



**ONE WEEK PROGRAM** (NON-SUMMER)  
HIGH PERFORMANCE TENNIS & LANGUAGE



## INTRODUCTION

Rafa Nadal has transformed his training base into a high performance tennis academy where he and his team will prepare young athletes using a revolutionary program based on Rafa's own training system and values.

Located in Rafa's home town of Manacor in Mallorca (Spain), the Academy will combine tennis and education to ensure that students can follow the path of their tennis career without having to forsake their academic progress.

The Rafa Nadal Academy has its own unique training system based upon the experience acquired by Rafa and his technical team throughout his many years on the ATP circuit, including the personal values that have been key to his many achievements.

Led by Toni Nadal, the team at the Academy is comprised of a group of coaches and other professionals that have accompanied Rafa during his sporting career. The team in which he has always trusted has an important role at the Academy.

## OBJECTIVES

- To maximise the potential of every athlete so that they have the chance to become a professional player without having to sacrifice their studies.
- To combine high performance tennis with academic excellence so that those students that wish to continue their academic studies alongside a sporting career have access to the best scholarships at universities in the United States.
- Educating people through sport, positively impacting students with the transmission of values that will help their personal development.

## FACILITIES

The brand new sporting facilities created by the Rafa Nadal Academy are equipped with the latest technology and include:

- Supervised residency exclusively for students
- American International School
- 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)
- Regulation multi-sports court
- 7 padel courts
- Restaurant and café bar
- Pro Shop
- Clinic, specialised in sports medicine, physiotherapy and nutrition.
- Gardens





## WEEKLY PROGRAM

Weekly training program from September to June. The training program is personalised and tailored to the characteristics of each student, using the methodology that Toni Nadal has created and developed according to his experiences with Rafa Nadal.

### The program includes:

- 27 hours of tennis training per week
- 8 hours of physical fitness training and kinesiology per week
- 7,5 hours of language studies per week at the American International School
- Accommodation at the supervised residency within the Academy
- Breakfast, lunch, snack and dinner
- Medical attention, physiotherapy and nutritional care
- In-competition coaching
- Psychological assistance and mental training
- Leisure activities

*Trainings take place from Monday to Saturday, with Sundays free for resting or activities when you choose more than one week. Check in and check out are on Sunday.*



# AREAS OF THE PROGRAM

## Tennis:

In collaboration with the technical team that has been working with Rafa throughout his career, Rafa and Toni Nadal have created the training system that will be used at the Academy.

It is a system that is regularly updated because the tennis industry is constantly developing, with changing materials that influence the speed of playing (racquets, strings, balls...) and evolving training methods (especially in terms of physical and mental training) which ensure that we are seeing stronger, faster and more agile players than ever before on the professional circuits.

Emerging trends clearly show that the game of tennis is becoming progressively faster; points are shorter and the start of play (serve/return) is hugely influential to the subsequent development of the point. This means that players have to be prepared to make decisions in a shorter time.

We understand that modern tennis, and tennis of the future is played first with the 'eyes', then with the 'mind', later with the 'legs' and finally with the 'hands'.

At the Academy we apply training systems geared in this direction, combining them with the skills that have brought success to Rafa throughout his professional career, such as mobility, winning spirit, intensity (in training and in competition), concentration and a competitive mentality.

During the training we will decide the amount of time to be dedicated to each of these aspects of play (technical, strategic, physical and mental) in order to ensure that our athletes are as competitive as possible. All training should be carried out with a clear objective, applying the maximum concentration, with no differentiation in this respect between training and competitive matches.





## Teaching Values:

Rafa's successes are the fruit of values transmitted by his team throughout his learning experience. These values are the essence of the Academy and will be taught to students in all areas of the program.

Positive values such as effort, self-discipline, friendship, overcoming adversity, humility and respect are synonymous with our Academy and are the pillars on which we base the education, training and overall formation of the students.

Order is another intrinsic value on which we place a vital importance in the daily life at the Academy. Our students must be responsible for maintaining order, while demonstrating daily commitment to attitudes of good behaviour, tolerance and coexistence.

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## Physical Training:

Tennis has evolved in many different ways. One important aspect is the transformation of physical preparation and the increased importance of training players from a very young age.

With the ever-changing equipment and increased physical demands on players, the challenges of the tennis circuits have never been greater. Education and Sport provide a fundamental base from which young players can face the future.

Physical training at the Rafa Nadal Academy is based on two pillars: Coordination Skills and Injury Prevention.

- Coordination Skills give young players the ability to make the impossible possible, to make the possible seem easy and the easy seem elegant. Balance, reflexes, changes of rhythm and direction, footwork, anticipation and hearing the ball are some of the areas linked to these skills.



