



RAFA NADAL
ACADEMY



TEN-PRO
Global Junior Tour

RNA COMPETITION EXPERIENCE

COMPETE AT TEN-PRO. DEVELOP WITH RNA

Transform your tournament week into a complete development experience



MALLORCA
RAFA NADAL ACADEMY

AVAILABLE ONLY FOR **REGISTERED TEN-PRO PLAYERS**

Official competition combined with personalized training, match coaching and performance development

OFFICIAL COMPETITION + PERSONALIZED DEVELOPMENT

The RNA Competition Experience combines **official tournament matches** with **personalized training** and on-court coaching. Players learn how to compete like true athletes while receiving individualized support before, during and after every match.

The program is designed to **transform tournament competition** into a complete learning experience, helping players improve performance, decision-making and competitive habits.

WHAT MAKES THIS PROGRAM UNIQUE?

- Official tournament competition
- Personalized tennis training
- Match coaching and analysis
- Daily Energy Break & Snack
- Lunch at Players' Restaurant
- Saturday Activity

RNA COMPETITION FORMULA

1 TRAIN
10 HOURS OF PERSONALIZED TRAINING

2 COMPETE
OFFICIAL TOURNAMENT MATCHES

3 LEARN
MATCH COACHING
& COMPETITION LAB SESSIONS



WHAT'S INCLUDED

10h TENNIS PERSONALIZED TRAINING	5h COMPETITION LAB	4 MINIMUM OFFICIAL TOURNAMENT MATCHES
TENNIS TRAINING	Training sessions are designed based on each player's tournament performance, allowing coaches to reinforce strengths and target specific areas for improvement.	
MATCH COACHING	Before, during & after match support. Players receive continuous guidance throughout the competition process, including pre-match preparation, match observation and post-match analysis.	
COMPETITION LAB	Interactive sessions focused on competition habits, match preparation, etc. to help players maximize their potential on and off the court.	
FITNESS & RECOVERY	Prepare. Perform. Recover. Competition-focused physical preparation, activation routines and recovery protocols integrated throughout the tournament week.	

BOARDING (CAMPUS ACCOMODATION OPTION)

- Minimum stay of 7 nights in a Single / Double Room or Double Room with an extra bed for children (up to 14 years old).
 - Full Board.
- Medical care and physiotherapy service (if needed)
- Airport transfer service.



DISCOVER THE RAFA NADAL ACADEMY

At the Rafa Nadal Academy, success is measured by more than results. Throughout the week, players are exposed to the values that have defined Rafa Nadal's career: discipline, effort, resilience, humility and respect. These principles are integrated into the training and competition experience, helping players develop both on and off the court.

The Rafa Nadal Academy is located in Manacor – Mallorca, Rafa Nadal's hometown, just 30 minutes from Palma de Mallorca Airport and 10 minutes from the coast. The island's environment and climate are ideal for combining physical exercise with the gastronomic, cultural and recreational activities Mallorca has to offer.

+35
COACHES

+6
PHYSIOTHERAPIST

+8
FITNESS COACHES

+12
SUPERVISORS

OUR FACILITIES

STATE-OF-THE-ART SPORTS FACILITIES,
IDEAL FOR COMPREHENSIVE TENNIS COACHING

SPORTS & LEISURE

- **44 TENNIS COURTS**
 - 22 hard courts (19 outdoor & 3 indoor)
 - 22 clay courts (15 outdoor & 7 semi-covered)
- Rafa Nadal Residence, Fitness center, indoor and outdoor 25m swimming pools, Sports Clinic by Quironsalud
- **19 PADEL COURTS**
 - 10 indoor courts (3 panoramic)
 - 9 outdoor courts (3 panoramic)
- Restaurants & Official Store
- Rafa Nadal Museum
- Beach volley, squash, padbol & multisports courts

BOARDING & SCHOOL

- Supervised residency
- 72 double or triple rooms
- Rest and leisure room
- Reception and 24/7 surveillance
- International College
- Full Board (Breakfast, Lunch, Dinner and Snacks)



INSPIRING PEOPLE TO ACHIEVE THEIR OWN IDEAL



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