



COSTA MUJERES - CANCÚN



RAFA NADAL
ACADEMY
BY **M** movistar



SUMMER CAMP

RESERVE YOUR PLACE!

22 JULY - 17 AUGUST 2019
FOR PLAYERS FROM 8 TO 17 YEARS OF AGE



RAFA NADAL
TENNIS CENTRE

PALLADIUM
HOTEL GROUP

COULD YOU BE THE NEXT
GREAT CHAMPION?

SUMMER TENNIS CAMP 2019

TRAIN WITH THE RAFA NADAL ACADEMY BY MOVISTAR METHODOLOGY

Get the most out of your tennis game with the new Summer Camp at the Rafa Nadal Tennis Centre in Costa Mujeres!

From July 22nd to August 17th, the Costa Mujeres Rafa Nadal Tennis Centre is opening its doors to all children aged between 8 and 17 who are looking for an unforgettable experience this summer at one of the world's best tennis centres.

Players at the Summer Tennis Camp will improve their technique, physical fitness and on-court skills while enjoying a number of leisure activities in the unforgettable surroundings of Costa Mujeres, Cancun. All training will be based on the Rafa Nadal Academy by Movistar methodology, developed through the experience acquired by Rafa Nadal and his coaching staff during their time on the professional tour.

The Rafa Nadal Academy by Movistar Summer Camp represents a unique opportunity for tennis, fun, leisure and values to be brought together on a campus that will be shared by young people from all over the world.

Train with the training system used by Rafa Nadal and his coaching team!





TRAIN LIKE A PRO TENNIS PLAYER



GOALS

- 1** Maximize the potential of each player in every aspect of the game.
- 2** Develop the techniques necessary for a solid, fluid and fast game.
- 3** Understand every game situation in order to apply the suitable tactical solutions.
- 4** Develop mental skills that allow the player to be a better competitor.
- 5** Increase the player's physical fitness.
- 6** Instil the Rafa Nadal Academy by Movistar values, positively impacting the player's development both on and off the court.
- 7** Offer the participant a unique, tennis and fun-packed experience at the paradise destination of Costa Mujeres, Cancun.

SUMMER CAMP (8 - 10 years old)

At this summer camp, boys and girls aged from 8 to 10 will enjoy a training experience in which they learn the basics of tennis, develop their motor skills and share memorable moments with friends from all around the world.

The children will develop important skills such as balance and hand-eye coordination and improve their perception of space by means of a series of fun sports exercises and activities. The program will be completely adapted to the standard of each student.

Our training sessions will include all kinds of games linked to the values of the Rafa Nadal Academy by Movistar.

The programme is available from 1 week to 4 weeks, between July 22th and August 17th. Training sessions and activities will take place from Monday to Saturday from 9am to 3pm.

INCLUDES

- From 1 to 4 weeks (training sessions from Monday to Saturday).
- 12 hours of tennis training per week. (Court-player ratio: 1-4)
- 6 hours of multi-sport activities per week.
- Fun and recreational activities with supervisor.
- Energy break and lunch.
- Guided tour of the Rafa Nadal Museum Xperience.
- Welcome pack.
- Presentation of certificates to participants.

PRICE: \$600/WEEK

- * 5% discount for reserving 2 weeks
- * 10% discount for reserving 3 or 4 weeks

WEEKLY CALENDAR

	MONDAY TO FRIDAY	SATURDAY
09:00	TENNIS TRAINING	TENNIS TRAINING
10:00		
11:00	MULTI-SPORT ACTIVITIES	MULTI-SPORT ACTIVITIES
12:00	KIDS CLUB (FUN ACTIVITIES)	CERTIFICATE PRESENTATION AND CLOSING CEREMONY
13:00	LUNCH	
14:00	KIDS CLUB (FUN ACTIVITIES)	

Although the schedule may undergo changes, we will try to keep it as similar as possible to that shown.



SUMMER CAMP (11 - 17 year old)

Would you like to improve your tennis with the Rafa Nadal Academy by Movistar methodology?

At the Summer Tennis Camp for boys and girls aged between 11 and 17, you will attend training sessions in small groups and share memorable moments on court with players from all over the world.

The training sessions will focus on all essential aspects of the game, such as technique, tactics, fitness and a competitive mentality, among other things, always in combination with fun and recreational activities in the unbeatable surroundings of the Mexican Caribbean.

The Summer Tennis Camp also seeks to educate the players through sport by means of the fun practical activities that make up the “Building a Champion” programme. Through sessions taught by Rafa Nadal Tennis Centre coaches, the young tennis players will be given training on nutrition, fitness and values such as hard work, humility, tolerance, patience, respect and integrity, the DNA of the Rafa Nadal Academy by Movistar.

