



RAFA NADAL
ACADEMY

BUILT FOR THE NEXT LEVEL

ANNUAL

PROGRAM 26/27

TRAIN. STUDY. COMPETE.



CONTENT

ABOUT US

Our philosophy

Our Values

OUR TEAM

Team members

OUR FACILITIES

Location

Training

Accommodation

Restaurants

Health Clinic

TENNIS & SCHOOL PROGRAM

TENNIS PROGRAM

What does include

Training Methodology

Performance Areas

Tournaments & Competition

SCHOOL PROGRAM

Academy pathway

Activities & Leisure

Admission Process

RAFA NADAL RESIDENCE

Accommodation

Fitness

SPA & Wellness

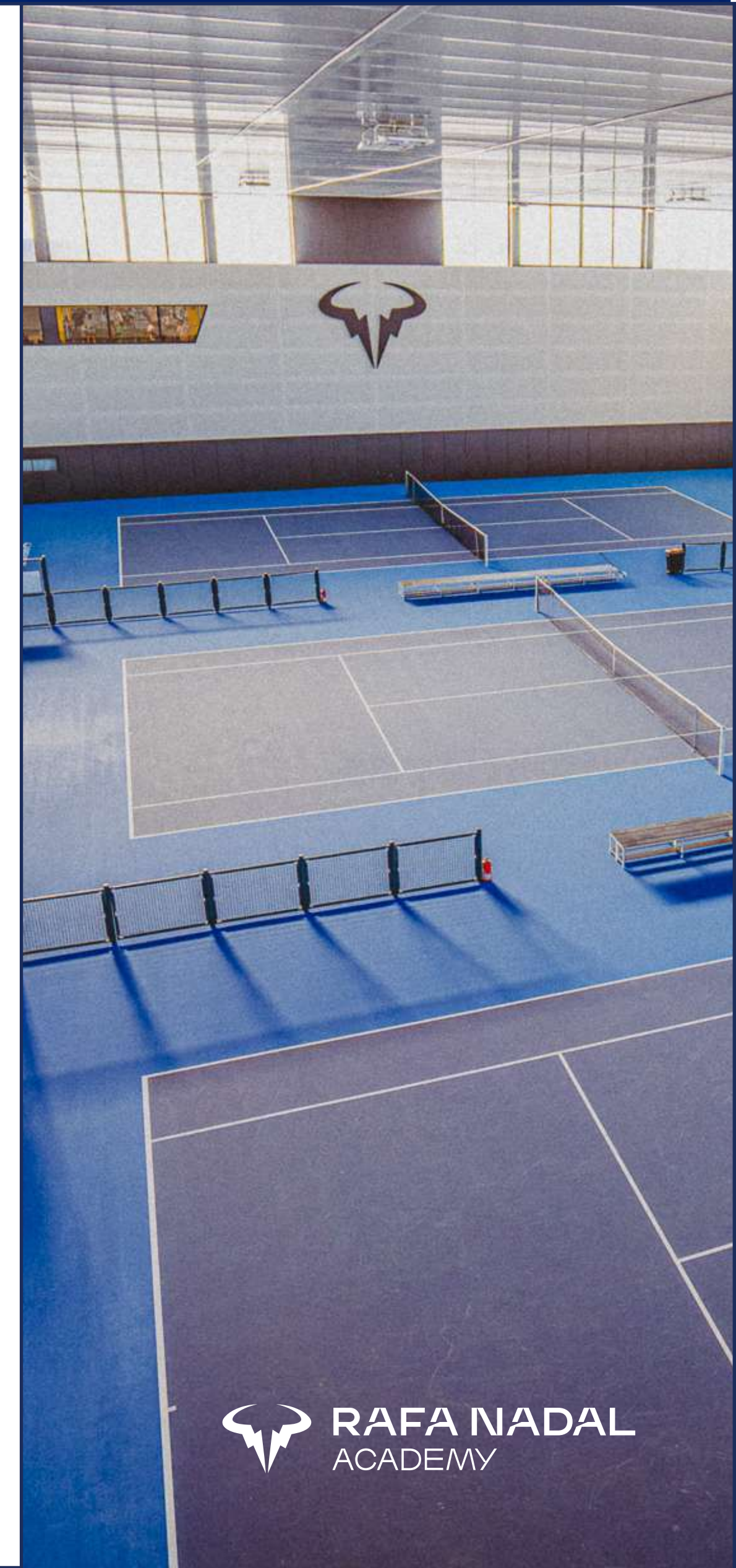
Rafa Nadal Museum

Shop

Restaurant

Health

CONTACT





ABOUT US

WE SHAPE TENNIS PLAYERS,
STUDENTS AND PERSONS



RAFA NADAL
ACADEMY

MORE THAN AN ACADEMY

A global high-performance training center
combining sport, education and values
inspired by Rafa Nadal's career and mindset



RAFA NADAL
ACADEMY



MY ONLY WAY TO 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.

