

LIVE THE EXPERIENCE OF  
HIGH-PERFORMANCE TENNIS



RAFA NADAL  
**ACADEMY**  
BY  movistar



**SUMMER CAMP**

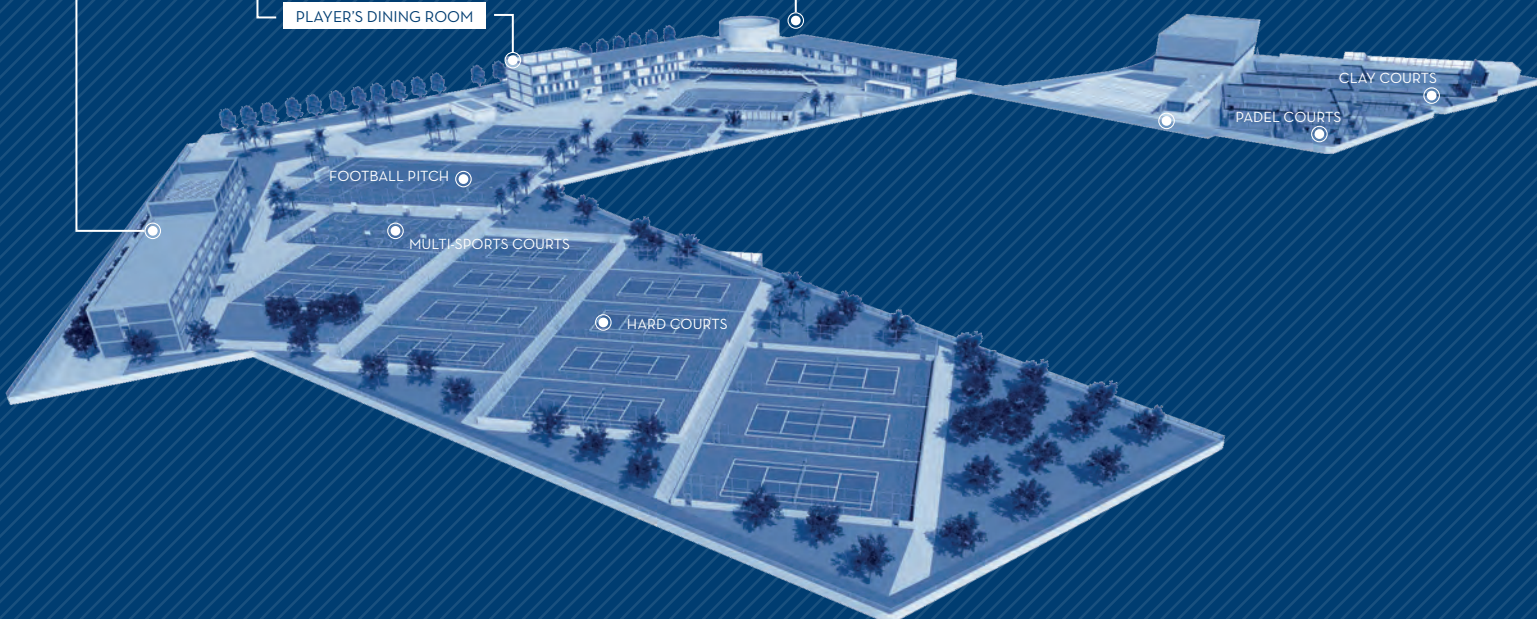
**2020**



- AI SCHOOL
- HALLS OF RESIDENCE
- PLAYER'S GYM
- PLAYER'S LOUNGE
- PLAYER'S DINING ROOM



- ACCOMMODATION
- HEALTH CLINIC
- RESTAURANT
- FITNESS CENTRE & SPA
- RAFA NADAL'S MUSEUM
- BIKE CENTRE BY SPECIALIZED





# Rafa Nadal Academy by Movistar

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# INTRODUCTION

Rafa Nadal has transformed his training base into a high performance tennis academy where he and his team are preparing young athletes using a unique program based on Rafa's own training system and values.

Located in Rafa's home town of Manacor in Mallorca (Spain), the Academy combines tennis and education to ensure that students can follow their tennis career without having to forsake their academic progress.

