



RAFA NADAL  
ACADEMY

# SUMMER TENNIS CAMPS

Junior

MAY 31 - AUGUST 30, 2026



-20%

ON YOUR FLIGHTS TO MALLORCA!

 AirEuropa



RAFA NADAL  
ACADEMY

WEEKLY GROUP PROGRAM

FOR PLAYERS AGED 8 TO 18 YEARS



MALLORCA · RAFA NADAL ACADEMY



## 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 & FUN ACTIVITIES

**20,5h**

**TENNIS  
TRAINING**

Ratio  
Court/Player 1:4

**10h**

**SPORT  
ACTIVITIES**

Physical  
preparation

**5h**

**"BUILDING A  
CHAMPION"  
ACTIVITIES**

**8h**

**FUN AND  
RECREATIONAL  
ACTIVITIES**

Throughout Mallorca

- Tennis competition on Saturdays.
- Guided tour of the Rafa Nadal Museum.
- RNA Games.
- BBQ dinner and award 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 WANT TO EXPERIENCE HIGH-PERFORMANCE TRAINING?

During the months of June, July, and August, 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 Summer 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 **May 31 to August 30, 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 **Summer Tennis Camp Junior** thus 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
7:30 - 8:00	BREAKFAST (BOARDING)						
8:00	MEETING POINT	WATER POINT 8:15	MEETING POINT			MEETING POINT - FOOTBALL (8:30)	CHECK OUT 10:00
8:15 - 9:30	SPORT ACTIVITIES VOLEYBALL	FITNESS AT THE BEACH (9:00-10:00)	SPORT ACTIVITIES PADEL	SPORT ACTIVITIES FÚTBOL	SPORT ACTIVITIES PISCINA	WATER POINT (9:15)	
9:30 - 10:00	ENERGY BREAK		ENERGY BREAK	ENERGY BREAK	ENERGY BREAK	TENNIS COMPETITION SA COMA (10:00-11:30)	
10:00 - 12:00	TENNIS	TENNIS SA COMA (10:00-12:00)	TENNIS	TENNIS	TENNIS	ENERGY BREAK (11:30 - 11:45)	
12:00 - 13:15	RNA GAMES		RNA GAMES	RNA GAMES	RNA GAMES	WEEKLY EVALUATION (11:45 - 12:30)	
13:30	LUNCH AND FREE TIME	LUNCH AND FREE TIME	LUNCH AND FREE TIME	LUNCH AND FREE TIME	LUNCH AND FREE TIME	LUNCH AND FREE TIME (12:45)	
14:30	MEETING POINT	MEETING POINT	MEETING POINT	MEETING POINT	MEETING POINT	WATER POINT (14:45)	
14:45 - 16:45	TENNIS			PADDLE SURF (15:30-18:00)	TENNIS	BOAT TRIP (15:00-19:00)	
17:00 - 18:30	BAC	BAC	BAC		BAC		
19:30 - 20:00	DINNER (BOARDING)					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 activities take place may vary depending on the group.
- Depending on the week, for internal reasons, Fitness and Tennis sessions may not take place in Sa Coma (near the beach).
- Certain activities, such as Boat Trips or Paddle Surfing, may be canceled due to weather conditions or adjusted based on the players' age if deemed necessary by the responsible department.

# 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

# INSPIRING PEOPLE TO ACHIEVE THEIR OWN IDEAL

**SUMMER** *Junior*  
TENNIS CAMPS

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

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