



RAFA NADAL  
ACADEMY

# ANNUAL PADEL PROGRAM

26/27



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# ABOUT US

WE SHAPE PADEL PLAYERS,  
STUDENTS AND PERSONS



RAFA NADAL  
ACADEMY

AYTOMIC

 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



# MY ONLY WAY TO UNDERSTANDING SPORTS

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.

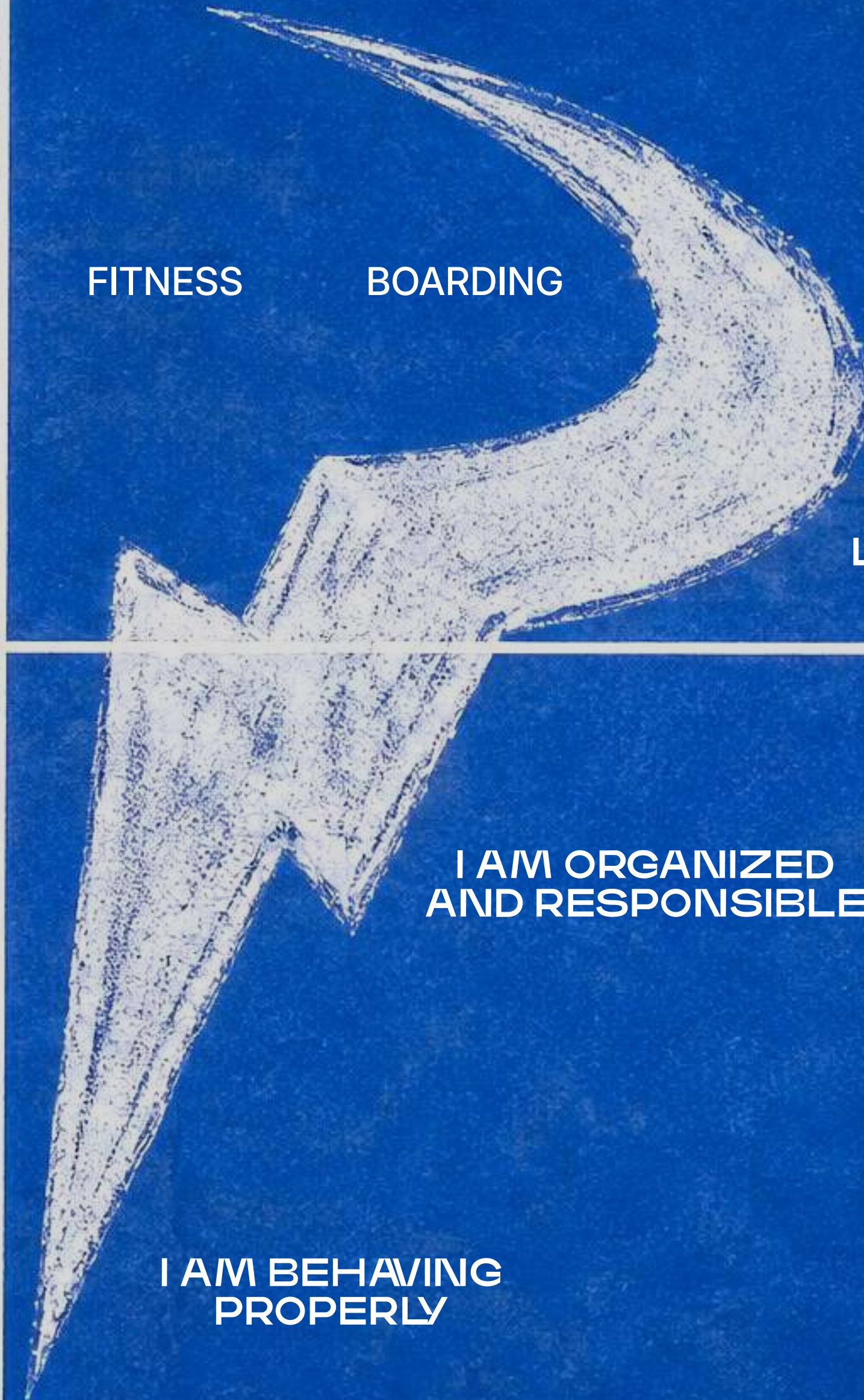


