



RAFA NADAL
ACADEMY

HIGH PERFORMANCE

TENNIS PROGRAM

JUNIOR

SEPTEMBER 2026 - JUNE 2027



MALLORCA
RAFA NADAL ACADEMY

WEEKLY PROGRAM

FOR PLAYERS AGED 11 TO 20 YEARS



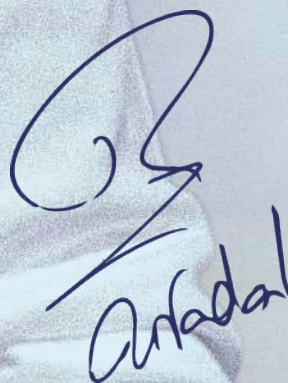
MY ONLY WAY OF UNDERSTANDING TENNIS

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.





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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 Program Junior** is an **extract from our Annual Program** and includes **specific work** across all the areas we consider essential for the development of a player aspiring to pursue a professional tennis career. In addition, participants will have the opportunity to **train and live alongside players from our Annual Program**.

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

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



Players who are 19 or 20 years old may register for the program if they meet the following requirements:

- Currently hold ITF Junior points.
- Follow the same training program as younger players.
- Stay at the Rafa Nadal Residence (subject to availability).

WHY CHOOSE OUR CAMP?

- Initial level test to assign each player to the appropriate training group.
- Training based on Rafa Nadal's high-performance methodology.
- 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.
- 360° approach 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
08:30	MEETING POINT	08:45 MEETING POINT				BREAKFAST	10:00 CHECK-OUT
09:00 - 10:00	OFF COURT ACTIVITY					08:00 - 09:30 COMPETITION G1	
10:00 - 10:15	ENERGY BREAK					09:30 - 11:00 COMPETITION G2	
10:15 - 10:35	MEETING WITH THE COACH					11:00 - 12:30 COMPETITION G3	
10:45 - 12:15	TENNIS					12:30 - 14:00 COMPETITION G4	DEPARTURES
12:15 - 12:45	12:15 - 12:45 PRIVATE TENNIS LESSON	12:15 - 12:45 OFF COURT ACTIVITY		12:15 - 12:45 PRIVATE TENNIS LESSON			
12:45 - 14:15	LUNCH						
14:15	MEETING POINT					15:00 MEETING POINT	
14:30 - 17:00	TENNIS					15:15 - 18:00 RNA ACTIVITIES	
17:00 - 17:30	ENERGY BREAK						
17:30 - 18:30	FITNESS						

- 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 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

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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