

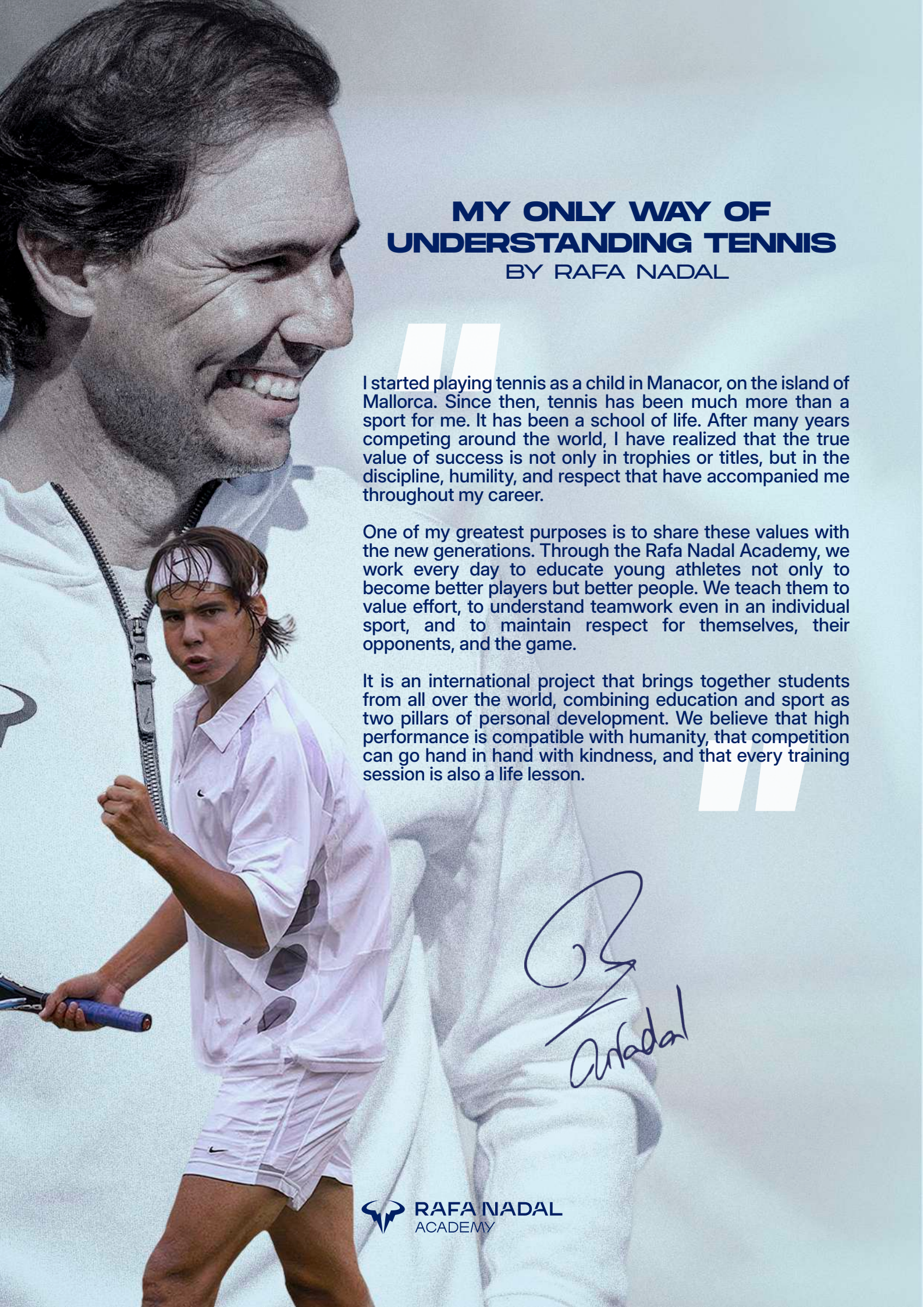
SUMMER

PADEL CAMP ADULT



JUNE 13 - AUGUST 29, 2027

FOR PLAYERS OVER 18 YEARS OLD



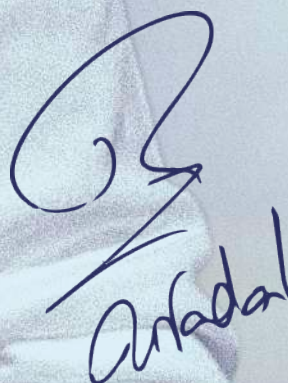
MY ONLY WAY OF UNDERSTANDING TENNIS

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
ACADEMY

WHAT'S INCLUDED

12h

**PADEL TECHNICAL
TRAINING**

4,5h

**PHYSICAL
PREPARATION**

Group-Specific Training

4h

**OFF COURT
ACTIVITIES**

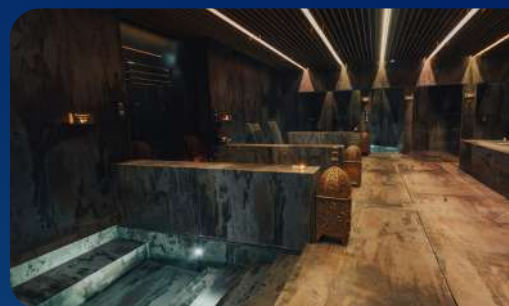
- Welcome pack.
- 7 nights' accommodation at the Rafa Nadal Residence*
- Free use of the Fitness Centre with over 200 guided activities per week (CrossFit and Yoga & Pilates Studio excluded).*
- Free access to the 25 m indoor swimming pool and the Spa with hydrothermal circuit, sauna and Turkish bath.*
- 50% OFF on your Rafa Nadal Museum Ticket.*
- Barbecue and live music afternoon.**
- Diploma ceremony and local products tasting.**

* Only included in the boarding option.

** Included for the player's accompanying person.

ADD COMPETITION TO YOUR PROGRAM BY BOOKING THE PLUS VERSION:

- 7,5 hours per week of competitive tennis training. Court/player ratio 1:4.
- 1 functional assessment with a Rafa Nadal Academy physiotherapist.



DO YOU WANT TO IMPROVE YOUR PADEL AND LIVE A UNIQUE EXPERIENCE?

This full Adult Padel Camp will take place from June 13 to August 29, 2027, with the option to book one, two, or as many weeks as you wish.

Under the technical direction of Rodri Ovide, one of the leading international references in padel coaching, this camp combines technique, tactics, physical preparation, and learning, all within an international, professional, and motivating environment.

