



RAFA NADAL  
ACADEMY

# AUTUMN TENNIS CAMP

# JUNIOR

OCTOBER 11<sup>th</sup> - NOVEMBER 1<sup>st</sup> 2026



**MALLORCA**  
RAFA NADAL ACADEMY

FOR PLAYERS **AGED 8 TO 18**



## 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 INCLUDED

## TRAINING & RECREATIONAL ACTIVITIES

**20h**

TENNIS  
TRAINING

**9h**

SPORT  
ACTIVITIES

**5h**

"BUILDING A  
CHAMPION"  
ACTIVITIES

**8h**

FUN AND  
RECREATIONAL  
ACTIVITIES

- Welcome pack.
- Mid-morning snack & Lunch.
- Guided tour of the Rafa Nadal Museum.
- Trophy Ceremony & BBQ.
- Tennis competition on Saturdays.

## 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 WANT TO EXPERIENCE HIGH-PERFORMANCE TRAINING?

During next October, the **Rafa Nadal Academy** opens its doors to young players aged 8 to 18 who want to experience high-performance training at one of the world's most prestigious sports centers.

Players at the **Autumn Tennis Camp Junior** will improve their **technique, physical condition, and game understanding, following the Rafa Nadal Academy training methodology**, designed to support real progression both on and off the court.

The program will take place from **October 11th to November 1st, 2026** with check-in and check-out on Sundays.



The technical team at the Rafa Nadal Academy recommends this camp for players who want to **maximize their tennis progression, thanks to a program** that includes two daily training sessions.

**"Building a champion" program is led by specialists across the various areas of 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 skill development**, including discipline, effort, resilience, focus, and emotional management—essential elements for performance and player development.

The **Autumn Tennis Camp Junior** offers a unique experience where tennis, education, and a competitive mindset come together in an international environment.

# SCHEDULE

## WEEKLY PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN	
7:00	GOOD MORNING!							
7:30	BREAKFAST							
8:30 - 10:30	TENNIS					TENNIS COMPETITION	CHECK-IN & CHECK-OUT	
10:30- 10:45	SNACK							
11:00 - :12:45	SPORT ACTIVITIES							
13:00 - 15:00	LUNCH & FREE TIME					THROPY CEREMONY & BBQ		
15:00 - 17:00	TENNIS			TENNIS				
17:00 - 17:15	SNACK		RECREATIONAL ACTIVITIES	SNACK		RECREATIONAL ACTIVITIES		
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	NIGHT ACTIVITIES							
22:30	GOOD NIGHT!							

- The weekly activity schedule will be adjusted for each age group.
- The order or day on which activities take place may vary depending on the group.

# 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
- Restaurant and players' lounge
- Beach volleyball, squash, padbol, and multi-sport courts

**INSPIRING  
PEOPLE  
TO ACHIEVE  
THEIR  
OWN IDEAL**

**AUTUMN** *Junior*  
TENNIS CAMPS

[www.rafanadalacademy.com](http://www.rafanadalacademy.com)  
[sales@rafanadalacademy.com](mailto:sales@rafanadalacademy.com)  
t. (+34) 971 845 022

 **RAFA NADAL**  
ACADEMY