Built on values

DRIVEN BY PURPOSE

MISSION

To provide a high-performance environment where players grow on and off the court.

VISION

To set the standard in developing players through values and performance.



MORE THAN AN ACADEMY. A PLACE WHERE TALENT, EDUCATION AND MINDSET COME TOGETHER TO SHAPE THE NEXT GENERATION OF ATHLETES.

OUR VALUES



EFFORT



RESPECT

COMMITMENT



DISCIPLINE



TEAMWORK



METHODOLOGY

A HIGH PERFORMANCE SYSTEM

We deliver an elite high-performance training system designed to develop every player in a comprehensive and structured way. Through advanced technology, proven methodologies and personalized processes, we optimise each player's performance on and off the court.

**BUILT TO DEVELOP EVERY PLAYER.
DESIGNED TO PUSH EVERY LIMIT.
FOCUSED ON REAL RESULTS.**



PYRAMID OF VALUES

At the Academy, we aim to imbue our students with the values of Rafa as part of their daily experience. These values are integrated throughout the different facets of the annual program via a Values Pyramid.



SCHOOL

TENNIS

FITNESS

BOARDING

I AM MY BEST
VERSION

I WANT TO
LEARN/IMPROVE

I CARE ABOUT OTHERS
AND I BE TRUSTED

I AM ORGANIZED
AND RESPONSIBLE

I AM POLITE AND
RESPECTFUL

I AM BEHAVING
PROPERLY

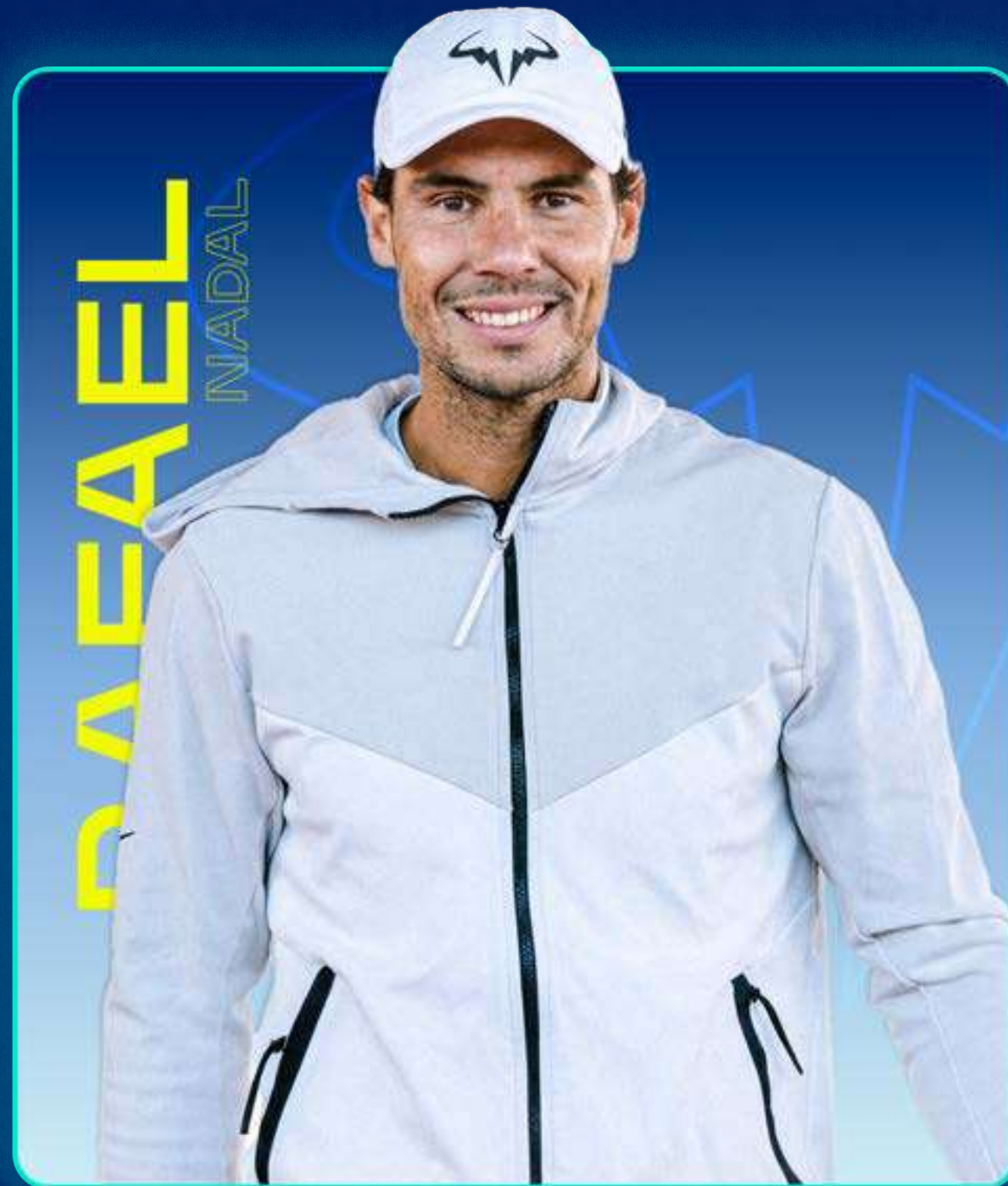


OUR TEAM

A TEAM OF EXPERTS

