6:30pm	Building a champion		Building a champion				
6:30pm - 7:30pm	Free time						
7:30pm - 9pm	Dinner						
9pm - 10pm	Leisure activities						
10:30pm	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

