



RAFA NADAL
ACADEMY

HIGH PERFORMANCE

TENNIS
PROGRAM

JUNIOR

LONG STAY

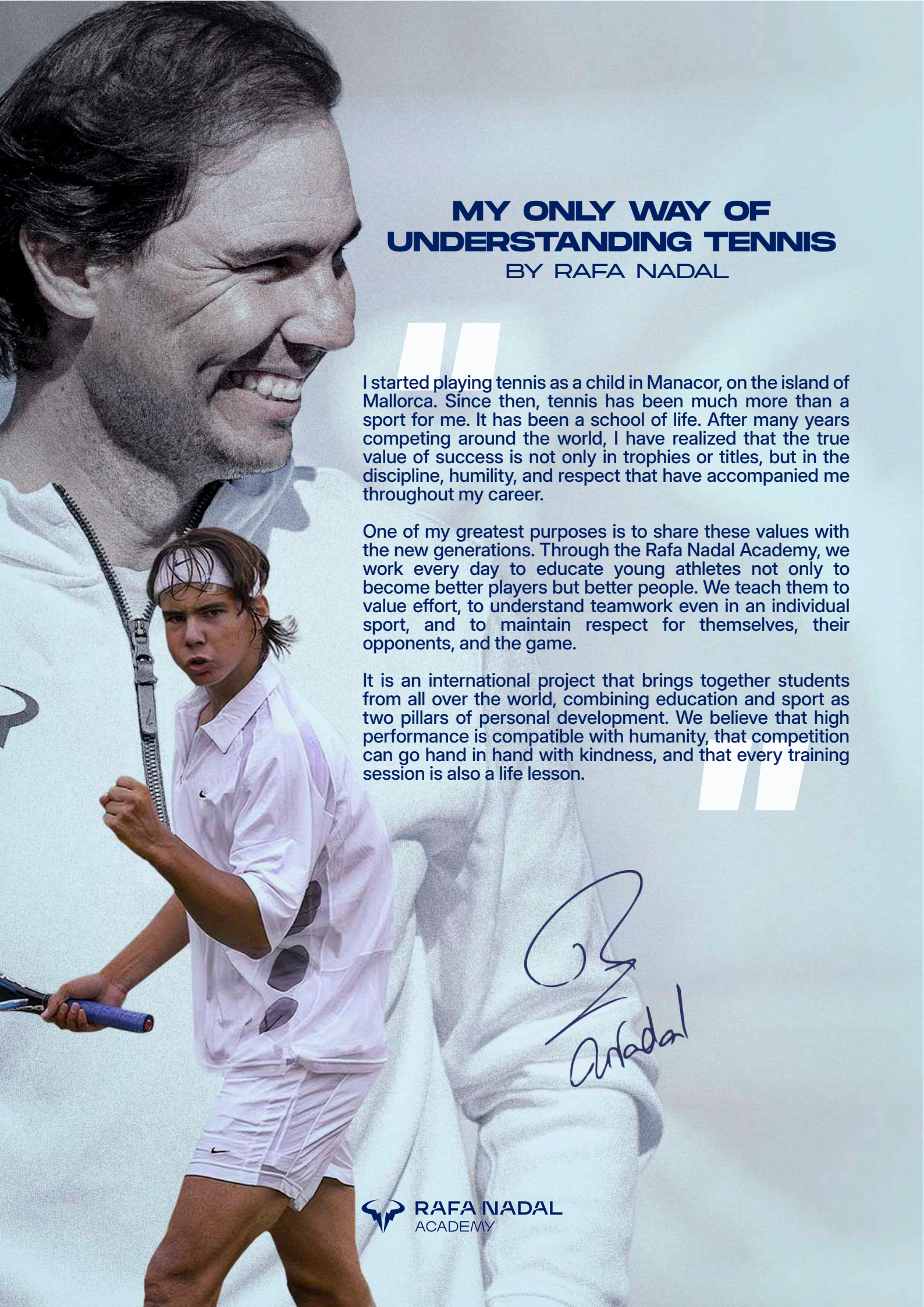


MALLORCA
RAFA NADAL ACADEMY

SEPTEMBER 2026 - JUNE 2027

WEEKLY PROGRAM

FOR PLAYERS AGED 14 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.

Rafa Nadal



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WHAT'S INCLUDED

TRAINING & FUN ACTIVITIES

6_{DAYS}

OF PRACTICE
(MONDAY TO SATURDAY)

22_h

GROUP
TENNIS PRACTICE

30_{min}

INDIVIDUAL
TENNIS PRACTICE

6,25_h

PHYSICAL
PREPARATION

- Development of the mental skills needed to compete
- 4 off-court activity sessions
- Meals and snacks included
- Official UTR match on Saturday
- Welcome pack.
- Rafa Nadal Museum Ticket.

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?

The High-Performance Tennis Camp Junior is an intensive version of our annual program, designed for players aged 14 to 18 who aspire to a professional tennis career, with specific training in all essential areas and the opportunity to train and live alongside players from the Annual Program.

The High-Performance Tennis Camp Junior Long Stay is designed for players aged 14 to 18 years and is available from September to June.

Check-in and check-out take place on Sundays.



As this is a program lasting between 4 and 10 weeks, depending on the duration selected, each player will have a personal mentor responsible for monitoring their progress, development, and established goals.



WHY CHOOSE OUR CAMP?

- Initial skill assessment to assign each player to the appropriate training group.
- Training based on Rafa Nadal's high-performance methodology.
- Technical, tactical, and on-court performance development.
- Comprehensive physical training: strength, coordination, speed, endurance, flexibility, and injury prevention.
- Off-court education: nutrition, psychology, video analysis, and values. A 360° approach designed to maximize each player's potential.

BUILDING PLAYERS & PEOPLE

The program includes **Rafa's Legacy Project**, an initiative designed to develop the mental and emotional skills that define great athletes.

Throughout the week, players will work on **key qualities** such as:

- PATIENCE
- DISCIPLINE
- FOCUS
- COURAGE

- BRAVERY
- SELF-CONFIDENCE
- PRESSURE MANAGEMENT
- WINNING MENTALITY
- ADAPTABILITY

The goal is for players to understand the importance of these skills and learn how to apply them to their daily technical-tactical performance. This development is integrated both on court and in Off Court sessions, led by our sports psychology team, who teach how to transfer these values and mental tools to the game and to personal life.



SCHEDULE

WEEKLY PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN
07:00 - 08:00	GOOD MORNING!						10:00 CHECK-OUT
08:00 - 09:15	OFF COURT ACTIVITY			OFF COURT ACTIVITY			
10:00 - 11:30	TENNIS					COMPETITION G1	
11:30 - 12:00	INDIVIDUAL TENNIS SESSION (1 DAY PER PLAYER)					COMPETITION G2	DEPARTURES
12:00 - 14:00	LUNCH AND FREE TIME					LUNCH	
14:30 - 17:00	TENNIS					RNA ACTIVITY	
17:00 - 17:30	ENERGY BREAK						
17:30 - 18:30	PHYSICAL PREPARATION						
18:30 - 19:30	FREE TIME						
20:00 - 21:30	DINNER						
22:00	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 & 3 INDOOR)

22 CLAY COURTS

(15 OUTDOOR & 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**

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