PROGRAMS BORN FROM ELITE PERFORMANCE

WORK ALONGSIDE A TEAM OF TOP-LEVEL COACHES AND SPECIALISTS, SELECTED FOR THEIR EXPERIENCE IN ELITE SPORT AND THEIR ABILITY TO DEVELOP PLAYERS TO THEIR FULL POTENTIAL.



FOUNDER



OPERATIONS DIRECTOR



TECHNICAL CO-DIRECTOR



RNA AMBASSADOR



OUR TEAM

- +4 HEAD COACHES
- +3 SENIOR COACHES
- +8 LEAD COACHES
- +21 COACHES
- +3 TOURNAMENT MANAGERS



HEAD OF TRAINING



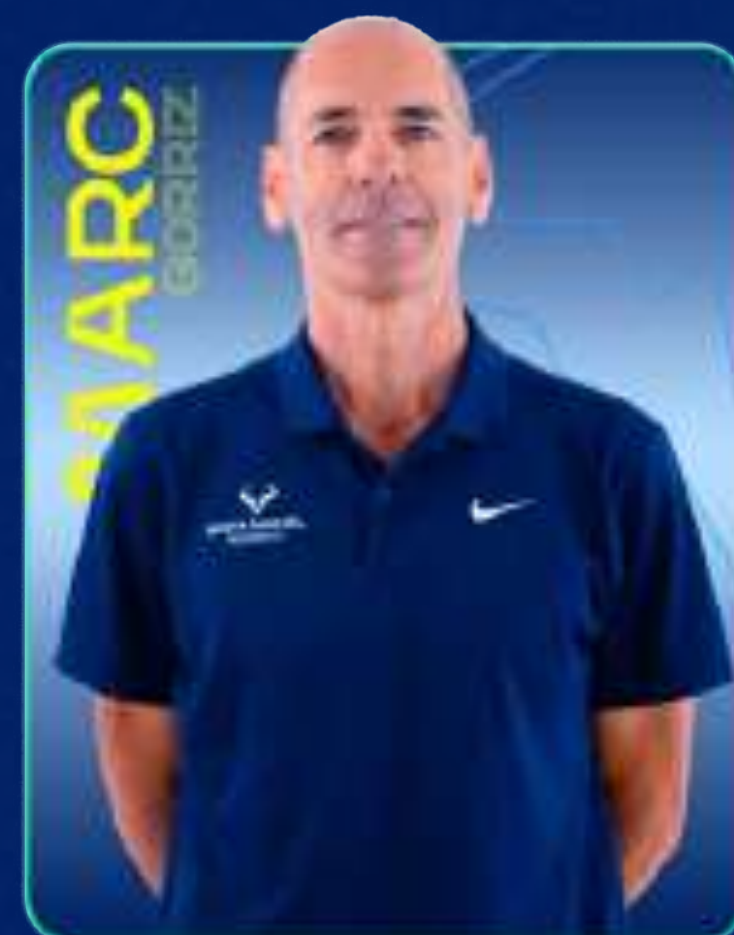
U18 HEAD COACH



APT HEAD COACH



ADULT CAMPS HEAD COACH



TECHNICAL CONSULTANT



JUNIOR HEAD COACH



JUNIOR HEAD COACH



JUNIOR CAMPS HEAD COACH



WTA HEAD COACH



OUR FACILITIES

TRAIN IN AN ELITE ENVIRONMENT

LOCATION



The Rafa Nadal Academy provides state-of-the-art facilities on a global scale, featuring infrastructure tailored to modern needs and a team of experienced professionals enabling the implementation of sports and academic programs based on teaching excellence.

34,000
SQUARE M²



LOCATION

MANACOR, MALLORCA

15' FROM THE COAST

35' FROM THE INTERNATIONAL AIRPORT

Located in Mallorca, the Academy benefits from an idyllic environment and an ideal climate for sports practice. Its wide range of gastronomic, cultural, and recreational offerings has solidified the island as one of the premier vacation and sports destinations worldwide.



