



SUMMER PADEL CAMP

BY **RODRI OVIDE**

JULY 26 - 02 AUGUST, 2026



MALLORCA
RAFA NADAL ACADEMY

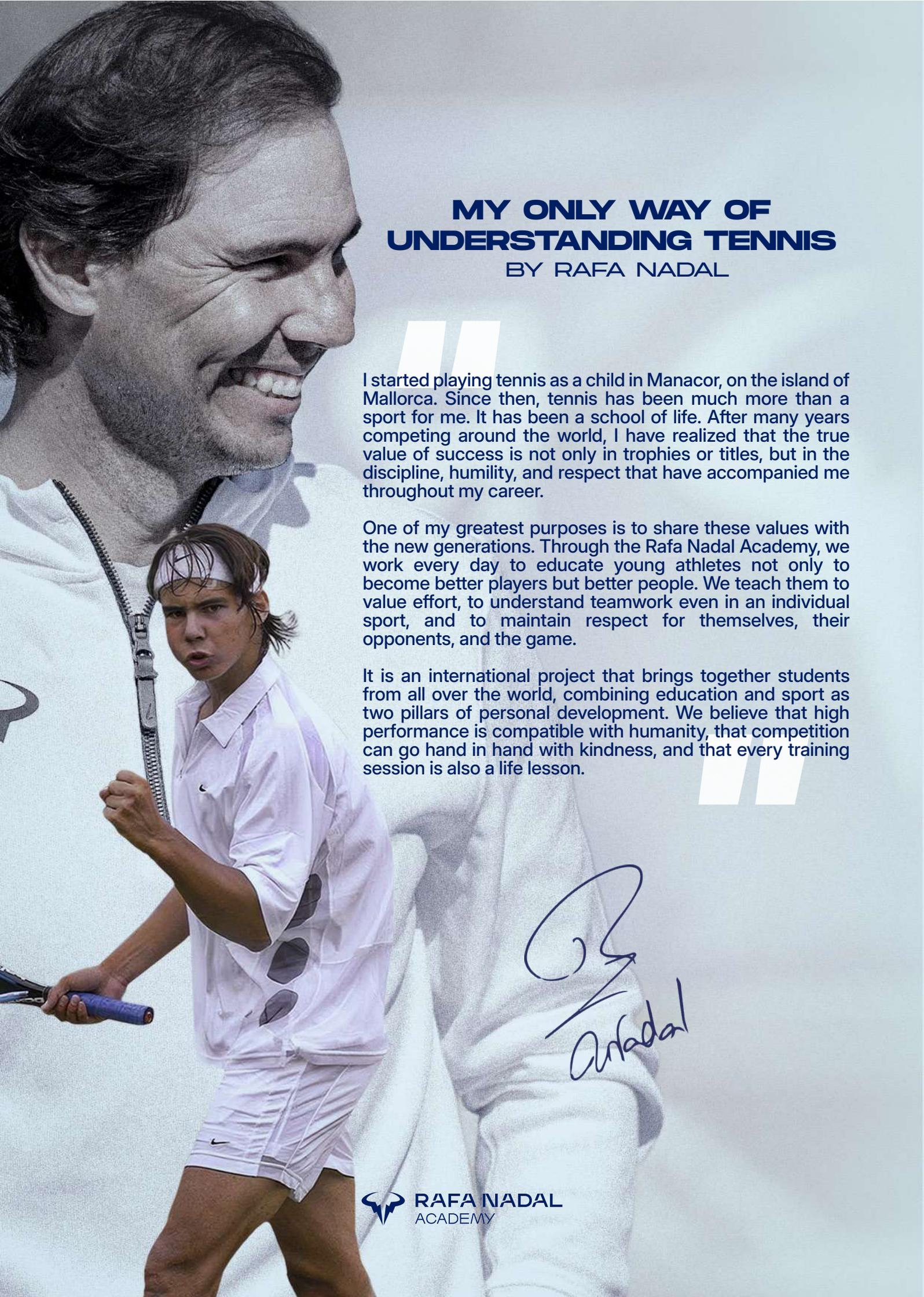
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ON YOUR FLIGHTS TO MALLORCA!

