



BCN  
SPORTS



RAFA NADAL  
**ACADEMY**  
BY  movistar



LIVE THE FULL RAFA NADAL  
EXPERIENCE IN MALLORCA SPAIN

**SUMMER CAMP**  
**2019**



# INTRODUCTION

BCN Sports is a Sports & Event Management company with a global presence around the world. We partner with recognized sports brands such as the **Rafa Nadal Academy** and **US Nike Sports Camps** to provide unforgettable experiences to our clients.

## OFFICIAL PARTNER



BCN  
SPORTS



## WHEN

**JULY 7<sup>TH</sup>-21<sup>ST</sup>, 2019**  
(14 Nights, 15 Days)

## WHERE

**MALLORCA, SPAIN**

## HIGHLIGHTS

1. Train at the Official RAFA NADAL ACADEMY
2. 41 Hours of tennis training
3. Mental And Physical Training
4. Leisure and fun activities in the marvelous Mallorca Island



# PROGRAM DETAILS

## TENNIS

Rafa and Toni Nadal, in collaboration with the technical team that has been working with Rafa throughout his career, have created the Academy's unique training system.

Rafa's successes are the fruit of values transmitted by his team. 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 development of our students.

## VALUES

## PHYSICAL TRAINING

Physical training at Rafa Nadal Academy is based on two pillars: Coordination Skills and Injury Prevention. All these skills will be integrated on-court and in physical training sessions, where we will carry out personalised tasks during real play.

We understand that competition is a fundamental tool for the development of the athlete, that is why every Saturday morning we organize an internal tournament where all the players have the chance to play matches against other players.

## COMPETITION

## NUTRITION

The nutritional program at the Academy is lead by Rafa's personal nutritionist and is based on personalised plans according to stages and its implementation is dependent on the coordination of a team of people.

Workshops on the the Rafa Nadal Values, nutrition for athletes, mental control, as well as broadening students' sporting horizon

## CHAMPION ACTIVITIES

# FACILITIES

The brand-new sporting facilities at the Rafa Nadal Academy by Movistar are all equipped with the latest technology and include:



**27 TENNIS COURTS**



**CLINIC SPECIALISED IN  
SPORTS MEDICINE  
PHYSIOTHERAPY AND  
NUTRITION**



**AMERICAN  
INTERNATIONAL  
SCHOOL OF  
MALLORCA**



**SUPERVISED  
RESIDENCY EXCLUSIVELY  
FOR STUDENTS**



**FITNESS CENTRE**



**2 SWIMMING POOLS  
(1 INDOOR 1 OUTDOOR)**



**7-A-SIDE  
FOOTBALL PITCH**



**REGULATION  
MULTI-SPORT  
COURT**



**7 PADDLE COURTS**



**RESTAURANT  
& CAFÉ**



**PRO SHOP**



**GARDEN**

# ACCOMMODATIONS



## Full Accommodation

In a shared bedroom (double, triple)



## Meals

Breakfast, morning snack, lunch, afternoon snack and dinner, prepared at the Academy's own kitchen



## Laundry Service

For Boarding players only and for minimum stay of 2 weeks.



## Games Room

With TV, Wi-Fi, Play Station/Wii, DVDs and other recreational games.



## Medical Insurance Transport



## Wi-Fi Internet Access



# SCHEDULE

The timetable may be subject to change but we will endeavour to keep the final schedule as close as possible to what appears here.