A WORLD-CLASS ENVIRONMENT

TENNIS COURTS
FITNESS CENTER
HEALTH CENTER & RECOVERY
PERFORMANCE AREAS



OUR FACILITIES

TRAINING

44 TENNIS
COURTS

22 HARD
COURTS

(3 INDOOR)



OUR FACILITIES
TRAINING

**44 TENNIS
COURTS**

**22 CLAY
COURTS**
(7 HALF-COVERED)



OUR FACILITIES

TRAINING

FITNESS
CENTER

25M

INDOOR AND OUTDOOR
SWIMMING POOLS



OUR FACILITIES
RNA LIFE



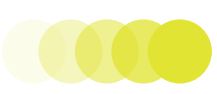
19 PADEL COURTS
(10 INDOOR)



PICKLEBALL
COURTS



MULTI-SPORTS
COURTS



OUR FACILITIES

RNA LIFE



COMMITMENT TO EXCELLENCE

Rafa and the Academy team embrace the responsibility of educating and caring for every student with dedication and respect.



TRUST AND CARE

We honor the confidence that families place in us by ensuring a safe, nurturing, and happy environment.



DIVERSITY AND INCLUSION

Over 60 nationalities coexist at the Academy, fostering a truly global and welcoming community.



HOLISTIC DEVELOPMENT

Our mission is to support the personal, academic, and athletic growth of each student.



DEDICATED SUPERVISION

Under the leadership of Boarding Director Irene del Pozo, our monitors guide students according to the Academy's core values.



ENRICHING EXPERIENCES

The team designs engaging recreational programs to make students' free time enjoyable and meaningful.



The safety of our students is very important to us, which is why the residence has 24-hour surveillance 7 days a week and security cameras.





OUR FACILITIES

RNA LIFE

"For us, they are not just players; they are part of our family. And we are part of theirs. We feel a great responsibility to stand by their side in this crucial stage of their lives, and our goal is for them to fully enjoy themselves while they are being nurtured in a safe and familiar environment."

IRENE DEL POZO, BOARDING DIRECTOR





OUR FACILITIES

ACCOMMODATION

RNA LIFE

- 72 MODERN ROOMS ALL EQUIPED WITH BATHROOM, DESK, WI-FI CONNECTION, AIR CONDITIONING AND HEATING.
- 2 STUDENTS PER ROOM.
- 24H SURVEILLANCE AND SECURITY CAMERAS
- PLAYERS LOUNGE
- GAME AREA AND TV ROOM
- LAUNDRY

OUR FACILITIES

BUFFET RESTAURANT

RNA LIFE

At the Rafa Nadal Academy, we take pride in offering a comprehensive, balanced, and healthy buffet tailored to the needs of our players. We also provide vegetarian menu options and special menus for students with food intolerances. Our buffet always features fresh, high-quality ingredients, and all menus are overseen by our team of nutrition specialists led by Gemma Bes. In addition to main meals, we also offer mid-morning and afternoon snack services.

- Full board (breakfast, snack, lunch, afternoon snack, dinner):
 - ✓ Balanced buffet and meals prepared in house with the supervision of the nutritionist.
 - ✓ Individual nutrition monitoring.



“

I lead the Nutrition Department at the Rafa Nadal Academy, overseeing nutritional strategy for players from youth development to professional level. My work covers protocol design, one-on-one athlete support, and multidisciplinary team coordination; addressing the full spectrum of needs present in a high-performance academy: growth, performance, recovery, injury, travel, and competitive pressure.

”

Gemma Bes, Head of Nutrition at RNA



OUR FACILITIES

HEALTH CLINIC

RNA LIFE

BY  **quirónsalud**
La salud persona a persona

At the Rafa Nadal Academy, we have the support of the Quirónsalud team to ensure the most comprehensive medical care for both our annual and semester players.

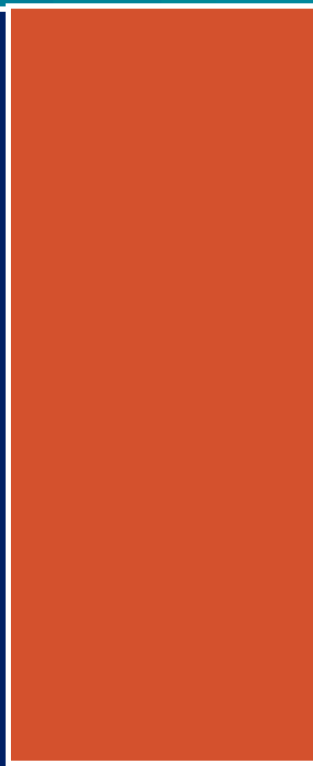
Within our Academy, we boast a team of top-tier professionals in fields such as General Medicine, Sports Medicine, Traumatology, Cardiology, and Sports Nutrition. Furthermore, we have state-of-the-art technology for injury detection and the application of advanced sports physiotherapy techniques.