Rafa Nadal Academy by Movistar has its own training system based upon the experience acquired by Rafa and his technical team throughout his many years on the ATP circuit, including the personal values that have been key to his many achievements.

Led by Toni Nadal, Rafa's coach, the team at the Academy is comprised of a group of coaches and other professionals that have accompanied Rafa during his sporting career. The team in which he has always trusted has an important role at the Academy.



## OBJECTIVES

- To maximise the potential of every athlete giving them the best opportunity to become a professional player without having to sacrifice their studies.
- To combine high performance tennis with academic excellence so that those students that wish to continue their academic studies alongside a sporting career have access to the best scholarships at universities in the United States.
- To educate students through sports, positively impacting them through the transmission of values that will help their personal development.



# FACILITIES

The brand-new sporting facilities at the Rafa Nadal Academy by Movistar are all equipped with the latest technology and include:

- 27 tennis courts of different surfaces (Clay, Greenset), outdoor and indoor.
- Clinic, specialised in sports medicine, physiotherapy and nutrition.
- American International School of Mallorca.
- Supervised residency exclusively for students.
- Fitness Centre with all the latest equipment.
- 2 swimming pools; one outdoor and one indoor.
- 7-a-side football pitch.
- Regulation multi-sports court.
- 7 padel courts.
- Restaurant and cafe bar.
- Pro Shop.
- Gardens.





# SUMMER CAMP PROGRAM

Weekly training programs during the summer, running from 23th June to 25th August 2019, for boys and girls aged 8 to 18 inclusively.

The training program is personalised and tailored to the characteristics of each student, using the methodology that Toni Nadal has created and developed according to his experience with Rafa Nadal.

As you will see, this is quite an intensive tennis program. Our coaches expect the players to already be playing at least 4-6 hours per week.

## The program includes

- 20,5 hours of tennis training.
- 10 hours of physical fitness training/ Sport activities.
- 6 hours of “Building a Champion”.
- 4 hours of fun activities and an excursion.
- Accommodation at the supervised residency within the Academy.
- Breakfast, lunch, snack and dinner.
- Medical attention, physiotherapy (if needed) and nutritional care.
- Competition on Saturday.
- Welcome pack.





# TIMETABLE

The timetable may be subject to change but we will endeavour to keep the final schedule as close as possible to what appears here.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY	
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	All	All	
07:00	Wake up & Breakfast		Wake up & Breakfast		Wake up & Breakfast		Wake up & Breakfast		Wake up & Breakfast	Wake up & Breakfast		Check out	07:00
07:30													Wake up & Breakfast
08:00	Tennis	Wake up & Breakfast	Tennis	Wake up & Breakfast	Tennis	Wake up & Breakfast	Tennis	Wake up & Breakfast	Tennis	Wake up & Breakfast	Tennis	Tournament	
08:30													Fitness
09:00		Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy		
09:30													Energy
10:00	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	
10:30													Fitness
11:00	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	Swimming pool	
11:30													Lunch & Free time
12:00	Fun activities	Activity Outdoor	Activity Outdoor	Fun activities	Fun activities	Activity Outdoor	Activity Outdoor	Fun activities	Fun activities	Tennis	Tennis	Tennis	
12:30													Tennis
13:00	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	
13:30													Free Time
14:00	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	
14:30													Dinner & Free time
15:00	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	
15:30													Tennis
16:00	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	
16:30													Free Time
17:00	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	
17:30													Dinner & Free time
18:00	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	
18:30													Tennis
19:00	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	
19:30													Free Time
20:00	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	Shower	
20:30													Dinner & Free time
21:00	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	
21:30													Tennis
22:00	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	Energy	
22:30													Free Time

## CHECK IN / CHECK OUT

Trainings and activities take place from Monday to Saturday. Check in is on Sunday from 12:30 pm to 4.30 pm and check out is on Sunday from 7.00 am to 12.00 noon. All players should be at the Academy on the first Sunday by 5.00 pm.