These considerations will be integrated on-court and in physical training sessions, where we will carry out personalised tasks during real play.

- Injury Prevention forms a very important part of the Rafa Nadal Academy program. Tennis is an aggressive and asymmetrical sport that can cause imbalances in our muscles and joints. The frequent surface changes can add to this strain and are a constant cause of injuries.

Preventative training, which aims to minimise these risks, forms a base for the following aspects: articular mobility exercises, stretching of the muscles that are prone to strains with the aim of alleviating tension; strengthening the stabilising muscles of the different areas of the body, such as the shoulder and the deep muscles of the back.

To work on these aspects, the Academy contains all the latest fitness and training machines and other technology.

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## Competition:

At the Academy we understand that competition is a fundamental tool for the development of the athlete. Each student will have a personalised competition calendar according to their age and tennis level, which may include local or internal, national and international tournaments.

The calendar will be established by the student's coach tutor, together with the tournament coordinator.





## Nutrition:

Proper nutrition has a fundamental role in life in general, especially for athletes. Good nutritional practices help to improve performance and prevent injuries.

The nutritional program at the Academy is based on different plans according to stages and its implementation is dependent on the coordination of a team of people (coaches, physical trainers, physiotherapists, psychologists and doctors), with the ultimate aim of ensuring that the student learns to ensure that they have all of the necessary nutrients at any given time.

### **The nutritional plan at the Academy includes:**

1. Assessment of specific needs
2. Preparation of healthy, balanced meals with a selection of the best-quality fresh products from the island of Mallorca
3. Hydration in training and before, during and after competition, taking into account environmental conditions
4. Assessment of supplementary requirements and ergogenic aids
5. Support in the recovery from (and prevention of) injuries
6. The Academy has its own kitchen and a team of nutritionist chefs and cooks experienced in high performance centers

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## Mental Training:

Mental strength is very important in overcoming adversity and is one of the aspects that we work on at the Academy. Exercises are carried out on and off-court, with the aim of developing the psychological skills of the athlete, enhancing not only their tennis performance but also their ability to perform in other areas of life.



## Video Analysis:

Coaches at the Academy use video analysis in training exercises and in matches as a tool to improve technical and tactical aspects of each student's game. The Academy has the latest software and technology for recording and editing videos, which are analysed by the coach and personalised for each student.

Video analysis is available under demand and its cost is not included in the price of the weekly program.

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## LANGUAGE STUDIES

The American International School can be found within the grounds of the Academy.

The Academy offers English and Spanish classes during the week, and after the training. Classes are given in English by native speakers.

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## ACCOMMODATION

Students stay on-site at the Academy campus, where the residency has large and modern twin bedrooms, featuring own bathroom with shower, desk, wardrobes, Wi-Fi connection, central heating and air conditioning.

The residency is supervised and has 24 hour security service. The accommodation at the residency is divided into separate areas according to age and gender.

### Services included in accommodation:

- Full accommodation in a shared bedroom
- Meals (breakfast, morning snack, lunch, afternoon snack and dinner, prepared at the Academy's own kitchen)
- Access to Games Room (with TV, computers, Wi-Fi, Play Station/Wii and other recreational games)
- Laundry service
- Wi-Fi Internet access





## CODE OF CONDUCT FOR ALL STUDENTS

At the Rafa Nadal Academy by Movistar, one of the main values that we want to teach is that of respect for other people; our rivals, colleagues and staff. Learning to respect is therefore part of the program. There is a standard of behaviour and of the use of the facilities that must be respected. There is also a disciplinary procedure for transgressions, and a disciplinary committee of teachers and administrators from the Academy which will evaluate inappropriate behaviour, taking disciplinary action where necessary to ensure that students learn from their errors and become good citizens.

*Enrolment in any of the Academy's programs indicates the acceptance of the Academy's rules.*

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## MEDICAL INSURANCE

The Academy has a Health Insurance Premium with one of Spain's leading insurance companies, which is included to all programs. This policy covers the athlete for both illness and injury and includes top medical specialists. Within the Academy grounds are a first-class sports clinic, which also includes physiotherapy services.

## LAUNDRY

At the Rafa Nadal Academy, respect for others begins with respect for one's self. For this reason, we expect correct hygiene and dress from our students. The Academy has its own laundry service. Students are provided with a laundry bag and can deposit their dirty clothes which will be picked up by the laundry service and delivered back to the student in a period of 24-48 hours. All clothes must be labelled with the name of the student.

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## TRANSPORT

The program includes an airport transfer service, provided that students inform with 72 hours' notice of their arrival information.