Our medical structure is led by Dr. Nacho Buendía, and further strengthened by the collaboration of Dr. Ángel Cotorro. Both are physicians with specialized expertise in tennis medicine, bringing a deep understanding of the physical demands of the sport and ensuring that every player receives care specifically tailored to the needs of a high-performance tennis athlete.

The Rafa Nadal Academy provides a complete and multidisciplinary service to promote sports practice under optimal medical conditions, encourage healthy habits, and deliver high-quality care for potential injuries.

- ADVANCED PHYSIOTHERAPY
- PREVENTION OF AND RECOVERY FROM INJURIES
- GENERAL MEDICAL AND NURSE SERVICES
- NUTRITION SERVICE
- PSYCHOLOGICAL CARE





TENNIS & SCHOOL PROGRAM

THE COMPLETE EXPERIENCE

2026/2027

THE COMPLETE EXPERIENCE

WHAT IS THE ANNUAL PROGRAM

A 10-month high-performance program
Combining tennis, education and competition
Designed for players who want to take the next step



WHY CHOOSE THIS PROGRAM

TRAIN IN A WORLD-CLASS ACADEMY.
STUDY IN AN INTERNATIONAL ENVIRONMENT.
COMPETE AT THE HIGHEST LEVEL.
LIVE LIKE A PROFESSIONAL ATHLETE.



TENNIS PROGRAM

WHAT DOES IT INCLUDE?



TENNIS TRAINING

- 17 HOURS OF TENNIS TRAINING PER WEEK.
- QUARTERLY REPORT ON THE PLAYER'S PROGRESS AND VIDEO ANALYSIS.
- PREMIUM OFF-COURT TRAINING (TECHNIQUE, TACTICS, VIDEO ANALYSIS AND MENTAL SKILLS).

FITNESS & HEALTH

- 6,15 HOURS OFF FITNESS TRAINING PER WEEK.
- MEDICAL CHECK-UP ON ARRIVAL.
- MEDICAL CARE, PHYSIOTHERAPY AND NUTRITION SERVICE.
- SPORTS PSYCHOLOGY SUPPORT.

EDUCATION & BOARDING

- 1 ACADEMIC COURSE AT THE RAFA NADAL SCHOOL.
- ACCOMMODATION AT THE ACADEMY'S SUPERVISED RESIDENCY.
- BREAKFAST, LUNCH, AFTERNOON SNACK AND DINNER.
- LEISURE AND RECREATIONAL ACTIVITIES AT WEEKENDS.

TOURNAMENTS

- PERSONALIZED TOURNAMENT SCHEDULE (ACCORDING TO AGE AND STANDARD).
- TRAVEL ORGANISATION.
- COACHING IN COMPETITIONS.



TENNIS PROGRAM

PLUS VERSION



TENNIS TRAINING

- **23 HOURS OF TENNIS TRAINING PER WEEK.**
- QUARTERLY REPORT ON THE PLAYER'S PROGRESS AND VIDEO ANALYSIS.
- PREMIUM OFF-COURT TRAINING (TECHNIQUE, TACTICS, VIDEO ANALYSIS AND MENTAL SKILLS).

FITNESS & HEALTH

- **11,15 HOURS OFF FITNESS TRAINING PER WEEK.**
- MEDICAL CHECK-UP ON ARRIVAL.
- MEDICAL CARE, PHYSIOTHERAPY AND NUTRITION SERVICE.
- SPORTS PSYCHOLOGY SUPPORT.

EDUCATION & BOARDING

- **ONLINE STUDY SUPPORT**
- ACCOMMODATION AT THE ACADEMY'S SUPERVISED RESIDENCY.
- BREAKFAST, LUNCH, AFTERNOON SNACK AND DINNER.
- LEISURE AND RECREATIONAL ACTIVITIES AT WEEKENDS.

TOURNAMENTS

- PERSONALIZED TOURNAMENT SCHEDULE (ACCORDING TO AGE AND STANDARD).
- TRAVEL ORGANISATION.
- COACHING IN COMPETITIONS.



TENNIS PROGRAM

A PROVEN TRAINING SYSTEM

Our methodology is designed by the technical team behind Rafa Nadal's success, combining experience, structure and high-performance standards.

It focuses on developing each player through three key areas: technical performance, character and values.

This approach is applied daily through a comprehensive system built on six core pillars.



- TECHNICAL DEVELOPMENT
- PHYSICAL PERFORMANCE
- MENTAL STRENGTH
- COMPETITION
- TECHNOLOGY

●●● TENNIS PROGRAM

TRAINING METHODOLOGY

The coaches at the Rafa Nadal Academy prepare young players to immerse themselves in the future of tennis by applying personalized training systems combined with the characteristics that have defined Rafa and his winning spirit.

