RAFA NADAL ACADEMY

HIGH PERFORMANCE

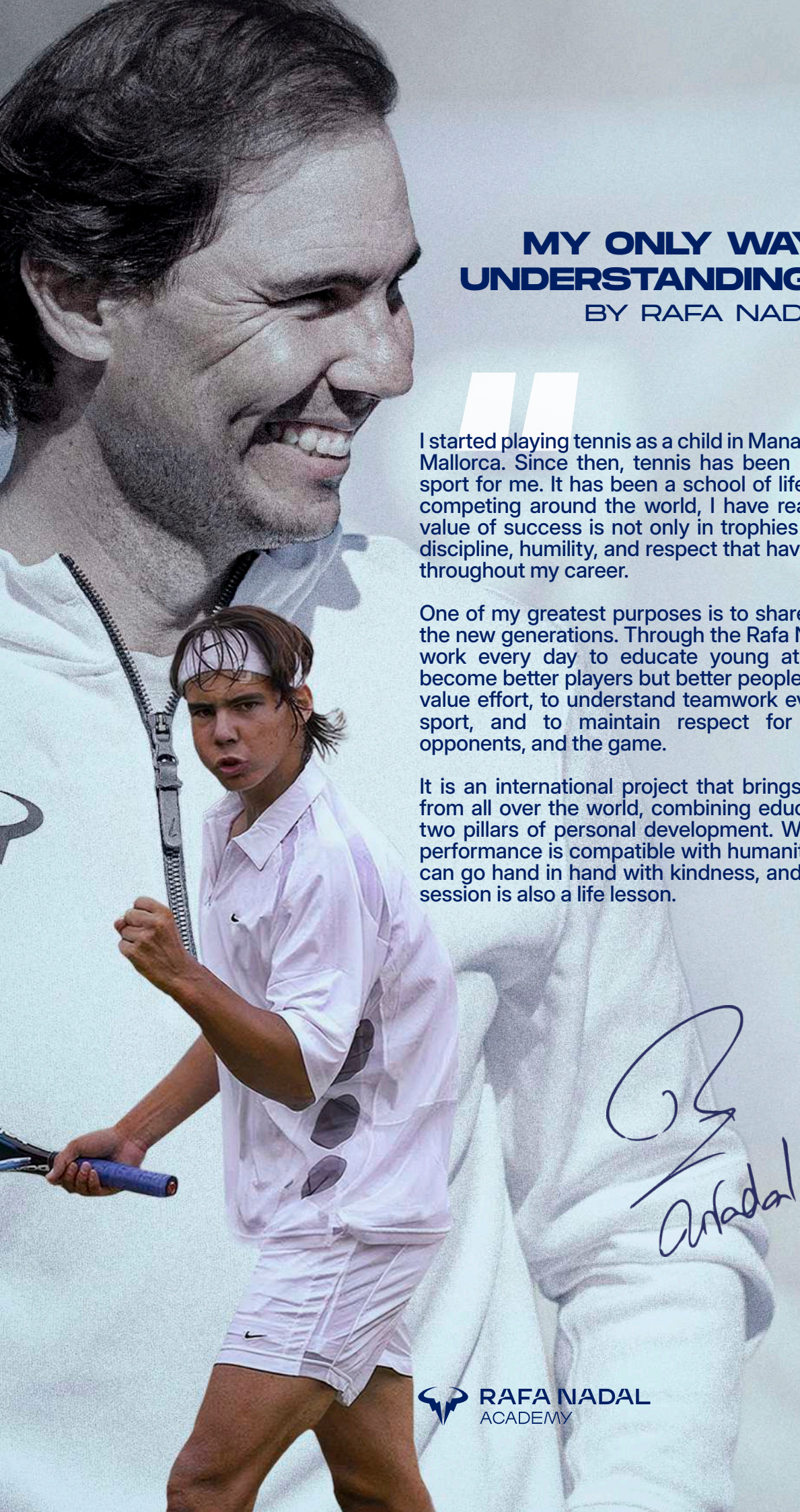
PADEL CAMP JUNIOR

SEPTEMBER 2026 - JUNE 2027

MALLORCA
RAFA NADAL ACADEMY

WEEKLY PROGRAM

FOR PLAYERS FROM **11 TO 20 YEARS**



MY ONLY WAY OF UNDERSTANDING SPORT

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
ACADEMY

WHAT'S INCLUDED

TRAINING & FUN ACTIVITIES

6 TRAINING DAYS (MONDAY TO SATURDAY)	**20,5h** GROUP TRAINING	**5** OFF-COURT PLAYER DEVELOPMENT SESSIONS	**6,25h** PHYSICAL CONDITIONING