SCHOOL PADEL

I AM MY BEST  
VERSION

I CARE ABOUT OTHERS  
AND I BE TRUSTED

I AM POLITE AND  
RESPECTFUL



FITNESS BOARDING

I WANT TO  
LEARN/IMPROVE

I AM ORGANIZED  
AND RESPONSIBLE

I AM BEHAVING  
PROPERLY

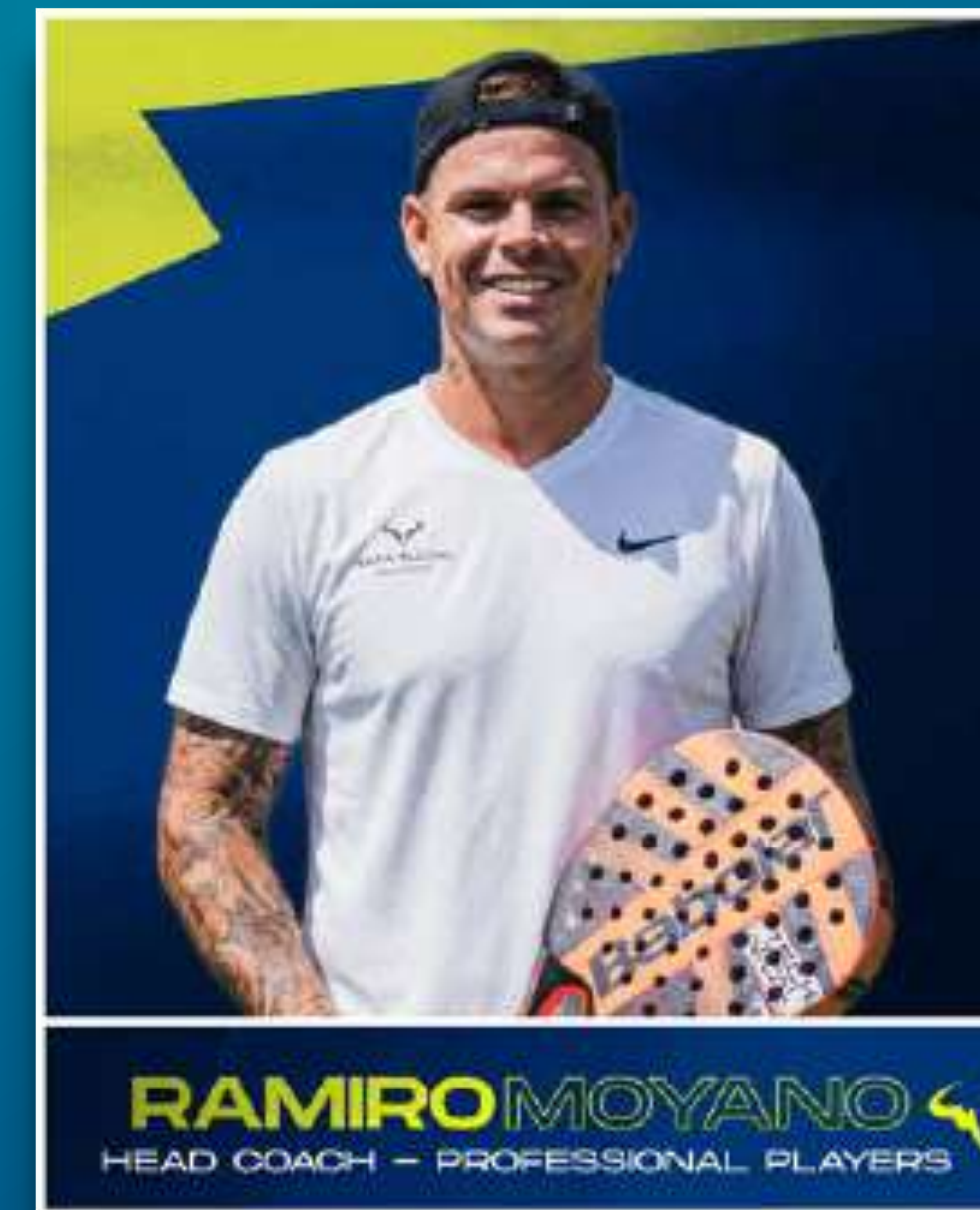
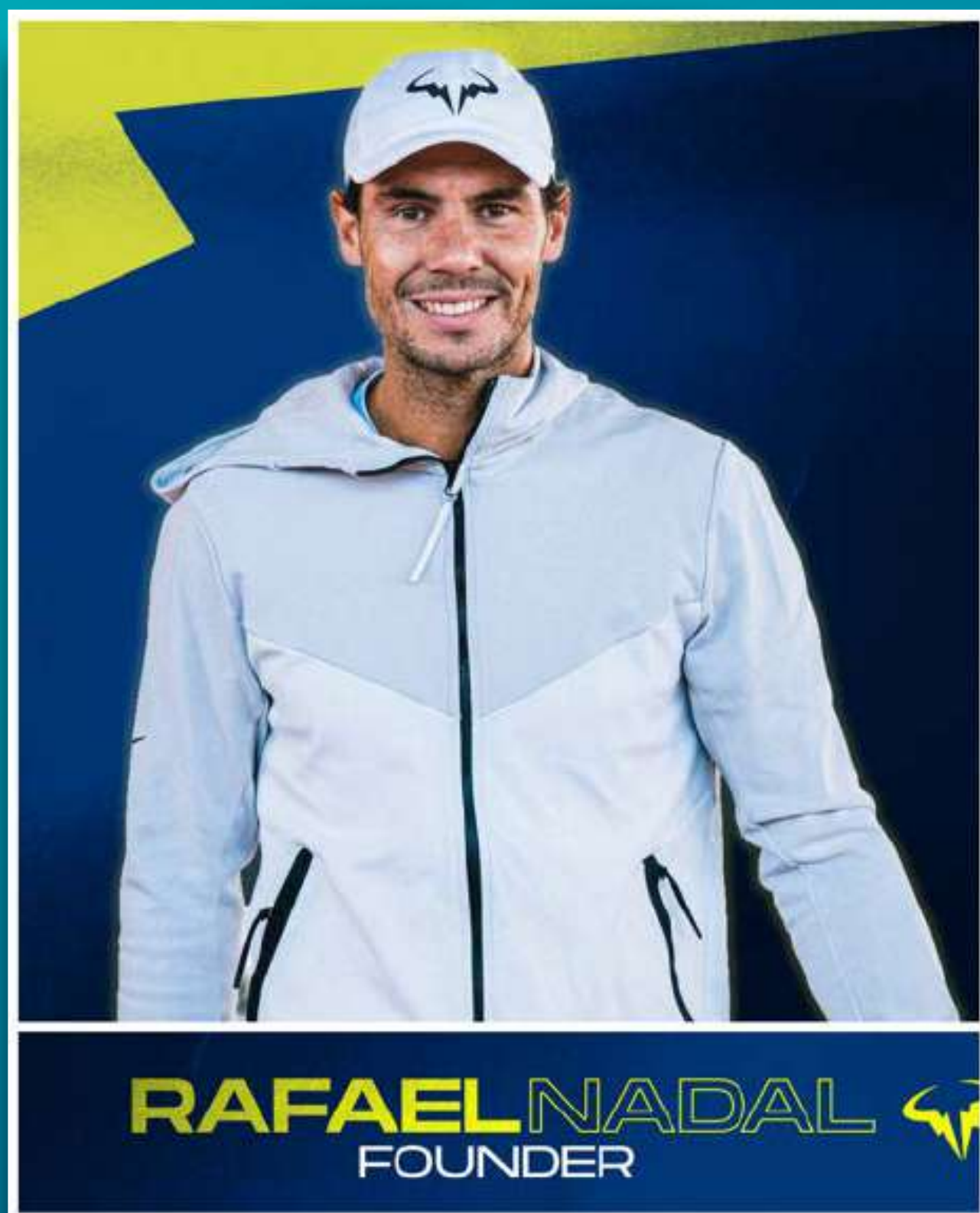


# OUR TEAM

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.



RNA METHODOLOGY DIRECTOR

# RODRI OVIDE

**Rodri Ovide is one of the most respected coaches in professional padel.** Throughout his career, he has worked with some of the sport's biggest names, guiding players to multiple titles and finals on the international circuit, including Gemma Triay, Juan Lebrón, Paquito Navarro, Martín Di Nenno, Alejandra Salazar and Marta Ortega, among many others.