Our coaches carry out an ability test on all players at the start of the program to assign them to the training group that suits their standard of play. Throughout the campus, any necessary modifications will be made to ensure the players have a good experience and in order to improve the group dynamic.

The programme is available from 1 week to 4 weeks, between 22 July and 17 August. Training sessions and activities will take place from Monday to Saturday between 8am and 5pm.

INCLUDES

- From 1 to 4 weeks (training sessions from Monday to Saturday).
- 22 hours of tennis training per week. (Court-player ratio: 1-4)
- 6 hours of fitness training / sports activities.
- 6 hours of “Building a Champion” activities per week.
- Fun and recreational activities.
- Energy break and lunch.
- Guided tour of the Rafa Nadal Museum Xperience.
- Welcome pack.
- Presentation of certificates to participants.

PRICE: \$825/WEEK

- * 5% discount for reserving 2 weeks
- * 10% discount for reserving 3 or 4 weeks

WEEKLY CALENDAR

Although the schedule may undergo changes, we will try to keep it as similar as possible to that shown.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2
08:00	TENNIS TRAINING	BUILDING A CHAMPION	TENNIS TRAINING	BUILDING A CHAMPION	TENNIS TRAINING	BUILDING A CHAMPION	TENNIS TRAINING	BUILDING A CHAMPION	TENNIS TRAINING	BUILDING A CHAMPION	TENIS TRAINING	BUILDING A CHAMPION
09:00		FITNESS TRAINING		FITNESS TRAINING		FITNESS TRAINING		FITNESS TRAINING		FITNESS TRAINING		
10:00	FITNESS TRAINING	TENNIS TRAINING	FITNESS TRAINING	TENNIS TRAINING	FITNESS TRAINING	TENNIS TRAINING	FITNESS TRAINING	TENNIS TRAINING	FITNESS TRAINING	TENIS TRAINING	FITNESS TRAINING	TENNIS TRAINING
11:00	BUILDING A CHAMPION		BUILDING A CHAMPION		BUILDING A CHAMPION		BUILDING A CHAMPION		BUILDING A CHAMPION			
12:00	JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)		CLOSING CEREMONY AND PRESENTATION OF CERTIFICATES	
1:00PM	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH			
2:00PM	JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)		JUNIOR CLUB (FUN ACTIVITIES)			
3:00PM	TENIS TRAINING		TENIS TRAINING		BEACH TENNIS		TENIS TRAINING		TENIS TRAINING			
4:00PM												
5:00PM												





OUR METHOD



“To develop a creative and modern game following our methodology”.

Toni Nadal

Areas of the program:

- ON-COURT TRAINING.
- BUILDING A CHAMPION.
- FITNESS TRAINING.
- LEARNING TO COMPETE.



OUR ON-COURT DNA

RECOGNITION AND ANTICIPATION

At the Academy, we understand that the tennis of today and the future is first played with the “eyes”, then the “mind”, next with the “legs” and finally with the “hands”.

At the RNA Camps, we apply training systems designed around this concept to prepare the player to think ahead and take the initiative in the game. Aptitudes such as mobility, a winning character, intensity in training and in matches, a competitive mentality and concentration form the basis of our training sessions.

PATIENCE AND RESISTANCE

At the RNA Camps we help the player develop patience, resistance and consistency from the baseline in order to overcome their opponents.

EFFORT AND POWER

We will help the player build a style of play based on effort in which any defensive situation can be converted into an attacking opportunity, generating power in forced positions.

RISK MANAGEMENT AND TACTICAL KNOWLEDGE

Defence and attack are always interlinked in tennis, and it is this instant transition from a defensive position to a winning one that makes tennis such an exciting sport. Learning to tell the difference between the two positions and making important decisions will be key in order for the player to maximize their potential.



BUILDING A CHAMPION

#RNAVALUES

The mission of the Rafa Nadal Academy by Movistar team is to try and teach young athletes the values that Rafa Nadal has transmitted on and off the court during his years of experience on the professional tour.

The Summer Tennis Camp also seeks to educate attendees through the sport with the fun practical activities that make up the “Building a Champion” programme.

The children receive 360° sports training covering all the areas that are essential to today’s tennis: technical and tactical knowledge, nutrition, fitness training, sports psychology before and after competition and values such as hard work, discipline, honesty, commitment, humility and respect, the pillars that support the integral development of our players.