- Welcome pack.
- Saturday competitions.
- Development of the mental skills required for competition.
- Lunch and snacks included.
- Rafa Nadal Academy activity.
- 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

RAFA NADAL ACADEMY

www.rafanadalacademy.com
sales@rafanadalacademy.com | t. (+34) 971 845 022

HIGH PERFORMANCE PADEL CAMP JUNIOR · 2026/2027

DO YOU WANT TO EXPERIENCE HIGH-PERFORMANCE TRAINING?

The High-Performance Padel Camp Junior is an extract of our Annual Program and includes **specific training** in all the areas we consider essential for the development of a player aspiring to pursue a professional padel career. In addition, participants will have the opportunity to **train and live alongside players from our Annual Program.**

The High-Performance Padel Camp Junior is designed for **players aged 11 to 20** and is **available from September to June.**

Players will stay at the Rafa Nadal Residence (subject to availability), with **check-in and check-out taking place on Sundays.**

WHY CHOOSE OUR CAMP?

- Development of technical, tactical, and on-court performance skills.
- Comprehensive physical work: strength, coordination, speed, endurance, flexibility, and injury prevention.
- Off-court training: nutrition, psychology, video analysis, and values.

RAFA NADAL ACADEMY METHODOLOGY

All padel programmes follow the **Rafa Nadal Academy methodology** under the supervision of **Rodri Ovide**, one of the most respected coaches in professional padel. With extensive experience in developing elite players, Rodri ensures a structured and demanding training system based on four fundamental pillars:

- TECHNICAL EXCELLENCE
- PHYSICAL DEVELOPMENT
- TACTICAL INTELLIGENCE
- MENTAL STRENGTH

RAFA NADAL ACADEMY

TRAIN WITH RAFA NADAL'S METHOD AND HIS TEAM!

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.

HIGH PERFORMANCE PADEL CAMP JUNIOR · 2026/2027

SCHEDULE

WEEKLY PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN
09:00	MEETING POINT					BREAKFAST	10:00 CHECK-OUT
09:15 - 10:30	FITNESS					9:00 - 12:00 PADEL COMPETITION	
10:30 - 11:00	ENERGY BREAK						
11:30 - 13:30	PADEL						
13:45 - 14:15	LUNCH						DEPARTURES
14:45	MEETING POINT						
15:00 - 16:00	OFF - COURT ACTIVITY					15:000 MEETING POINT	
16:00 - 17:30	PADEL					RNA ACTIVITY 15:15 - 18:00	

- The weekly activity schedule will be adapted for each age group.
- The order and timing of the activities may vary depending on the group to which each player is assigned.

RAFA NADAL ACADEMY

www.rafanadalacademy.com
sales@rafanadalacademy.com | t. (+34) 971 845 022

FACILITIES

44 TENNIS COURTS

22 HARD COURTS
(19 OUTDOOR AND 3 INDOOR)
22 CLAY COURTS
(15 OUTDOOR AND 7 SEMI-COVERED)

19 PADEL COURTS

6 OUTDOOR COURTS
3 PANORAMIC OUTDOOR COURTS
3 PANORAMIC INDOOR COURTS
7 INDOOR COURTS

*The programs are held on our recently built panoramic padel courts, featuring 3 indoor courts and 5 outdoor 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

RAFA NADAL ACADEMY
www.rafanadalacademy.com
sales@rafanadalacademy.com | t. (+34) 971 845 022

INSPIRING PEOPLE TO ACHIEVE THEIR OWN IDEAL

HIGH PERFORMANCE PADEL CAMP JUNIOR

www.rafanadalacademy.com
sales@rafanadalacademy.com
t. (+34) 971 845 022

RAFA NADAL ACADEMY