Beyond the professional tour, **Rodri has played a key role in the development of junior players, adult players and coaches,** sharing his knowledge through specialised programmes and educational initiatives.

At the heart of **his methodology is the belief that players learn best when they enjoy the process.** Through control, understanding of the game and efficient movement, his approach aims to develop technically and tactically complete players who compete with confidence, make better decisions and continue to grow both on and off the court.





# 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 M<sup>2</sup>



# 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 & PADEL COURTS

FITNESS CENTER

HEALTH CENTER & RECOVERY

PERFORMANCE AREAS

 RAFA NADAL  
ACADEMY



# OUR FACILITIES

## TRAINING



# 19 PADEL COURTS

10 INDOOR





# OUR FACILITIES

## TRAINING

**19 PADEL  
COURTS**  
9 OUTDOOR





# OUR FACILITIES

## TRAINING

FITNESS  
CENTER

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**25M**

INDOOR AND OUTDOOR  
SWIMMING POOLS





# OUR FACILITIES

RNA LIFE



## 44 TENNIS COURTS

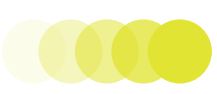
(22 HARD COURTS  
22 CLAY COURTS)



## 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 and padel 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 padel 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





# PADEL & SCHOOL PROGRAM

THE COMPLETE EXPERIENCE

# OUR PROGRAMS

Rafa Nadal Academy Annual Padel Program offers two training formats. **Choose the experience that best fits your goals and schedule.**

**Both programs follow the same high-performance methodology,** combining elite coaching, competition and personal development in Mallorca.



## ANNUAL PROGRAM

### TOTAL IMMERSION

A 10-month high-performance journey combining padel training, academics and competition in Mallorca.



## SEMESTER PROGRAM

### ONE SEMESTER. SAME EXPERIENCE.

Experience the Annual Program structure, coaching and training environment in a flexible one-semester format.

THE COMPLETE EXPERIENCE

# WHAT IS THE ANNUAL PROGRAM

A 10-month high-performance program combining padel, 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.



## PADEL PROGRAM

# WHAT DOES IT INCLUDE?



### PADEL TRAINING

- 17 HOURS OF PADEL 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.



## PADEL PROGRAM

# A PROVEN TRAINING SYSTEM

Our methodology has been developed by Rodrigo Ovide, Methodology Director at the Rafa Nadal Academy, drawing on his extensive experience coaching at the highest level of professional padel.

It is complemented by the Rafa Nadal Academy's philosophy and the valuable lessons learned throughout Rafa Nadal's development and career. The result is a structured, high-performance approach designed to help every player grow both on and off the court.

- 
- **TECHNICAL DEVELOPMENT**
  - **TACTICAL DEVELOPMENT**
  - **PHYSICAL PERFORMANCE**
  - **MENTAL STRENGTH**
  - **COMPETITION**
  - **TECHNOLOGY APPLIED TO PERFORMANCE**

## PADEL PROGRAM

# TRAINING METHODOLOGY

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

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

1. IMPROVING TECHNIQUE THROUGH REAL-GAME SITUATIONS.
2. UNDERSTANDING THE GAME THROUGH TACTICS AND DECISION-MAKING.
3. DEVELOPING A COMPETITIVE MENTALITY BY LEARNING FROM VICTORIES AND DEFEATS.
4. INCREASING INTENSITY THROUGH MOVEMENT, ANTICIPATION, AND GAME RHYTHM.
5. BUILDING RESILIENCE, CONCENTRATION, AND COMMITMENT.

# PADEL PROGRAM

## TRAINING METHODOLOGY



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



TRAINING IS BUILT AROUND **MOBILITY AND POSITIONING, INTENSITY AND GAME RHYTHM, COMPETITIVENESS AND DECISION-MAKING**, AS WELL AS **FOCUS AND CONSISTENCY**



EACH SESSION FOLLOWS AN **INDIVIDUAL DEVELOPMENT PLAN**, IS TAILORED TO THE PLAYER'S LEVEL AND PROGRESSION, AND IS **DESIGNED TO TRANSFER DIRECTLY TO MATCH PERFORMANCE**.



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.



