



RAFA NADAL
ACADEMY

EASTER TENNIS CAMPS

MARCH 29 - APRIL 19

Junior



WEEKLY GROUP PROGRAM

FOR PLAYERS FROM 8 TO 18 YEARS OLD

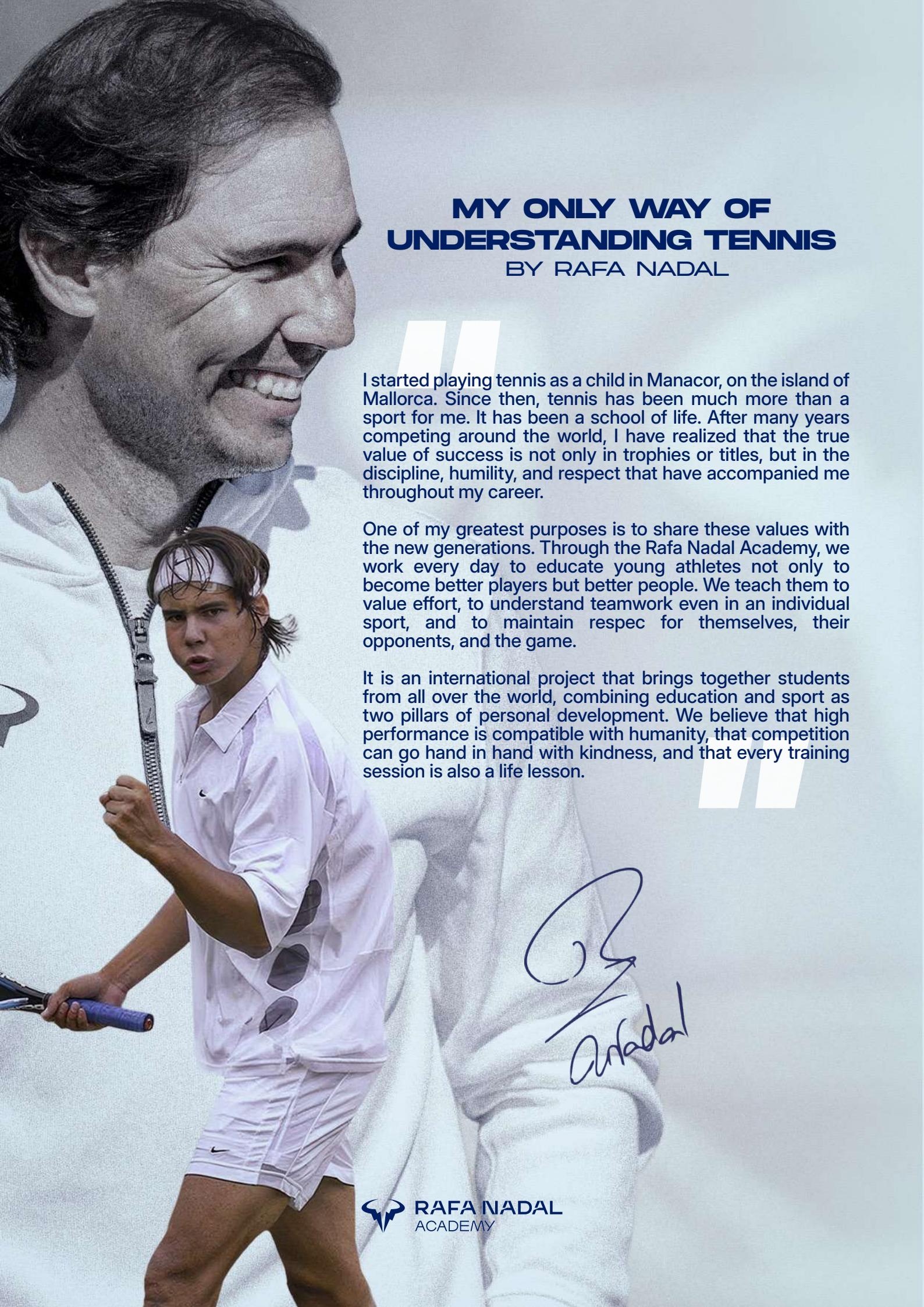


MALLORCA
RAFA NADAL ACADEMY

-20%

on your flights to Mallorca!

AirEuropa



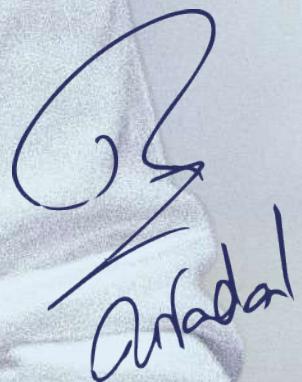
MY ONLY WAY OF UNDERSTANDING TENNIS

BY RAFA NADAL

I started playing tennis as a child in Manacor, on the island of Mallorca. Since then, tennis has been much more than a sport for me. It has been a school of life. After many years competing around the world, I have realized that the true value of success is not only in trophies or titles, but in the discipline, humility, and respect that have accompanied me throughout my career.