The program is designed for players of all levels who want to improve their performance and experience high-level training at one of the world's most prestigious sports centers.



This experience includes technical and tactical padel training, match-situation drills, specific physical preparation, competition, as well as off-court activities such as nutrition and sports psychology talks, plus group social activities.

During the camp, players practically work on fundamental aspects of modern padel such as defense, counter-attacking, point construction, and attacking, integrating tactical concepts and decision-making applied to real match situations.

The Summer Padel Camp Adult takes place in the unique setting of Mallorca and is also an ideal option for families looking to enjoy a sporty vacation on the island.



SCHEDULE

WEEKLY PROGRAM

	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
8:15		PHYSICAL PREPARATION						DEPARTURES
9:00		PADEL						
10:00								
11:00		FREE TIME						
12:00								
13:00	ARRIVALS	OFF COURT ACTIVITIES				FREE TIME	DIPLOMA & TASTING	
14:00		LUNCH				FREE TIME		
15:00								
15:30		TACTICAL PADEL *PLUS ONLY						
16:00								
17:30								
19:30						BBQ +LIVE MUSIC		



Only in the PLUS option

- * Summer Camp PLUS Option: 19.5 hours of training per week.
- * Morning-only option: 12 hours of training per week.
- * The weekly activity schedule is indicative.

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 courts used for the programs will be the recently built panoramic courts: 3 indoor and 5 outdoor.

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**

**SUMMER
PADEL CAMP ADULT**

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RAFA NADAL
ACADEMY