The methodology of the Academy focuses particularly on the following aspects: ▶



1. IMPROVING TECHNIQUE THROUGH STROKES AND FOOTWORK.
2. UNDERSTANDING THE GAME THROUGH TACTICS.
3. DEVELOPING A COMPETITIVE MENTALITY, LEARNING FROM VICTORIES AND DEFEATS.
4. INCREASING INTENSITY THROUGH MOBILITY AND ANTICIPATION.
5. BUILDING RESILIENCE, CONCENTRATION, AND EFFORT.



●●● TENNIS PROGRAM
TRAINING
METHODOLOGY



TENNIS IS PLAYED FIRST WITH THE **EYES**, THEN THE **MIND**, FOLLOWED BY THE **LEGS**, AND FINALLY THE **HANDS**.



TRAINING FOCUSES ON **MOBILITY, WINNING MINDSET, INTENSITY, COMPETITIVENESS, AND CONCENTRATION**.



EACH SESSION FOLLOWS A **DEVELOPMENT PLAN** TAILORED TO EVERY PLAYER'S PROGRESS.



THE PLAN EVOLVES AS PLAYERS **GROW AND IMPROVE** THROUGHOUT THE COURSE.



THE GOAL IS FOR PLAYERS TO **LEARN AND DEVELOP** BOTH AS ATHLETES AND AS INDIVIDUALS.



DAILY EFFORT IS EMPHASIZED AS THE ONLY PATH TO ACHIEVING LONG-TERM GOALS.



TENNIS PROGRAM

PERFORMANCE AREAS

COMPLETE
PLAYER
DEVELOPMENT



FITNESS

Our physical program focuses on improving performance, coordination and injury prevention through tailored training both on court and in the gym.

Sessions are structured around two pillars:
coordination abilities and injury prevention

PHYSIOTHERAPY

A specialized team supports injury prevention and recovery using advanced techniques and state-of-the-art equipment to keep players performing at their best.



NUTRITION

Personalized nutrition plans support performance, recovery and healthy habits, guided by specialists and adapted to each player's needs.



TENNIS PROGRAM

PERFORMANCE AREAS

COMPLETE
PLAYER
DEVELOPMENT

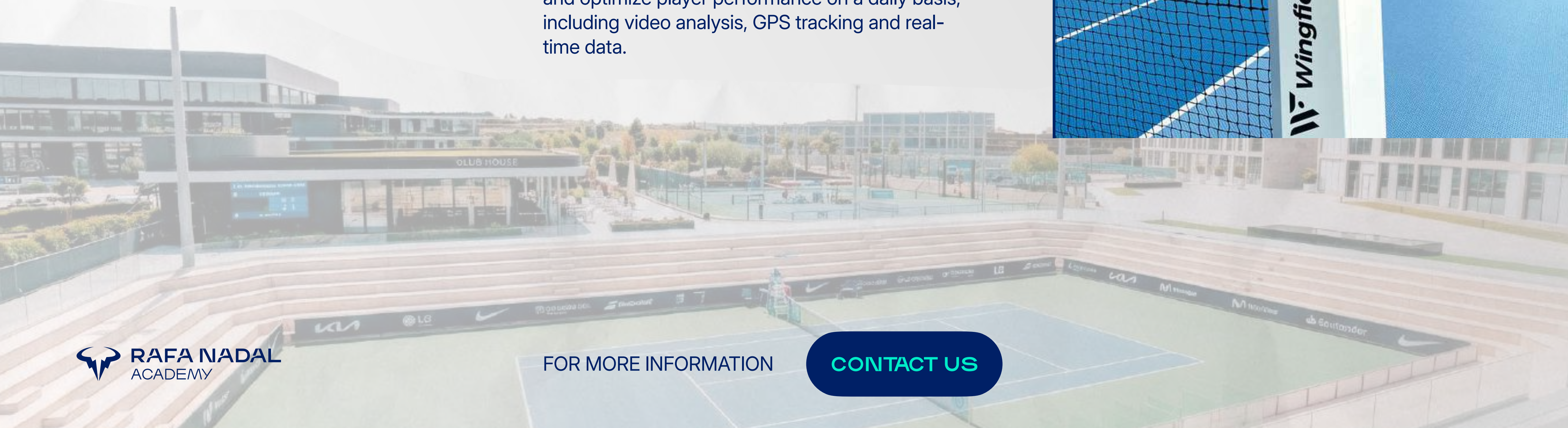


PSYCHOLOGY

We develop mental skills such as focus, discipline and resilience to help players perform consistently and manage both competition and daily routines.

TECHNOLOGY

We integrate advanced technology to monitor and optimize player performance on a daily basis, including video analysis, GPS tracking and real-time data.




