

Christmas

TENNIS CAMP JUNIOR

WEEKLY PROGRAM
FOR PLAYERS FROM 8 TO 18 YEARS OLD
FROM 21ST DECEMBER, 2025 TO 4TH JANUARY, 2026

INCLUDE

Training and recreational activities

- ✓ Tennis training (20 hrs/week)
- ✓ Sports activities (10.5 hrs)
- ✓ Building a Champion sessions (6 hrs/week)
- ✓ Recreational activities (on-campus and outdoor)
- ✓ Full board plus snacks
- ✓ Internal competition and trophies
- ✓ Visit to the Rafa Nadal Museum Xperience
- ✓ Welcome package

Boarding (Campus option with accommodation)

- ✓ 7 nights' accommodation in the Academy's supervised residence (full board)
- ✓ Medical care and physiotherapy service (if necessary)
- ✓ Airport transfer service

Experience a Christmas that will transform you!

This holiday season, trade traditional gifts for an unforgettable experience: train, improve, and have fun at the Rafa Nadal Academy by Movistar, the world-class training center where future champions are made.

An exclusive program for players ages 8 to 18, combining tennis, values, and fun in an inspiring international environment.

DATES *(Option to join one or both weeks)*

- Week 1: December 21 – 28, 2025
- Week 2: December 28, 2025 – January 4, 2026

Why choose our **CAMP?**

- ✓ **Train with the Rafa Nadal Methodology**, guided by his professional coaching team.
- ✓ **Improve your game** with 20 hours of intensive tennis training.
- ✓ **Enjoy your passion** through multi-sport and recreational activities.
- ✓ **Strengthen your character** with the Building a Champion (BAC) program.
- ✓ **Discover the values that define Rafa:** discipline, commitment, respect, humility, perseverance, effort, self-control, resilience, and passion.
- ✓ **Develop elite mental skills** such as focus, courage, confidence, adaptability, pressure management, and a winning mindset.
- ✓ **Compete every Saturday and celebrate your progress** with a BBQ and awards ceremony.



SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30h	Good Morning!						Arrivals & Departures
8:00h	Breakfast						
9:00h - 11:00h	Tennis Training					Tennis competition & sports activities	
11:00h - 11:15h	Snack						
11:15h - 13:00h	Tennis Training						
13:00h - 15:00h	Meals and free time					Awards ceremony and BBQ	
15:00h - 17:00h	Sports activities						
17:00h - 17:15h	Snack					Playful activities	
17:15h - 18:30h	Building a Champion						
18:30h - 19:30h	Playful activities						
19:30h - 21:00h	Dinner		Christmas Eve Dinner / New Year's Eve		Dinner		Dinner & Free time
21:00h - 22:00h	Free Time						
22:30h	Good night!						

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

FACILITIES



Building players and people

At the Rafa Nadal Academy, we believe success is not only measured by trophies. Beyond technical and physical performance, we help our players develop mental strength and emotional balance — the foundation of a true champion on and off the court.

During Building a Champion (BAC) sessions, players explore the nine core values that shaped Rafa's career, applying them through dynamic activities and challenges that promote self-confidence, discipline, and leadership.



Train with the Rafa Nadal Methodology!