For those students that have signed up for the UM (unaccompanied minor) service with their airline (escort service), the Academy will provide a person to accompany them at all times until they are handed over to the airline.

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## VISAS

Once we have received your registration and payment, the Academy will facilitate the procedures for non-EU residents to obtain a visa if it was necessary.



## PRICE

The price of the weekly program is as follows:

Tennis Training Program	€1.305
Accommodation & Catering	€525
Languages program at American International School	Included
Transfers to/from Palma International Airport	Included
Premium Medical Insurance	Included
Physiotherapy services (when necessary)	Included
Laundry	Included
Wi-Fi Access	Included
Access to library, media room and games room	Included
Leisure & Recreational activities (excursions, etc)	Included
Spanish Tennis Federation license to compete at tournaments	Included
Registration Fee	Included
Visa assistance	Included
IVA (tax)	Included
<b>TOTAL</b>	<b>€1.830</b>



## REGISTRATION & PAYMENT

The Rafa Nadal Academy by Movistar is a high-performance academy for elite players. In order to register for our programs, players must demonstrate their level of tennis is good enough. Students will be grouped according to level and age.

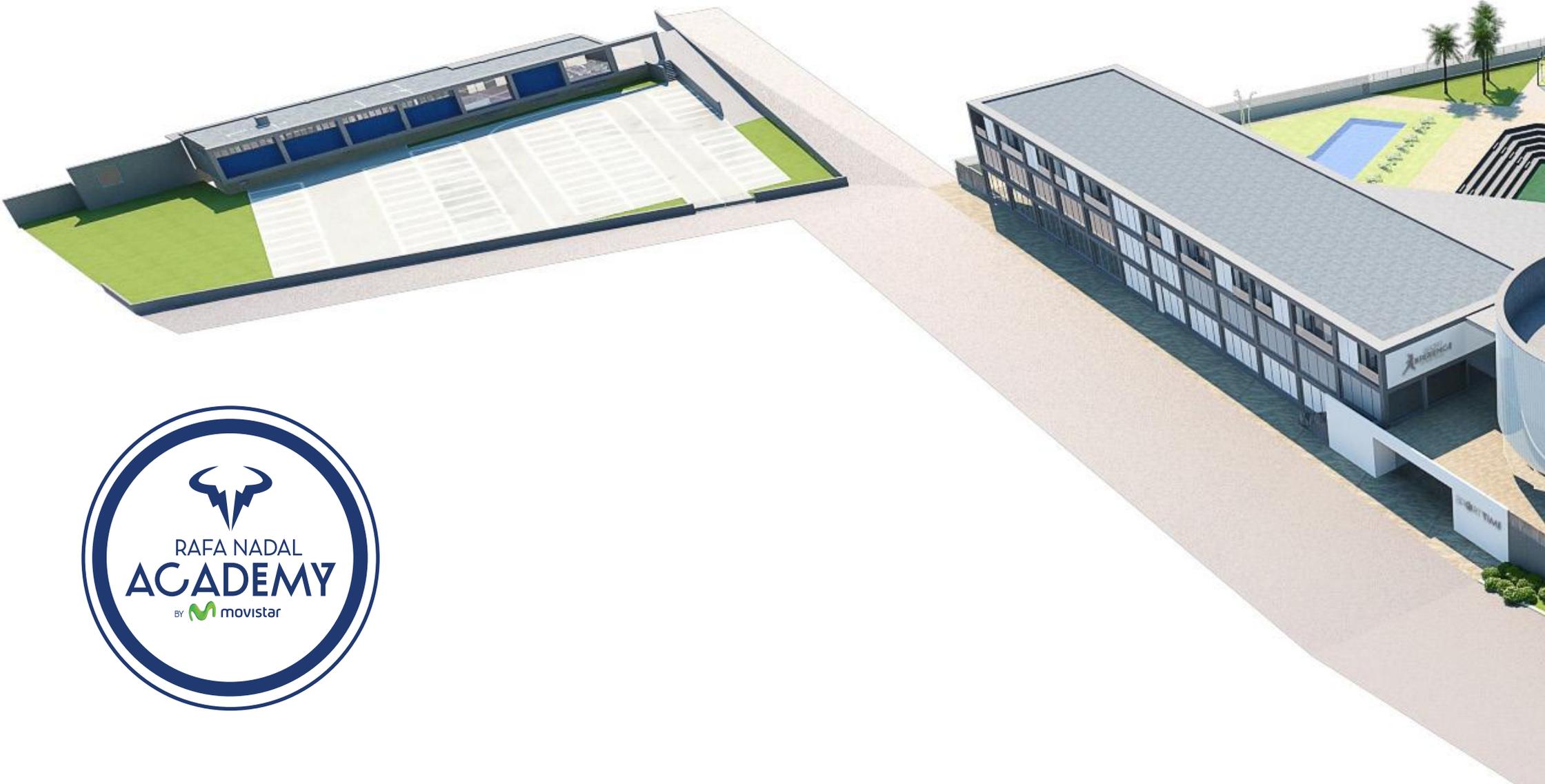
You can sign up for the programs by returning the registration sheet, which will be provided by the Admissions Office upon confirmation of availability. This must be fully completed and signed by the student and mother, father or legal guardian if under 18 years of age.