IMPORTANT INFORMATION WHEN BOOKING FLIGHTS. Please note that check in and check out is on Sunday. Any variation to this, (eg, arriving one day before or leaving one day later) not only incurs additional costs for accommodation and catering but also affects our operations program. We kindly request you bare this in mind when booking flights. Any variation on the stipulated dates for check in and check out will be charged at 150,00€ per day. This charge does not include any activities, ie, tennis training, language or recreational activities.



# PROGRAM DETAILS



## Tennis

Rafa and Toni Nadal, in collaboration with the technical team that has been working with Rafa throughout his career, have created the Academy's unique training system.

It is a training system that is regularly updated to keep up with the constantly evolving training methods (especially in terms of physical and mental training) which ensure that we produce stronger, faster and more agile players than ever before for the professional circuits as well as the latest materials that influence the speed of play (racquets, strings, balls...)

Emerging trends clearly show that the game of tennis is becoming progressively faster; points are shorter and the start of play (serve/return) is hugely influential to the subsequent development of the point. This means that players have to be prepared to make decisions in a shorter amount of time.

We understand that modern and the future tennis is played first with the 'eyes', then with the 'mind', later with the 'legs' and finally with the 'hands'.

During training we will decide the amount of time to be dedicated to each of these aspects of play (technical, strategic, physical and mental) in order to ensure that our athletes are as competitive as possible. All training is carried out with a clear objective, applying the maximum concentration, with no differentiation in this respect between training and competitive matches.

Rafa Nadal Academy by Movistar is a high-performance academy. Students will be grouped according to age and level on Sunday afternoon.



## Teaching Values

Rafa's successes are the fruit of values transmitted by his team throughout his learning experience. These values are the essence of the Academy and is being taught to students in all areas of the program.

Positive values such as effort, self-discipline, friendship, overcoming adversity, humility and respect are synonymous with our Academy and are the pillars on which we base the education, training and overall development of our students.

Order is another intrinsic value on which we place a vital importance in the daily life at the Academy. Our students must be responsible for maintaining order, while demonstrating daily commitment to attitudes of good behaviour, tolerance and coexistence.



## Physical Training

Tennis has evolved in many different ways. One important aspect is the transformation of physical preparation and the increased importance of training players from a very young age.

With the ever-changing equipment and increased physical demands on players, the challenges of the tennis circuits have never been greater. Education and Sport provide a fundamental base from which young players can face the future successfully.

Physical training at Rafa Nadal Academy by Movistar is based on two pillars: Coordination Skills and Injury Prevention.

- Coordination Skills give young players the ability to make the impossible possible, to make the possible seem easy and the easy seem elegant. Balance, reflexes, changes of rhythm and direction, footwork, anticipation and hearing the ball are some of the areas linked to these skills.

All these skills will be integrated on-court and in physical training sessions, where we will carry out personalised tasks during real play.

- Injury Prevention forms a very important part of Rafa Nadal Academy by Movistar program. Tennis is an aggressive and asymmetrical sport that can cause imbalances in our muscles and joints. The frequent surface changes can add to this strain and are a constant cause of injuries.

Preventative training, which aims to minimise these risks, forms the base from which to work the following aspects: articular mobility exercises, stretching of the muscles that are prone to strains with the aim of alleviating tension; strengthening the stabilising muscles of the different areas of the body, such as the shoulder and the deep muscles of the back.

To work on these aspects, the Academy has the latest fitness equipment as well as the most modern technology.



## Competition

At the Academy we understand that competition is a fundamental tool for the development of the athlete, that is why every Saturday morning we organize an internal tournament where all the players have the chance to play matches against other players both inside and outside of Rafa Nadal Academy by Movistar.



## Nutrition

Adequate nutrition has a fundamental role in life in general, especially for athletes. Good nutritional practices help to improve performance and prevent injuries.

The nutritional program at the Academy is lead by Rafa's personal nutritionist and is based on personalised plans according to stages and its implementation is dependent on the coordination of a team of people (coaches, physical trainers, physiotherapists, psychologists and doctors), with the ultimate aim of ensuring that the student learns to ensure that they have all of the necessary nutrients at any given time.

