



RAFA NADAL ACADEMY

Train to become a professional tennis player and experience the methods and coaching that made Rafa Nadal one of the greatest players in tennis history!

KEY FACTS

LOCATION

Manacor (Mallorca, Spain)

TRAINING GROUNDS

Rafa Nadal Academy

ACCOMMODATION

Residential (Full-board)

Day Camp

DURATION

Weekly programmes

(from September to June)

Summer camp

(28th June - 22th August)

START DATES

Every Sunday

ACADEMIC PROGRAMMES

Annual Tennis & School

Annual Tennis Plus

AGE RANGE

Residential 8 - 17 or

Adults Day Camp 18+

The [Rafa Nadal Academy by Movistar](#) opens its doors in 2016 for young tennis players to train with the method that has taken Rafa to the number one spot. With their experience on tour, Rafa Nadal, Toni Nadal and his team have developed a training method designed to develop the next-generation of top tennis players in an environment where the game is becoming increasingly quick; and players, stronger and faster.

Every area of the academy works towards the goal of taking your tennis to the next level and considers everything from technique, strategy and physical preparation to mental training and nutrition. The philosophy is based on the values of Rafa; effort, self-discipline, friendship, overcoming adversity, humility and respect.

The [Rafa Nadal Academy by Movistar](#) incorporates a high quality residential complex and enables players to develop an education through the Rafa Nadal International School, while also training to become professional players. In addition, the academy includes a programme for those students that don't make the jump to professional tennis to obtain a scholarship at American universities to continue competing.

[Choices International](#), officially representing Rafa Nadal Academy by Movistar in the UK and Ireland, offers a selection of professional tennis programmes.

Summer camp

This programme runs from June to August and It includes 20.5 hours of tennis training from Monday to Saturday and 10 hours of physical fitness & sports games per week, 6 hours of "Building a Champion" and 4 hours of activities, leisure and excursions.

Choices
International



ACCOMMODATION

First category residential campus with large and modern en-suite twin bedrooms, furnished to a high standard, which is divided into separate areas according to age and gender. Free Wi-Fi available across the campus.

FACILITIES

Located in Manacor, Rafa's hometown, the academy includes the most advanced facilities for top-level training:

- 26 tennis courts of different surfaces (Clay, Greenset), outdoor and indoor.
- Fitness Centre with all the latest equipment.
- 2 swimming pools; one outdoor and one indoor.
- Mini-football pitch (Football 7) and 7 padel courts.
- Restaurant and café and Pro Shop
- Specialised clinic in sports medicine, physiotherapy and nutrition.
- Green areas and gardens.



PROGRAMME FEES

| PROGRAMMES | DESCRIPTION | FEES Residential | FEES Day Camp |
|--|---|---|---------------|
| Summer programme 28/06/20 to 25/07/20 | 20.5 hours of tennis training per week 10 hours of physical fitness & sports games per week 6 hours of "Building a Champion" 4 hours of fun activities | €2.1750 | €1.600 |
| Easter programme 05/04/20 to 25/04/20 | 22 hours of tennis training per week 6.25 hours of physical fitness training per week 7.5 hours "Building a Champion" lessons per week | €2.1750 | €1,700 |
| Weekly programme Outside of Summer & Easter peak periods | 22 hours of tennis training per week 6.25 hours of physical fitness training per week 7.5 hours "Building a Champion" lessons per week | €1.975 | €1,550 |
| Annual programme From September 2020 | Annual Tennis & School Annual Tennis Plus | Please enquire about availability and costs | |
| Registration fee | € 100 | | |
| Medical insurance € 15 per week - Mandatory | | | |

* Arrivals are on the Sunday prior to the course start date. Departures are on the Saturday.

** Adult training programmes and accommodation are available to book separately. Please enquire about details.

*** **Discounts** are available according to dates and number of students' weeks. Please enquire about promotions

Programme Includes:

- Welcome pack
- Full board residential accommodation in a Twin room
- Airport transfer
- Excursions and activities
- Competitions on Saturdays
- Medical assistance on site and physiotherapist
- Coordinator at the residence