FOR MORE INFORMATION

[CONTACT US](#)

BORN TO COMPETE



 RAFA NADAL
ACADEMY

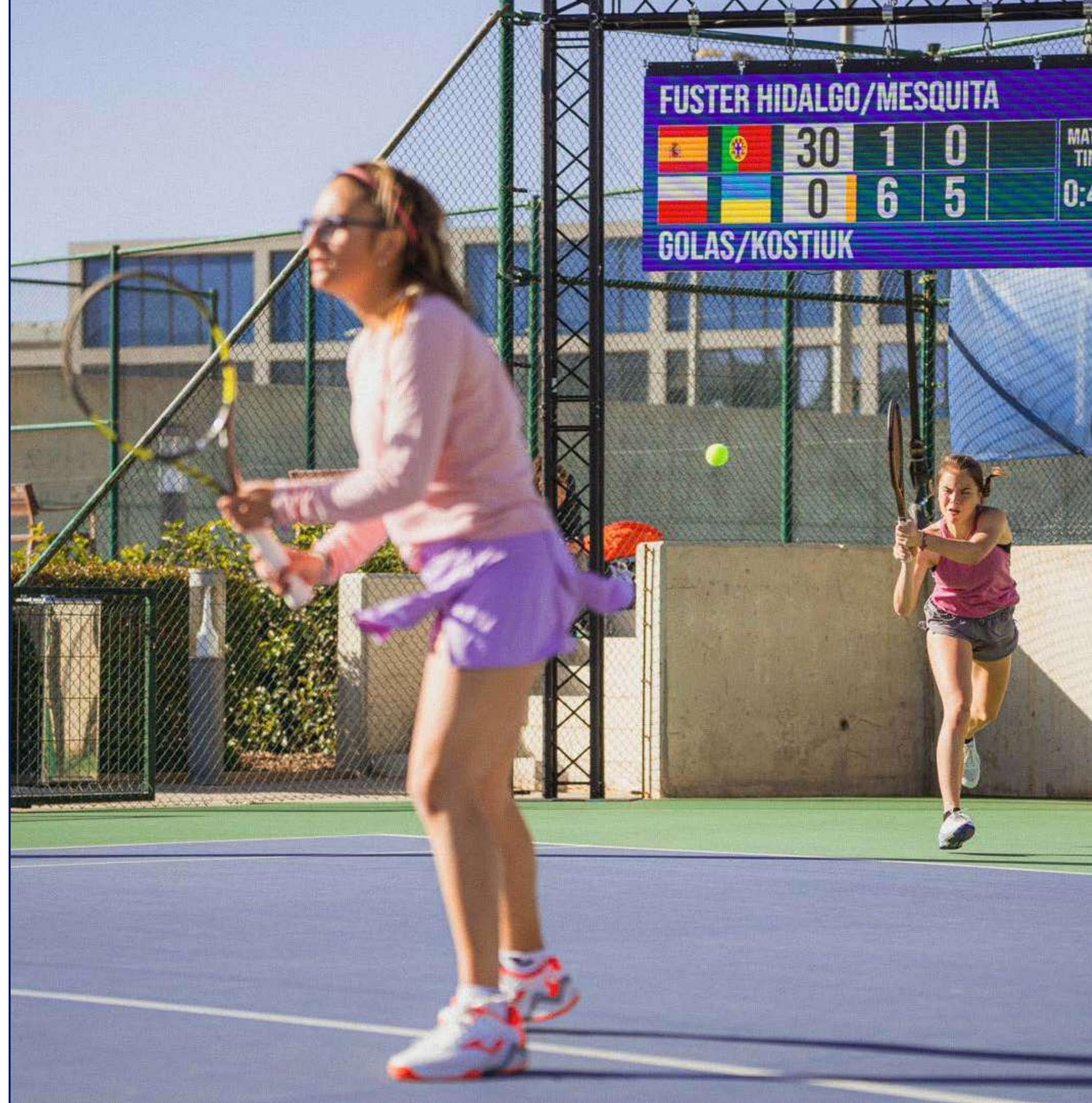
●●● TENNIS PROGRAM

TOURNAMENTS & COMPETITIONS

COMPETE AT THE HIGHEST LEVEL

At the Rafa Nadal Academy, we consider competition essential for an athlete's development. Tournament expenses; registration, travel, and accommodation, are organized by RNA staff and are not included in the program price.

- **TOURNAMENT PLANNING**
- **COACHING SUPPORT**
- **INTERNATIONAL COMPETITIONS**



TENNIS PROGRAM

TOURNAMENTS & COMPETITIONS

- Tournaments are planned by RNA coaches according to age and level.
- Players are accompanied to tournaments planned by RNA in the player calendar.
- Tournaments can be regional, national, or international (Tennis Europe, ITF Junior or ITF World Tennis Tour).
- UTR, TEN PRO, Tennis Europe, ITF Junior & ITF World Tennis.
- Tour are organized in RNA facilities so players can compete on site during some weeks of the year according to their level and ages.
- Summer Tour of 2-5 weeks if players want to compete throughout the summer period accompanied by RNA coaches.





