



RAFA NADAL  
ACADEMY

JUNE 21 - AUGUST 02, 2026

# SUMMER TENNIS CAMP

*Junior*

**EVENING PROGRAM**



**-20%**

on your flights to Mallorca!

 AirEuropa



RAFA NADAL  
ACADEMY

**WEEKLY GROUP PROGRAM**

**FOR PLAYERS AGED 8 TO 18 YEARS**



MALLORCA · RAFA NADAL ACADEMY



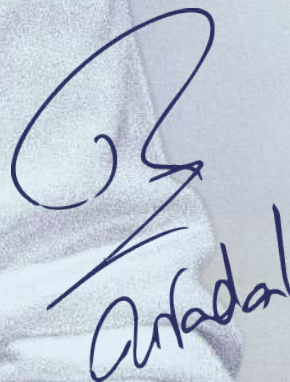
## MY ONLY WAY OF UNDERSTANDING TENNIS

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.



# WHAT'S INCLUDED

AVAILABLE MONDAY TO WEDNESDAY OR THURSDAY TO SATURDAY

**6h** **TENNIS TRAINING**  
Ratio court/player 1:4

**3h** **SPORT ACTIVITIES**  
Physical preparation

- Program without accommodation.
- Welcome package.

The main objective of this program is, through three training sessions, to present the methodological foundations of the Rafa Nadal Academy, offering a structured, high-quality tennis experience.

Players will take part in one daily on-court training session, where the technical, tactical, and competitive aspects of the game will be developed in an integrated manner. During the sessions, special emphasis will be placed on footwork, movement, and positioning as the foundation for proper stroke execution, as well as on upper-body efficiency and consistency.

Training is carried out in real game situations, allowing players to apply what they have learned under specific conditions, while also encouraging decision-making, mental toughness, and the values that Rafa Nadal represents.

All sessions are conducted in a group format, with a maximum ratio of 4 players per court, ensuring personalized attention, clear objectives, and content adapted to each player's age and level, progressively developing all phases of the game from a comprehensive and intelligent vision of tennis.

## SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
16:00	MEETING POINT			MEETING POINT		
16:30	PRESENTATION + TEST LEVEL (16:15)	MEETING POINT		PRESENTATION + TEST LEVEL (16:15)	MEETING POINT	
16:45 - 18:45	TENNIS	TENNIS	TENNIS	TENNIS	TENNIS	TENNIS (18:00 - 20:00)
19:00 - 20:00	SPORT ACTIVITIES (GYM)	SPORT ACTIVITIES (GYM)	SPORT ACTIVITIES (GYM)	SPORT ACTIVITIES (GYM)	SPORT ACTIVITIES (GYM)	
			QR'S EVALUATION + DIPLOMA CEREMONY			QR'S EVALUATION + DIPLOMA CEREMONY

\*For internal reasons, you may notice slight adjustments to the order and schedule of activities depending on the week in which the program takes place.

# FACILITIES

## 45 TENNIS COURTS

### 23 HARD COURTS

(19 OUTDOOR Y 4 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

### 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 EVENING PROGRAM**

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