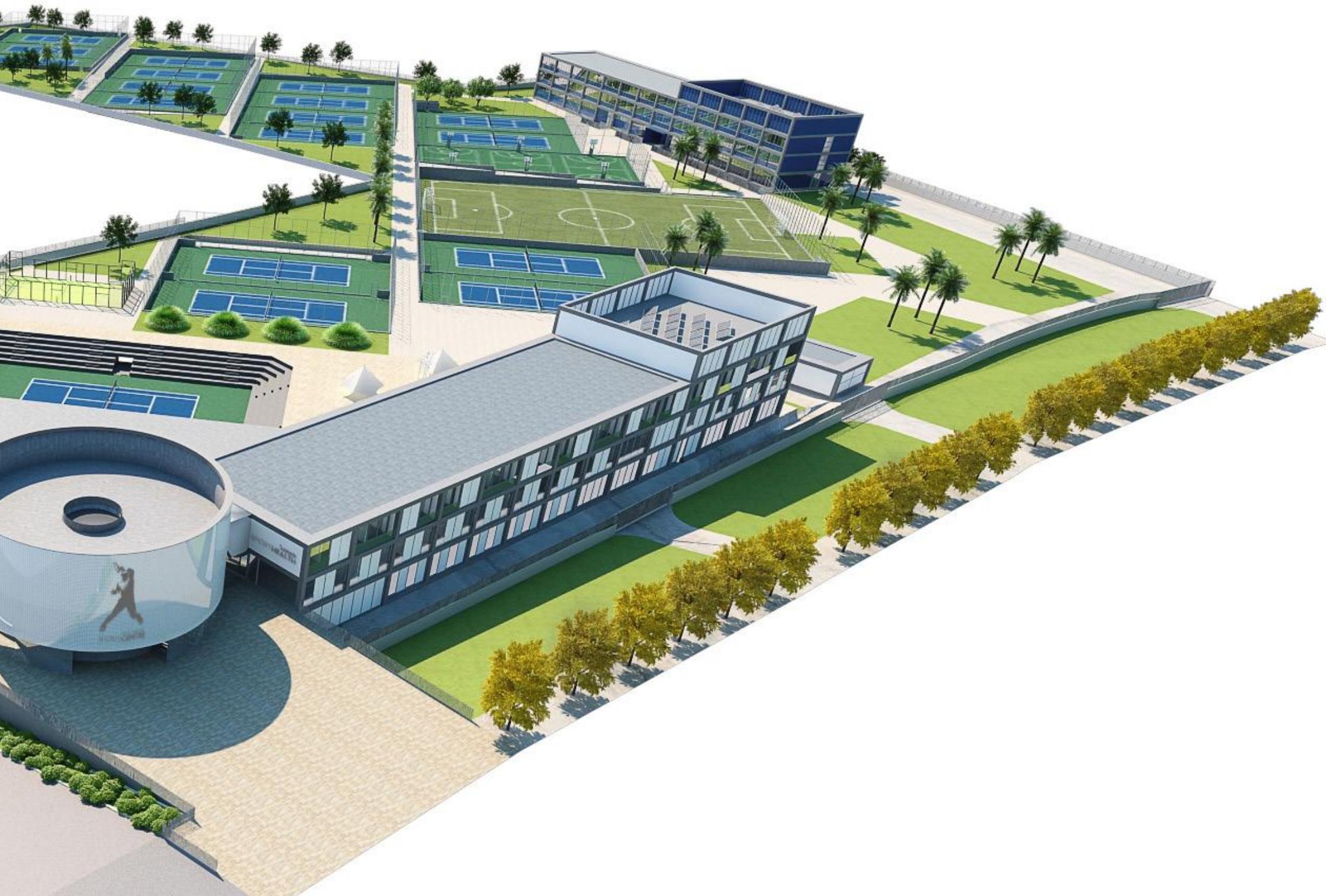
### **Registration is completed in the following way:**

- 20% deposit to secure place
- Payment of the remaining two months before the program starts

*In case of cancellation before the start of the course, the 20% deposit will not be refunded.*









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