SCHOOL PROGRAM

AN INTERNATIONAL EDUCATION

2026/2027

SCHOOL PROGRAM

WHO WE ARE



The Rafa Nadal School provides an international, English-speaking education adapted to high-performance athletes and officially recognized by Spanish authorities.

Its program is designed to combine academic studies with tennis training, offering personalized support, flexible schedules and continuous supervision.

TRAIN.STUDY.LIVE

SCHOOL. BOARDING. ACADEMIC SUPPORT



SCHOOL PROGRAM

AN INTERNATIONAL EDUCATION

- AMERICAN CURRICULUM IN ENGLISH
- FLEXIBLE PROGRAMES FOR STUDENT-ATHLETES
- OFFICIAL DIPLOMA & UNIVERSITY PREPARATION
- CONTINUOUS ACADEMIC MONITORING



SCHOOL PROGRAM

ACADEMIC PATHWAY

- AMERICAN CURRICULUM (ENGLISH-BASED)
- MIDDLE & HIGH SCHOOL PROGRAMMES
- ADVANCED PLACEMENT (AP)
- OFFICIAL HIGH SCHOOL DIPLOMA
- SAT & TOEFL PREPARATION
- ACADEMIC MONITORING FOR FAMILIES



SCHOOL PROGRAM

ACTIVITIES & LEISURE

Free time is arranged around the children's sporting schedule and academic performance. Activities are organised once or twice a week (Saturday afternoon and Sunday morning) and run by a team of guardians.

Weekend activities can vary depending on the sports schedule and taking into account the wishes and needs of the players. Our goal is to achieve the optimal balance between cultural excursions that support the Academy's values and reinforce the relationships between the students and leisure activities of a more fun nature.



SCHOOL PROGRAM

ADMISSION

RNA HAS AN ADMISSION PROCESS

WHERE WE CONSIDER AND ASSES THE APPLICATIONS OF THE PLAYERS INTERESTED IN JOINING THE ANNUAL & SEMESTER PROGRAM:

1. Tennis level evaluation
2. School evaluation: meeting with the RN School Director, evaluation of previous school reports and English level test (if need it).
3. Boarding meeting with family and players.
4. Registration if a place can be offered.
5. Visa application if need it (responsibility of the family but RNA can support with documentation and some guidance).





RAFA NADAL RESIDENCE



●●● RAFA NADAL RESIDENCE

ACCOMMODATION

We offer our customers modern rooms, both single and double, as well as sports-themed apartments, fully equipped to meet all their desires and needs.

RAFA NADAL RESIDENCE

FITNESS

Guests at the Rafa Nadal Residence have included access to our 3,000m2 fitness center equipped with state-of-the-art *Technogym* machinery and our 25m heated indoor pool. During their stay, they can also enjoy over 200 weekly directed activities such as yoga, pilates, cycling, body pump, body combat, or functional training.



RAFA NADAL RESIDENCE

SPA & WELLNESS

The Rafa Nadal Residence features a wonderful Wellness area dedicated to personal care and well-being. In our spa with a hydrothermal circuit, sauna, and Turkish bath, our guests can relax and recover from their workouts in the best possible way. Additionally, they can also enjoy many body and facial treatments in cabins, as well as beauty and hairdressing services.



COMPLETE YOUR EXPERIENCE

RAFA NADAL MUSEUM

The Rafa Nadal Museum gives the opportunity to see live the only exhibit that holds the best moments during Rafa Nadal's sports career from when he began playing tennis as a child until today. Visitors can also see the various exclusive donations of objects from the greatest athletes of all times.



COMPLETE YOUR EXPERIENCE

RESTAURANTS

At the Rafa Nadal Academy, we offer a varied and high-quality gastronomic experience through our 4 restaurants: Roland Garros Restaurant, US Open Cafe, Wimbledon Buffet, and Gastrobar Club House.



CLUB HOUSE

COMPLETE YOUR EXPERIENCE

SHOP

At the Rafa Nadal Shop, our visitors will be able to purchase the official collection of clothing and merchandise from the Rafa Nadal Academy, as well as the latest gear worn by Rafa Nadal.



COMPLETE YOUR EXPERIENCE

HEALTH

Guests will have access to the physiotherapy, nutrition, and sports medicine services of the Rafa Nadal Academy. To provide the best service, we have the support of the *Quironsalud* hospital group.





THIS IS *YOUR* *MOMENT*

START YOUR JOURNEY

 **RAFA NADAL**
ACADEMY

CONTACT

INFO & BOOKINGS

www.rafanadalacademy.com
sales@rafanadalacademy.com

(+34) 971 171 684