



JULY 26 - 02 AUGUST, 2026

SUMMER PADEL CAMP

BY **RODRI OVIDE**

Junior



-20%

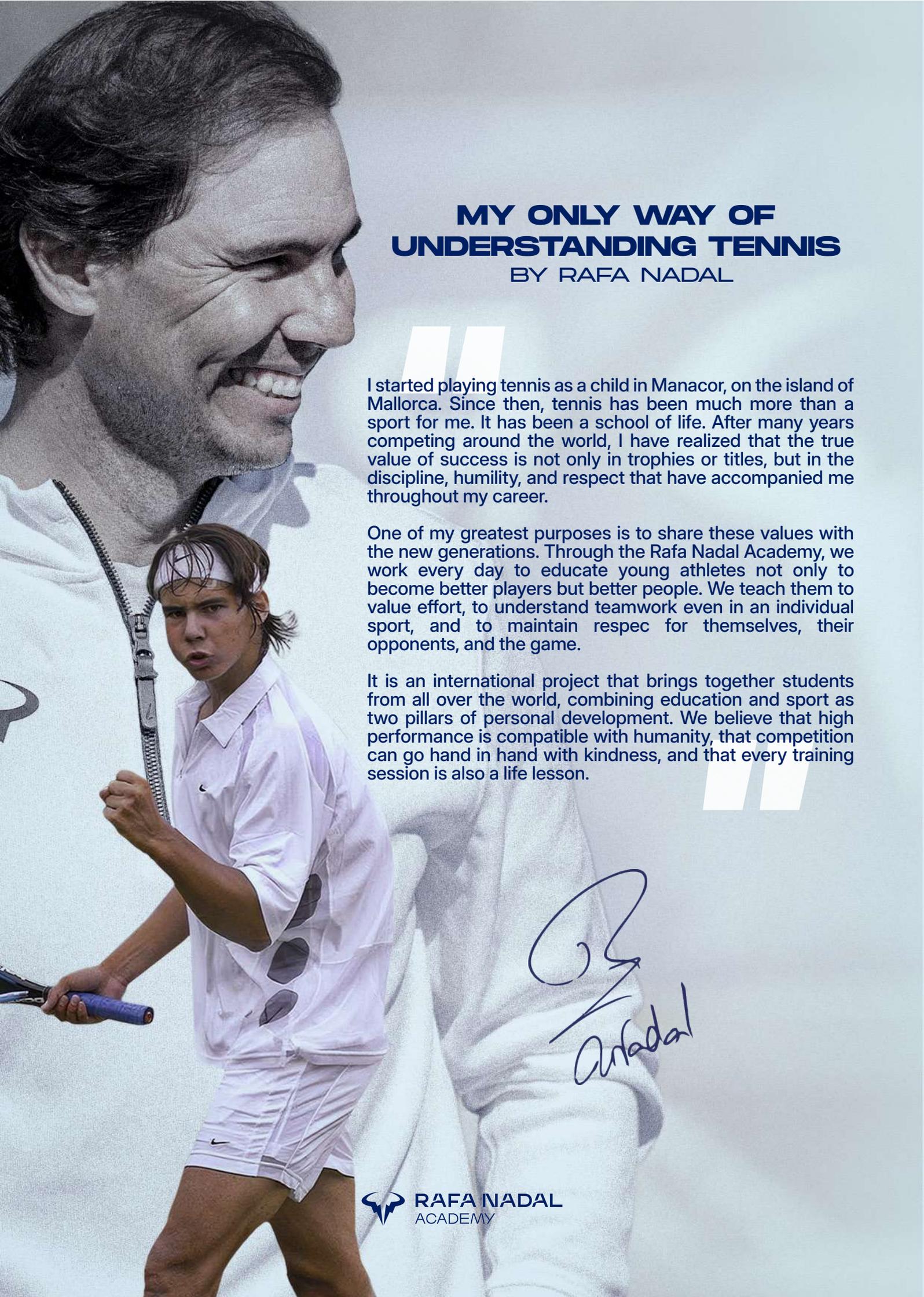
ON YOUR FLIGHTS TO MALLORCA!

AirEuropa

MALLORCA
RAFA NADAL ACADEMY

WEEKLY GROUP PROGRAM

FOR PLAYERS AGED 12 TO 18 YEARS



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

WHAT'S INCLUDED

TRAINING AND RECREATIONAL ACTIVITIES

20,5h

**PADEL
TRAINING**

Ratio
Court/Player 1:4

7,5h

**SPECIFIC
PHYSICAL
PREPARATION**

3h

**COMPETITION
THEORY
SESSION**

8h

**FUN AND
RECREATIONAL
ACTIVITIES**

Throughout Mallorca

- Padel level test on Sunday upon arrival
- Padel competition on Saturdays
- Guided tour of the Rafa Nadal Museum
- RNA Games
- BBQ dinner and trophy ceremony
- Lunch and mid-morning snack
- Welcome pack

BOARDING (CAMPUS ACCOMMODATION OPTION)

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



DO YOU DREAM OF TAKING YOUR PADEL GAME TO THE NEXT LEVEL?

The Rodri Ovide Summer Padel Camp Junior is your opportunity. Led by Rodri Ovide, head of the padel methodology at the **Rafa Nadal Academy** and an international reference in the development of elite players, you will enjoy a comprehensive **high-performance training program** at one of the best sports training centers in the world.

In addition to **improving your technique and tactics**, you will experience an **unforgettable time in Mallorca**, where padel training is combined with recreational activities, excursions, and the opportunity to share the experience with young players from all over the world.



THE RODRI OVIDE METHODOLOGY

This system combines **technical and tactical training** with a focus on **biomechanical efficiency, natural movement, and ball control** to achieve fast and safe improvement.

Each session is adapted to the players' level, consistently reinforcing confidence and motivation.



SCHEDULE

WEEKLY PROGRAM

| | MON | TUE | WED | THU | FRI | SAT | SUN | |
|---------------|-----------------------|------------|-----------------------|--------|------------------------|--|----------------|--|
| 7:30 - 8:00 | BREAKFAST | | | | | | | |
| 8:00 | MEETING POINT | | | | | | CHECK IN - OUT | |
| 8:15 - 9:30 | FITNESS | | | | | PADEL COMPETITION | | |
| BREAK | ENERGY BREAK | | | | | | | |
| 10:00 - 12:00 | PADEL | | | | | | | |
| 12:00 - 13:15 | RNA GAMES | | | | | WEEK EVALUATION | | |
| 13:30 | LUNCH BREAK | | | | | | | |
| 14:45 | MEETING POINT | | | | | | | |
| 15:00 - 17:00 | PADEL | ACTIVITIES | PADEL | | ACTIVITY (15:00-19:00) | | | |
| 17:00 - 18:30 | TECHNICAL PADEL CLASS | | TECHNICAL PADEL CLASS | MUSEUM | LEVEL TEST | | | |
| 19:30 - 20:00 | DINNER | | | | | BBQ (20:00-20:30) CEREMONY +DISCO (20:40-22:00) | | |

- The weekly activity schedule will be adjusted for each age group.
- The order or day on which the activities take place may vary depending on the group the players are in.
- Some activities (such as Boat Trip or Paddle Surf) may be cancelled due to weather conditions if deemed necessary by the responsible department.

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

BY RODRI OVIDE

Junior

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**RAFA NADAL
ACADEMY**