### **The nutritional services offered are:**

- Menu Preparation of healthy, balanced meals with a selection of the best-quality fresh products from the island of Mallorca.
- Hydration before, during and after training competition, taking into account environmental conditions.
- Support in the recovery from (and prevention of) injuries.
- The Academy has its own kitchen and a team of nutritionist and cooks experienced in high performance centers.
- Student workshop focused on Isotonic drinks, recovery drinks post- exercise and energetic and protein natural bars.





## Building a Champion Activities

Stimulating, activity-based learning which not only provides students with the perfect opportunity to learn but also imparts skills and knowledge specifically relevant to their experience here at Rafa Nadal Academy by Movistar. These include workshops on the Rafa Nadal Values, nutrition for athletes, mental control, as well as broadening students' sporting horizons using the fantastic resources at the Rafa Nadal Sports Centre and Museum, along with specialized tennis videos and other up-to-date resources.





## Accommodation

Students stay on-site at the Academy campus offering large and modern bedrooms, featuring ensuite bathroom with shower, desks, wardrobes, Wi-Fi connection, central heating and air conditioning.

Boarding is supervised and has 24/7 security service. The accommodation is divided into separate areas. The experienced staff from the Academy carefully carries out roommate allocation taking into consideration aspects such as age and gender.

Boys and girls aged 18 will stay at Rafa Nadal Sports Centre on campus sharing a double room with another Summer Camp player, same age and sex.



## Services included in accommodation



**Full accommodation in a shared bedroom** (*double, triple*).



**Meals.**  
(*breakfast, morning snack, lunch, afternoon snack and dinner, prepared at the Academy's own kitchen*)



**Laundry service**  
(*For Boarding players only and for minimum stay of 2 weeks*).



**Access to Games Room.**  
(*with TV, Wi-Fi, Play Station/Wii, DVDs and other recreational games*)



**Wi-Fi Internet access.**





## Medical Insurance

Rafa Nadal Academy by Movistar has a Health Insurance Premium with one of Spain's leading insurance companies, which is included on all programs. This policy covers the athlete for both illness and injury and includes top medical specialists.

## Laundry

At Rafa Nadal Academy by Movistar, respect for others begins with respect for one's self. For this reason, we expect correct hygiene and dress from our students. The Academy has its own laundry service. Students boarding at the Academy are provided with laundry bags and can deposit their dirty laundry which will be picked up by the laundry service and delivered back to the student in a period of 72 hours. All clothes must be labelled with the name of the student.

## Transport

For players staying with us, the program includes an airport transfer service on Sundays, provided that students inform us with 72 hours' minimum notice of their arrival information. Should you wish to book this service another day of the week please read the CHECK IN /CHECK OUT section of this brochure.

For those students that have signed up for the UM (unaccompanied minor) service with their airline, the Academy will provide a person to accompany them at all times until they are handed over to the airline. This will also have to be notified 72 hours in advance.

## Visas

Once we have received your registration and payment, the Academy will help non-EU residents by providing an invitation letter for visa purposes. Please note, all visa issues are the parents' responsibility.



# CODE OF CONDUCT FOR ALL STUDENTS

At Rafa Nadal Academy by Movistar, one of the main values that we want to teach is that of respect for other people; our colleagues, staff and sporting rivals.

Learning to respect is therefore part of the program. There is a standard of behaviour expected from all students as well as respecting the facilities.

There is a disciplinary committee aimed at tackling transgressions. The Academy will evaluate inappropriate behaviour, taking disciplinary action where necessary to ensure that students learn from their errors.

Enrolment in any of the Academy's programs indicates the acceptance of the Academy's code of conduct.





# REGISTRATION PROCESS AND PAYMENT

All prices, available rates and their conditions including the cancellation policy and the possibility of BOOKING can be found on our web [www.rafanadalacademy.com](http://www.rafanadalacademy.com)

A place is confirmed when we have received full payment and we have sent the customer the Booking Confirmation email. Whether you have booked with the Flexible rate or the Non Refundable rate, full payment must be made prior to the player's arrival.

**Cancellation Policy:** Varies according to the price rate chosen. You will be informed of the conditions at the time of booking.

Our programs have limited places. Availability and prices are subject to change. If you don't wish to miss out on coming on your preferred dates we recommend you book in good time.

