



# 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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