FITNESS TRAINING

Each player's coordination skills give them the opportunity to make the impossible possible, to make the possible seem easy and the easy look elegant. This includes mobility, balance, reaction time, quick changes of direction, explosive movements and resistance.

LEARN TO COMPETE

TOLERANCE AND COMPETITIVE SPIRIT

Learning to compete by controlling the mind, body language and fighting until the final ball.

BUILDING CONFIDENCE

Increasing the player's confidence by creating tactical situations that favour their game.

EMOTIONAL CONTROL AND PROBLEM SOLVING SKILLS

Good players know how to solve big problems in competition. At the RNA Camps we seek to help students learn how to focus their attention on finding solutions instead of focusing on frustration and negative thoughts.



FACILITIES



RAFA NADAL TENNIS CENTRE; TENNIS PARADISE

The Rafa Nadal Tennis Centre is a new line of sports centres inspired by the Rafa Nadal Academy by Movistar (Mallorca, Spain), located in luxury holiday resorts and complexes in first-class international destinations.

With impressive sports facilities and a wide range of tennis programs for children and adults, the Rafa Nadal Tennis Centre offers an unforgettable experience for tennis lovers, who will be immersed into a professional environment with the best coaching staff in the world.

At the Costa Mujeres Rafa Nadal Tennis Centre, players can train with the Rafa Nadal Academy by Movistar methodology while enjoying their spectacular holidays in Costa Mujeres, a paradise destination located just 30 minutes from Cancun (Mexico).

Our methodology is based on an exclusive training system designed through the experience acquired by Rafa Nadal and his coaching team during all their years of learning on the ATP Tour.

OFFICIAL CENTER



PALLADIUM
HOTEL GROUP

RAFA NADAL SHOP

Would you like a souvenir from your stay with us? In the Rafa Nadal Shop you will find an exclusive selection of sports apparel with the Rafa Nadal Academy by Movistar and Costa Mujeres Rafa Nadal Tennis Centre Logos. In addition, you will find a large selection of souvenirs that you can take home with you after your tennis holidays with us. Mugs, notebooks, keyrings, etc.



SPORT CAFE

The Sport Cafe is the perfect place to enjoy the best sports events in the world on a large screen. Relax and enjoy our SNACKS & DRINKS menu with a variety of healthy, freshly made sandwiches and refreshing drinks in a sports atmosphere.



1 7-A-SIDE SOCCER PITCH

8 CLAY TENNIS COURTS (5 OUTDOOR AND 3 INDOOR)



1 PADEL COURT

RAFA NADAL MUSEUM XPERIENCE

Come and discover the Rafa Nadal Museum, where you will find a large exhibition of trophies and tennis equipment Rafa used to win some of his Grand Slam titles.

In this space you will also find items donated by other athletes who wanted to be present in this special museum inspired by the original museum at the Rafa Nadal Academy by Movistar in Mallorca (Spain).

Take a journey through the history of modern sport, try your skills in our interactive games, relive the best moments of Rafa Nadal's career and discover the values of sport with the audiovisual content in the Rafa Nadal Museum Xperience.





Grand Palladium Costa Mujeres Resort & Spa

- 670 beach-front rooms with balcony and jacuzzi.
- Swim-up pools in some suites.
- 4 swimming pools (1 for children).
- Family Selection.
- Kids clubs.
- 1500m2 convention centre, divisible into 6 meeting rooms.
- Rafa Nadal Tennis Centre.
- Amphitheatre with 360° visibility.
- POP entertainment team.
- 7 restaurants with a-la-carte, themed self-service islands and show-cooking.
- 15 bars with premium drinks, including a 24-hour sports bar.
- Zentropia Palladium Spa & Wellness (4832m2) with state-of-the-art facilities and body treatments.

What do we outstand in?

- Poseidón, a magnificent, Ibiza-style beach club.
- Dinner with a show at the Chic Cabaret & Restaurant* with performances from more than 20 artists and an after party.
- Exclusive training programs for all ages at the Rafa Nadal Tennis Centre*.
- Family Selection, a hotel within a hotel with exclusive facilities and services for families.
- Exquisite international gastronomy: Portofino (Italian cuisine), El Dorado (American steakhouse), La Adelita (Mexican), Sumptuori (Japanese), Chang Tahi (Thai), Boghali (Indian).





Information and Reservations:

Tel. +19173412197
Extension from room 88591
sales@rafanadaltenniscentre.com



PALLADIUM
HOTEL GROUP

rafanadaltenniscentre.com | PALLADIUMHOTELGROUP.COM

frontdesk@rafanadalcentre.com | sales@rafanadaltenniscentre.com