AirEuropa

WEEKLY GROUP PROGRAM

FOR PLAYERS OVER 18 YEARS OLD



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.



Raf Nadal



RAFA NADAL
ACADEMY

WHAT'S INCLUDED

12h

PADEL TECHNICAL TRAINING

Court/player ratio 1:4

4,5h

PHYSICAL PREPARATION

Group-Specific Training

4h

OFF COURT ACTIVITIES

- 7 nights boarding at Rafa Nadal Residence.*
- Diploma presentation and tasting of local products.**
- Barbecue and live music afternoon.**
- Entry to the Rafa Nadal Museum.*
- Free use of the Fitness Centre with over 200 weekly guided activities (excluding CrossFit and Yoga & Pilates Studio).*
- Free access to the 25m indoor pool and Spa with hydrothermal circuit, sauna, and Turkish bath.*
- Welcome pack.

* Only included in the boarding option.

** Included for the player's accompanying person.

ADD COMPETITION TO YOUR PROGRAM BY BOOKING THE PLUS VERSION:

- 7,5 hours per week of competitive tennis training. Court/player ratio 1:4.
- 1 functional assessment with a Rafa Nadal Academy physiotherapist.



¿TE APASIONA EL PÁDEL Y SUEÑAS CON ENTRENAR AL MÁS ALTO NIVEL?

¡Este verano tienes la oportunidad de reservar tu plaza en el **Rodri Ovide Summer Padel Camp Adult** y mejorar tu juego con uno de los mejores entrenadores del circuito profesional! Descubre este exclusivo camp para jugadores adultos que se llevará a cabo del 26 de julio al 2 de agosto de 2026 en las instalaciones de la **Rafa Nadal Academy**.

Disfruta de una experiencia única, para jugadores de todos los niveles, que incluye entrenamiento de pádel técnico & táctico con la presencia en pista de Rodri Ovide, preparación física específica, competición, sesiones *off court* y divertidas actividades sociales en grupo.



En el Rodri Ovide Padel Camp mejorarás tu técnica, condición física y habilidades en pista con el sistema de entrenamiento de Rodri Ovide, responsable de la metodología de pádel en la Rafa Nadal Academy, en un marco incomparable como Mallorca.

Durante este exclusivo Summer Camp de pádel, descubrirás cómo el control de la bola, la eficiencia biomecánica y la naturalidad en los movimientos son claves para progresar en tu nivel de juego.

Aprende de un entrenador que ha sido clave en el éxito de figuras como Gemma Triay —embajadora de la Rafa Nadal Academy y número uno del mundo—, y que ha trabajado con grandes referentes del pádel como Juan Lebrón, Paquito Navarro, Martín Di Nenno, Alejandra Salazar o Marta Ortega, entre otros.



SCHEDULE

WEEKLY PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00	GOOD MORNING						ARRIVALS & DEPARTURES
7:30	BREAKFAST						
8:15 - 9:00	PHYSICAL PREPARATION						
9:00 - 11:00	TECNHICAL PADEL TRAINIIG						
11:00 - 13:00	FREE TIME					DIPLOMA CEREMONY	
13:00 - 15:00	COMIDA/BREAK					FREE TIME	
15:00	DEFENSE TALK	COUNTERATTACK TALK	ATTACK TALK	PSYCHOLOGICA TALK	BABOLAT RACKET TEST		
16:00 - 17:30	ACTIVIDADES DE COMPETICIÓN						
17:30 - 18:30	FREE TIME			FREE TIME			
18:30 - 20:00			MEET & GREET		DINNER BBQ +LIVE MUSIC		
20:00 - 22:00	DINNER					DINNER	
22:30	GOOD NIGHT						

* The weekly schedule of activities is approximate.

FACILITIES

44 TENNIS COURTS

22 HARD COURTS

(19 OUTDOOR Y 3 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

INSPIRING PEOPLE TO ACHIEVE THEIR OWN IDEAL

SUMMER

**PADEL
CAMP**

ADULT

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