Our Admissions team will be delighted to attend to any queries you may have or can send you a quote or process your booking. Please send an e-mail to [sales@rafanadalacademy.com](mailto:sales@rafanadalacademy.com) or call (+34) 971 845 022.





# PROGRAM CONTENTS

	No boarding	Boarding
Tennis Training Program	●	●
Accommodation in a shared bedroom	●	●
Breakfast, snacks, lunch and dinner	(only snacks and lunch)	●
Building a Champion: Fun activities	●	●
Transfer to / from Airport	●	●
Premium Medical Insurance	●	●
Physiotherapy services (when necessary)	●	●
Laundry service (if staying 2 weeks or more)	●	●
Wi Fi access	●	●
Access to media room and games room	●	●
Leisure and recreational activities (excursions etc)	●	●

## PRICES

*\*The program price varies according to the dates selected and is subject to change.  
Please contact Plan B: [info@pbi.jp](mailto:info@pbi.jp) 0120-476-676*



## SERVICES AND FACILITIES FOR PARENTS

Whether you are a recreational or professional athlete, family or group looking for a sports-focused trip that caters to adults and children alike, we have the perfect combination of performance and paradise to redefine your game. You can do it all at **Rafa Nadal Academy by Movistar**.

There are lots of reasons that make our academy the perfect destination for athletes. Here are just some of them:

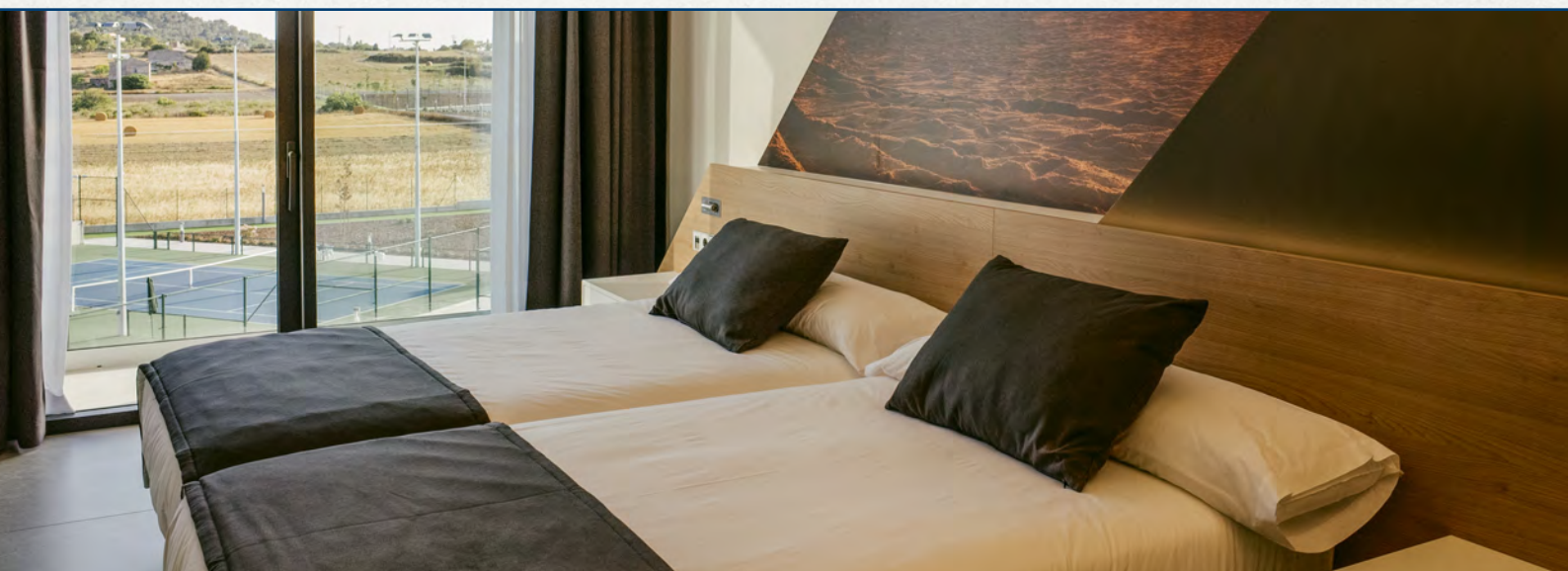
- **Multi-sports:** You will find tennis, biking, fitness and golf sport stages. You will also find health and wellbeing special programs.
- **Specialized and tailored Training:** No two athletes are the same, therefore no two training programs should be the same. With specialized instruction customized to your skill level and age, our programs will help you progress.
- **Coaching:** Our instructors have experience playing and coaching at every level of the game.
- **Facilities:** Built in 2016, our latest generation facilities offer the best environment for your training sessions.
- **Performance:** Our goal is to help you reach your full potential.
- **Weather:** With over 300 sunny days every year, Mallorca is the perfect destination for sport lovers.
- **Mallorca:** The dream destination for visitors from around the world thanks to its great cultural heritage and outstanding natural beauty.