|       | MONDAY              |                     | TUESDAY             |                     | WEDNESDAY           |                     | THURSDAY            |                     | FRIDAY              |                     | SATURDAY          | SUNDAY            |                   |                   |                   |                   |                   |                   |                   |                   |                   |                   |
|-------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
|       | Group 1             | Group 2             | Group 1             | Group 2             | Group 1             | Group 2             | Group 1             | Group 2             | Group 1             | Group 2             | All               | All               |                   |                   |                   |                   |                   |                   |                   |                   |                   |                   |
| 07:00 | Wake up & Breakfast |                     | Wake up & Breakfast |                     | Wake up & Breakfast |                     | Wake up & Breakfast |                     | Wake up & Breakfast |                     |                   | Check out         | 07:00             |                   |                   |                   |                   |                   |                   |                   |                   |                   |
| 07:30 |                     |                     |                     |                     |                     |                     |                     |                     |                     | Wake up & Breakfast |                   |                   | 07:30             |                   |                   |                   |                   |                   |                   |                   |                   |                   |
| 08:00 | Tennis              | Wake up & Breakfast | Tennis              | Wake up & Breakfast | Tennis              | Wake up & Breakfast | Tennis              | Wake up & Breakfast | Tennis              | Wake up & Breakfast | Tournament        |                   | Check in          | 08:00             |                   |                   |                   |                   |                   |                   |                   |                   |
| 08:30 |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |                   |                   |                   | Fitness           | Fitness           | Fitness           | Fitness           | Fitness           | Energy            | Tennis            | 08:30             |                   |
| 09:00 |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |                   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Energy            | Energy            |
| 09:30 |                     | Energy              |                     | Energy              |                     | Energy              |                     | Energy              |                     | Swimming pool       |                   |                   |                   |                   |                   |                   |                   |                   |                   |                   |                   |                   |
| 10:00 | Energy              |                     | Energy              |                     | Energy              |                     | Energy              |                     | Energy              |                     |                   | Energy            |                   | Energy            | Tennis            | Swimming pool     | Lunch & Free Time | Activity outdoor  | Tour & Welcome    | 10:00             |                   |                   |
| 10:30 |                     | Tennis              |                     | Fitness             |                     | Tennis              |                     | Fitness             |                     | Tennis              |                   |                   |                   |                   |                   |                   |                   |                   |                   | Fitness           | Tennis            | Fitness           |
| 11:00 | Tennis              |                     | Fitness             |                     | Tennis              |                     | Fitness             |                     | Tennis              |                     | Fitness           | Tennis            | Fitness           | Swimming pool     | Lunch & Free Time | Tennis            | Fun activities    |                   |                   |                   |                   |                   |
| 11:30 |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                   |                   |                   |                   |                   |                   |                   |                   |                   | Swimming pool     | Swimming pool     | Swimming pool     |
| 12:00 | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool     | Swimming pool     | Swimming pool     | Swimming pool     | Swimming pool     | Swimming pool     | Swimming pool     |                   |                   |                   |                   |                   |
| 12:30 |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                     | Swimming pool       |                   |                   |                   |                   |                   |                   |                   |                   |                   | Swimming pool     | Swimming pool     | Swimming pool     |
| 13:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 13:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 14:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 14:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 15:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 15:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 16:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 16:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 17:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 17:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 18:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 18:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 19:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 19:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 20:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 20:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 21:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 21:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |
| 22:00 | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time | Lunch & Free time |                   |                   |                   |
| 22:30 |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                     | Lunch & Free time   |                   |                   |                   |                   |                   |                   |                   |                   |                   | Lunch & Free time | Lunch & Free time | Lunch & Free time |

# PRICING

## PRICE PER PERSON (2 WEEKS)

**\$7,950**  
(TAX INCLUDED)

## FLIGHTS INCLUDED

\*If interested in 1 week program and for payment options, please contact us\*

## WHATS INCLUDED

- WELCOME PACKAGE
- SHUTTLE SERVICES TO AND FROM THE AIRPORT
- MEDICAL ATTENTION, PHYSIOTHERAPY (IF NEEDED) AND NUTRITIONAL CARE
- BREAKFAST, LUNCH SNACKS AND DINNER
- 41 HOURS OF TENNIS TRAINING
- 20 HOURS OF FITNESS TRAINING/ SPORTING ACTIVITIES
- 12 HOURS OF "BUILD A CHAMPION"
- 8 HOURS OF FUN ACTIVITIES AND EXCURSIONS
- ACCOMODATION AT THE SUPERVISED RESIDENCY WITHIN THE ACADEMY
- BCN EVENT MANAGER 24/7
- CHAPERON FROM TORONTO



# CONTACT

FOR FURTHER INFORMATION, CONTACT US AT:

**[INFO@BCNSPORTS.COM](mailto:INFO@BCNSPORTS.COM)**

OR VISIT US AT

**[WWW.BCNSPORTS.COM](http://WWW.BCNSPORTS.COM)**



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