RAFA NADAL ACADEMY

# CHRISTMAS PADEL CAMP JUNIOR



## DECEMBER 27 – JANUARY 3, 2027

FOR PLAYERS AGED 12 TO 18 YEARS

MALLORCA
RAFA NADAL ACADEMY



# 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 respec 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 AND RECREATIONAL ACTIVITIES

| 20,5h | 7,5h | 3h | 8h |
|---|---|---|---|
| **PADEL TRAINING**<br>Ratio<br>Court/Player 1:4 | **SPECIFIC PHYSICAL PREPARATION** | **COMPETITION THEORY SESSION** | **FUN AND RECREATIONAL ACTIVITIES**<br>Throughout Mallorca |

- Welcome pack.
- Padel level test on Sunday upon arrival.
- Padel competition on Saturdays.
- Lunch + mid-morning & mid-evening snack.
- RNA Games.
- BBQ dinner and trophy ceremony.
- 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








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# DO YOU WANT TO TRAIN LIKE A PROFFESIONAL PLAYER?

**The Rafa Nadal Academy** opens its doors once again to all young padel players who want to enjoy an unforgettable experience at one of the world's top high-performance sports centers.

Players can book **one or more weeks of the camp** from December 20 to January 3, 2027.
Check-in and check-out for players will be on Sundays.

This camp combines technique, tactics, physical preparation, and learning, all within an international, professional, and motivating environment.

Our coaches have incorporated this methodology and training system into the camp's technical sessions and will be responsible for teaching it to all participants. In addition, they will conduct a level assessment for players before the program starts to assign them to a training group appropriate to their skill level.





**The Christmas Padel Camp Junior** focuses on:

- Basic and advanced padel techniques taught analytically through baskets and globally through control and game situations.
- Tactical situations for attack, defense, and counterattack taught globally through 1×1, 1×2, 2×1, and 2×2 game situations, conditioned drills, matches, and competitions.
- Physical preparation through games, team dynamics, and specific exercises.
- Competition factors to consider before, during, and after matches.

The RNA Camp also aims to educate participants through sport via technical talks. **Thanks to sessions led by specialized coaches at the Rafa Nadal Academy, young athletes will receive focused training on padel gameplay and all the important aspects surrounding the sport.**

The Junior Padel Camp at the Rafa Nadal Academy offers a unique opportunity where padel, fun, leisure, and values come together in a campus environment with young players from all over the world.

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**TRAIN WITH THE RAFA NADAL ACADEMY METHOD AND RODRI OVIDE'S METHODOLOGY**

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# SCHEDULE

WEEKLY PROGRAM

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| 7:30 - 8:00 | BREAKFAST | | | | | | |
| 8:00 | MEETING POINT | | | | | | CHECK IN - OUT |
| 8:15 - 9:30 | FITNESS | | | | | PADEL COMPETITION | |
| BREAK | ENERGY BREAK | | | | | | |
| 10:00 - 12:00 | PADEL | | | | | | |
| 12:00 - 13:15 | RNA GAMES | | | | | WEEKLY EVALUATION | |
| 13:30 | LUNCH | | | | | | |
| 14:45 | MEETING POINT | | | | | | |
| 15:00 - 17:00 | PADEL | | ACTIVITY | PADEL | | ACTIVITY (15:00-19:00) | |
| 17:00 - 18:30 | TECHNICAL PADEL CLASS | | | TECHNICAL CLASS | MUSEUM | | TEST LEVEL |
| 19:30 - 20:00 | DINNER | | | | | BBQ (20:00-20:30) CEREMONY +DISCO (20:40-22:00) | DINNER |

- 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.

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# FACILITIES

## 44 TENNIS COURTS

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






## 19 PADEL COURTS

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

*The programmes will be held on the newly built panoramic 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



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# INSPIRING PEOPLE TO ACHIEVE THEIR OWN IDEAL

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