

WINTER TENNIS CAMP



For players aged 8 to 18

20 - 27 FEBREARY, 2022
MALLORCA

IT INCLUDES

TRAINING & LEISURE ACTIVITIES

- 20,5 hours of tennis training per week.
- Ratio court/player 1:4.
- Competición de tenis los sábados.
- 10 hours of physical preparation/sports activities.
- 6 hours per week of "Building a Champion" activities.
- 4 hours of leisure and recreational activities in Mallorca.
- Guided visit to the Rafa Nadal Museum.
- Barbecue dinner and trophy presentation.
- Welcome package.

BOARDING*

- 7 nights of accommodation ein the Tutored Residence within the Academy (full boarding).
- Medical care, physiotherapy service (if necessary).
- Transfer service to and from the airport*.

*Services included in the Boarding option of the programme.

DO YOU WANT TO IMPROVE YOUR TENNIS AND TAKE PART IN A UNIQUE EXPERIENCE?

You can now book your place at the Rafa Nadal Academy by Movistar Winter Camp that will take place February 20-27, 2022, with check-in and check-out on Sunday.

This camp, which offers tennis training and recreational-sports activities, is available to all young people between the ages of 8 and 18 who wish to enjoy an unforgettable experience in one of the best high-performance sports centres in the world.

The Winter Camp players will be able to train with the Rafa Nadal Academy by Movistar training system and improve their technique, physical condition and on-court skills while enjoying multiple recreational activities in the unbeatable setting of Mallorca.

This Camp also aims to use sport as a means of educating participants through the entertaining practical activities that make up the "Building a Champion" programme. Thanks to sessions given by teachers from the Rafa Nadal Academy by Movistar, the young tennis players will receive training in nutrition, physical preparation and values such as effort, humility, tolerance, patience, respect and integrity.

The Winter Camp of the Rafa Nadal Academy by Movistar will be a unique opportunity to bring together tennis, fun, leisure and values, through a camp where young people from all over the world will live together.

It is also a perfect plan for families wishing to enjoy a tennis holiday in Mallorca. At the Academy we also offer multiple adult sports programmes adapted to all levels of play.

WEEKLY SCHEDULE

7:30	Good morning!				Arrivals and Departures
8:00	Breakfast Time				
08:30 - 11:00	Tennis training				
11:00 - 11:30	Snack				
11:30 - 13:00	Sport activities			Competition	
13:00 - 15:00	Lunch and Free Time				
15:00 - 16:30	Tennis training	Leisure activities	Tennis training	Leisure activities	
16:30 - 17:00	Shower		Shower		
17:00 - 18:00	Building a Champion		Building a Champion		
18:00 - 19:00	Free time		Free time		
19:00 - 19:30		Shower		Shower	
20:00 - 21:30	Dinner and free time			Barbecue and Tournament prizes	Dinner and free time
22:00	Good night!			Good night!	Good night!
22:30					

*The weekly schedule will be adjusted for each age group.

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FACILITIES

- 37 tennis courts:
 - 23 hard court (19 outdoor y 4 indoor)
 - 14 clay courts (7 outdoor y 7 covered)
- 12 paddle courts:
 - 6 indoor courts
 - 6 outdoor courts
- Fitness centre
- 1 semi-olympic swimming pool 25m
- 1 outdoor swimming pool
- 1 football pitch
- 1 beach volley court
- 1 Padbol court
- 2 squash courts
- Spa and beauty salon

THE SAFETY OF YOUR CHILDREN IS THE MOST IMPORTANT THING. TRAIN SAFE!

The facilities of the Academy have been adapted to comply with the safety and hygiene protocols established by health authorities. Thanks to synergy with QuirónSalud (healthcare partner of the Academy) the Rafa Nadal Academy by Movistar has been considered a success story by the press and international institutions, and an example of safety and trust thanks to its management during the health crisis caused by COVID-19.

It has also obtained the seal "Safe COVID-19 Protocol by Quirónsalud" issued by Applus +. This seal certifies the quality and efficiency of the Academy's work processes to guarantee the safety and well-being of all its players. We are very proud of our human team, which has obtained the experience and knowledge necessary to develop a protocol that guarantees a safe stay and sports practice in our facilities.

To guarantee a safe environment, all players and guests of the Rafa Nadal Academy by Movistar must comply with the health measures approved by the Government of the Balearic Islands, which include restrictions on the entry of passengers by Mallorca.

Procedure for passengers from a foreign country: <https://spth.gob.es/>
Procedure for passengers from Spanish territory: <https://www.ipsalut.es/es/viajar-a-baleares>

The preventive measures associated with the current pandemic for our players enrolled in the Junior Programs will be confirmed by the Players Desk team before the arrival of the players and their families, according to the context upon arrival.



(+34) 971 845 022

sales@rafanadalacademy.com

www.rafanadalacademy.com