# PADEL 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.



# PADEL PROGRAM

## PERFORMANCE AREAS

COMPLETE  
PLAYER  
DEVELOPMENT

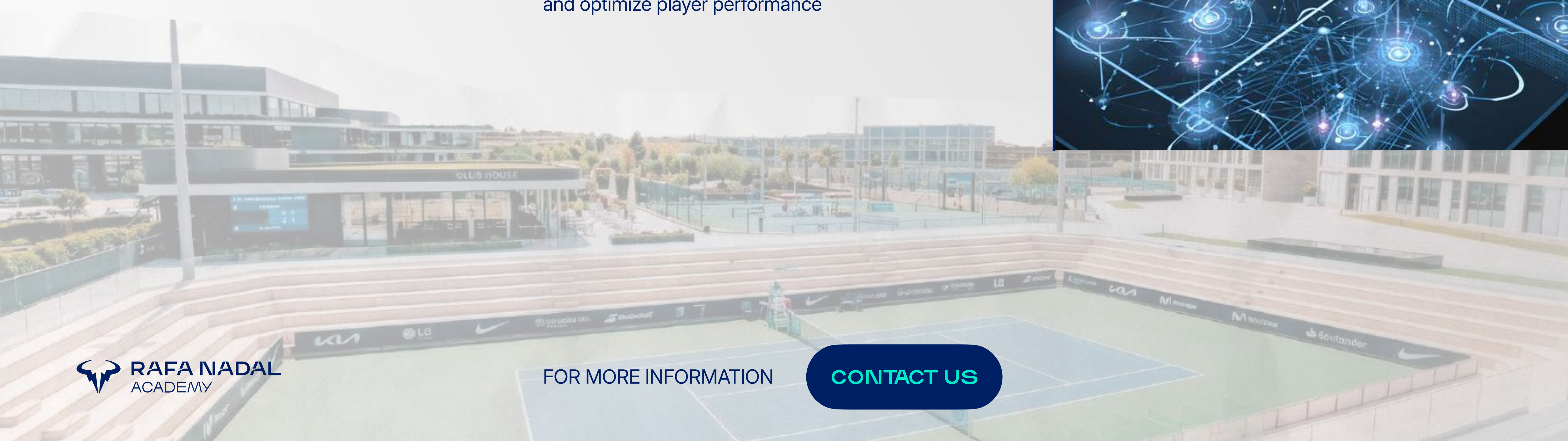


### PSYCHOLOGY

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



# BORN TO COMPETE



## PADEL 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**



## PADEL PROGRAM

# TOURNAMENTS & COMPETITIONS

- Tournament schedules are carefully planned by the RNA coaching team according to each player's age, level, and development goals.
- Players receive coaching support and are accompanied by RNA staff during the tournaments included in their individual competition calendar.
- The competition schedule includes local, regional, national, and international events, such as the FIP Promises and FIP Tour circuits.
- In addition, selected tournaments are hosted at the Rafa Nadal Academy facilities, providing players with the opportunity to compete on-site throughout the season according to their age and level.





# 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 padel 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 organized 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

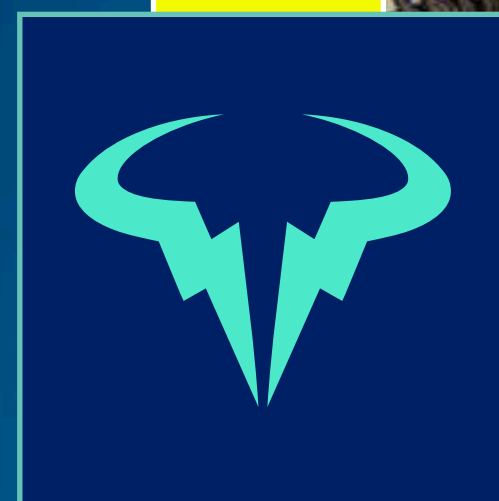
### RNA HAS AN ADMISSION PROCESS

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

1. Padel 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 3,000m<sup>2</sup> 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.

 **quirónsalud**  
La salud persona a persona



 **RAFA NADAL**  
ACADEMY



THIS IS  
***YOUR  
MOMENT***

START YOUR JOURNEY

 **RAFA NADAL**  
ACADEMY

# CONTACT

INFO & BOOKINGS

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