



# RAFA NADAL

ACADEMY by  Movistar



## FACILITIES

- 45 tennis courts
  - 23 hard courts (19 outdoor & 4 indoor)
  - 22 clay courts (15 outdoor & 7 covered)
- Fitness center
- 1 football 7 pitch
- 2 squash courts
- 1 semi-olympic 25m pool
- 1 beach volley court
- Sports Clinic
- 15 padel tennis courts
  - 6 indoor courts
  - 9 outdoor courts (3 panoramic)
- 2 outdoor recreational pools
- 1 padbol court
- SPA & Beauty salon

## HIGH-PERFORMANCE CAMP

For players aged 11 to 20.

## HIGHLIGHTS

- 6 days of training, from monday to saturday.
  - 7 nights stay with full board.\*
  - Player insights for enhanced future tennis training.
  - 22h of tennis training. Ratio 1:3.
  - 30min of individual tennis training. Ratio 1:1.
  - 6.25h of physical preparation.
  - 3 sessions of training in nutrition, injury prevention and wellness.
  - Mental training in court.
  - Guided visit to the Rafa Nadal Museum.
  - Tennis competition.
  - Welcome pack.
  - Transfer service to and from the airport.\*
- \* Only for boarding.



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<https://indiatospain.es/>



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### WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Goodmorning !					Breakfast Time !	ARRIVALS AND DEPARTURES
8:00 - 9:15	Off court session "injury prevention"	Off court session "nutrition"	Free time	Health & Wellness	Free time	Tennis Tournament (group 1)	
10:00 - 11:30	Tennis Training					Tennis Tournament (group 1)	
11:30 - 12:00	Individual Tennis Session ( 1 day per player )				Rafa Nadal Museum visit	Tennis Tournament (group 1)	
12:00 - 14:00	Lunch and Free time					Lunch	
14:30 - 17:00	Tennis Training					Playful activities	
17:00 - 17:30	Energy Break						
17:30 - 18:30	Physical Training						
18:30 - 19:30	Free time						
20:00 - 21:30	Dinner						
22:00	Good night!						

\*The weekly schedule will be adjusted for each age group.

### LOCATION: MALLORCA, SPAIN





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### \*ALL INCUSIVE

\*DEPENDS ON DATE AND BOOKING OF TRAVEL



1 WEEK	2 WEEKS	3 WEEKS
3240 €	5240 €	6750 €
2.95L ₹	4.8L ₹	6.15L ₹

LOCATION: MALLORICA, SPAIN



INCLUDES: ACADEMY. CAMPS, CERTIFICATION, VISA, DOCUMENTATION, \*FLIGHTS, TRAVEL, FOOD & ACCOMMODATION

## OUR SERVICES

### ENSURING YOUR CHILD'S SAFETY AND GROWTH WITH INDIA TO SPAIN

- 1) Selection in the Camp
- 2) Guardian Accompanied Enrollment ( Add on)
- 3) Application form
- 4) Creading Child's profile
- 5) Visa Documents
- 6) Registration for the Academy
- 7) Making Passport ( Optional & add on )
- 8) Travel bookings ( Optional )
- 9) Appointment at Embassy ( Optional

Any OPTIONAL service if not required can be discounted from the total price of academy mentioned above

1. **Parent/Institution-Appointed-Guardians:** Parents/institutions have the authority to appoint guardians for their children.
2. **Open Communication:** Guardians can stay in touch with students at all times, fostering a sense of security and connection.
3. **Non-interference Policy:** Guardians are encouraged not to interfere with the training program, allowing students the freedom to learn and develop autonomously.
4. **Emphasis on Team Dynamics:** Students are grouped and accommodated with peers to encourage teamwork, harmony, exposure and effective communication.
5. **Proximity of Home Guardian:** Home guardians reside close to the premises and have unrestricted access to the academy.
6. **Strict Safety Measures:** Students are only permitted to leave the premises with special permission from the home guardian, ensuring their safety and well-being.
7. **Dedicated Academy Guardian:** Each student is assigned an additional guardian from the academy to assist with schedules and address personal needs, ensuring a seamless experience.



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