One of my greatest purposes is to share these values with the new generations. Through the Rafa Nadal Academy, we work every day to educate young athletes not only to become better players but better people. We teach them to value effort, to understand teamwork even in an individual sport, and to maintain respect for themselves, their opponents, and the game.

It is an international project that brings together students from all over the world, combining education and sport as two pillars of personal development. We believe that high performance is compatible with humanity, that competition can go hand in hand with kindness, and that every training session is also a life lesson.



WHAT'S INCLUDE

TRAINING & FUN ACTIVITIES

20h

TENNIS
TRAINING

10,5h

SPORT
ACTIVITIES

5h

"BUILDING A
CHAMPION"
ACTIVITIES

8h

FUN AND
RECREATIONAL
ACTIVITIES

Around
Mallorca

6h

FUN
ACTIVITIES

At the
Academy

- Lunch and snack
- Guided tour of the Rafa Nadal Museum
- Competitions on Saturdays
- BBQ lunch and trophy ceremony
- Welcome pack

BOARDING (CAMP OPTION WITH ACCOMMODATION)

- 7 nights' accommodation at the Academy's supervised residence (full board).
- Medical care and physiotherapy service (if needed).
- Airport transfer service.



DO YOU WANT TO IMPROVE YOUR TENNIS AND LIVE A HIGH-PERFORMANCE EXPERIENCE?

You can now book your spot at the **Rafa Nadal Academy Easter Tennis Camp**, which will take place during the weeks of **March 30, April 6, and April 13, 2026**.

Players can book **one, two, or three weeks of the camp**, with **check-in and check-out on Sundays**.

This program is designed for **young players aged 8 to 18 who want to experience high-performance training** at one of the most prestigious sports centers in the world.



Participants in the **Easter Tennis Camp** train following the **Rafa Nadal Academy methodology**, designed to improve **technique, fitness, and game understanding**, promoting **real progression on and off the court**.

The Rafa Nadal Academy technical team recommends this camp for players looking to **optimize their tennis development**, thanks to a program that **includes two daily training sessions**.

The "**Building a Champion**" program is delivered by specialists from the various areas involved in the sport and aims to help players:

- **Become better tennis players** by understanding the game from a tactical and strategic perspective.
- **Become better athletes** by incorporating fundamentals of **nutrition, physical preparation, and sports psychology** applied to tennis.

Inspired by Rafa Nadal's legacy, the program actively integrates **values education and mental skills development**, such as **discipline, effort, resilience, concentration, and emotional management**, key elements in a player's development and performance.

The Easter Tennis Camp offers an **international experience** where **tennis, education, and competitive mindset** come together in the unique setting of **Mallorca**.



SCHEDULE

WEEKLY PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00				GOOD MORNING!			
7:30				BREAKFAST			
8:30 - 10:30			TENNIS TRAINING			TENNIS COMPETITION	
10:30 - 10:45				SNACK			
11:00 - 12:45				SPORT ACTIVITIES			
13:00 - 15:00			LUNCH AND FREE TIME			ENTREGA TROFEOS Y COMIDA	
15:00 - 17:00		TENNIS TRAINING		TENNIS TRAINING			
17:00 - 17:15		SNACK		SNACK			
17:15 - 18:30		BUILDING A CHAMPION		BUILDING A CHAMPION			
18:30 - 19:30				FREE TIME			
19:30 - 21:00				DINNER			
21:00 - 22:00				FUN ACTIVITIES			
22:30				GOOD NIGHT			

ARRIVALS
AND
DEPARTURES

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

FACILITIES

45 TENNIS COURTS

23 HARD COURTS

(19 OUTDOOR Y 4 INDOOR)

22 CLAY COURTS

(15 OUTDOOR Y 7 SEMI-COVERED)



19 PADEL COURTS

6 OUTDOOR COURTS

3 PANORAMIC OUTDOOR COURTS

3 PANORAMIC INDOOR COURTS

7 INDOOR COURTS

OTHER FACILITIES

- Supervised residence
- Fitness Center
- 25m indoor and outdoor pools

- 1 seven-a-side football field
- Sports Clinic by Quirón Salud
- Beach volleyball, squash, padbol, and multi-sport courts
- Restaurant and players' lounge



RAFA NADAL
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www.rafanadalacademy.com
sales@rafanadalacademy.com | t. (+34) 971 845 022

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PEOPLE
TO ACHIEVE
THEIR
OWN IDEAL**

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