## RAFA NADAL SPORTS CENTRE

Rafa Nadal Sports Centre, located beside the Rafa Nadal Academy by Movistar, is a unique destination for lovers of sport, health and wellness. A residence designed by and for athletes.

The quality of our cuisine, state-of-the-art facilities and the friendliness and professionalism of the entire team, make it possible to meet the needs and demands of our customers.

Rafa Nadal Sports Centre offers accommodation a large sports complex and spectacular state-of-the-art facilities. A unique space in which to live your passion for sport.





## PROGRAMS FOR ADULTS



Enjoy awesome sports programs at Rafa Nadal Academy by Movistar.

- **Tennis:** Do you want to train like a tennis professional in Mallorca? We offer you exclusive tennis programs for all levels delivered by the coaches of Rafa Nadal Academy by Movistar.
- **Padel:** Our experienced coaches have been training the best padel players. Discover this unique new sport, very popular in Spain.
- **Biking & Triathlon:** We organize stages with cycling and triathlon professionals for you to learn from the best. Get to know their training secrets, diet before races, advice to be fully rested. See Mallorca pedaling with the best in the world!
- **Fitness:** More than 40 professional instructors are on hand to help you exceed your goals. Meet our spectacular 3,000 m2 fitness center, equipped with the latest generation sports equipment by Technogym, a leading brand in the sector.

*Please feel free to ask about our programs for adults.*





## SPA

The objective of our SPA Zone is to achieve complete relaxation and to positively influence the vitality & health of the customer through a water and sauna circuit (both dry and wet). In addition to this, we offer a complementary and varied range of in-cabin facial and body treatments where guests can experience a world of sensations that lead to that desired state of relaxation and well-being.



## JUANEDA SPORT HEALTH

Rafa Nadal Academy by Movistar offers visitors an unprecedented combination of sports and health. To ensure the services offered are of the highest quality, there is a medical center within the facilities, which is operated by the Juaneda group.

Juaneda Sport Health is a clinic specializing in sports medicine that provides a medical service to our visitors. The clinic not only has specialists in sports medicine, but offers a broad portfolio of healthcare services for all visitors.

All of this is achieved through the work of the professionals who are integrated within the healthcare network, recognized for their dedication, personalized service, teamwork and continuous innovation.





## LOCATION



## MALLORCA (Balearic Islands)

A privileged Mediterranean climate all year round and paradisiac beaches of crystalline waters are some of the main attractions of the island of Mallorca, off the coast of Spain.

Rafa Nadal Academy by Movistar is located on the outskirts of Manacor, Rafa Nadal's hometown, only 10 minutes from the east coast, which has some of the most beautiful beaches on the island.

Mallorca is also one of the most attractive destinations in Europe due to its beautiful mountainous areas with sea views and charming villages.

The spectacular Serra de Tramuntana (the mountain range in the north of the island), a World Heritage Site by UNESCO, offers beautiful scenery, places to lose yourself and enjoy wonderful hiking days.

The wide range of leisure activities Mallorca has to offer seduces the visitor seeking an active and fun-filled holiday on the island. In Mallorca you can practice all types of sports such as sailing, golf, diving, horse riding, hiking or cycling among others.





