



RAFA NADAL
TENNISCENTRE

IN COSTA MUJERES,
MEXICAN CARIBBEAN



RAFA NADAL
TENNISCENTRE



JUNIOR PROGRAMS

2018 - 2019

INTRODUCTION

The RAFA NADAL TENNIS CENTRE is a new brand of sports centers inspired by the Rafa Nadal Academy by Movistar methodology (located in Mallorca, Spain). The Academy was inaugurated by Rafa in his hometown in May, 2016 and it's where future tennis players train and study; by following Rafa Nadal's team training method developed during his years competing in the highest level of tennis worldwide.

The first RAFA NADAL TENNIS CENTRE is located in Costa Mujeres (Mexico) inside the facilities of the TRS Coral Hotel and the Grand Palladium Costa Mujeres Resort & Spa resorts, built by the Palladium Hotel Group in Mexico's Caribbean and is expected to open its doors during the month of November 2018 in a privileged location.

At the RAFA NADAL TENNIS CENTRE COSTA MUJERES, players train following the guidelines of the Rafa Nadal Academy by Movistar coaches and the standards of the brand as they enjoy their family vacation in the unique destination in Costa Mujeres, Mexico. Clients can choose the tennis program with the accommodations that best suits their tennis and fitness needs. The RAFA NADAL TENNIS CENTRE COSTA MUJERES offers guests the opportunity to visit the RAFA NADAL MUSEUM, and be mesmerized by a selection of trophies and tennis clothing in addition to participating in interactive games and virtual reality platforms. They can also shop and take home a souvenir by purchasing exclusive sports products or premium merchandising brand items, have their rackets strung and enjoy the bar-cafeteria service with large TV screens where they can watch tennis matches and other sporting events.

ENJOY A MEMORABLE VACATION DOING WHAT YOU LOVE:

PLAYING TENNIS!

WEEKLY JUNIOR PROGRAMS

HOLIDAY CAMP:

Do you want to have a high-performance tennis experience? Enjoy a week of training and improve your technique, fitness level and have fun participating in recreational activities at the end of the day in our Holiday Camp. We show you what the daily demands of a professional tennis player are and explain what types of values a good tennis player needs both in and out of the tennis courts. If you are between the ages of 8 and 18, and you want to know how a tennis player trains at the Rafa Nadal Academy by Movistar, then our Holiday Camp is right for you.



- **Duration:** 1 week (from Monday to Saturday)
 - Spring camp (March 24th - April 27th 2019)
 - Summer camp (June 9th - August 17th 2019)
 - Winter break (December 15th 2019 - January 4th 2020)
- **Includes:**
 - 20 hours of technical/tactical training.
 - 6 hours of Fitness and Activities.
 - 6 hours of Building a Champion* .
 - 2 hours of supervised competition by RNA coaches (saturday).
 - Activities (boatrip, kayak, paddle surf...)
- **Schedule*:**
 - 8 to 12 years old:
 - 09:30am. - 1:30pm. and 3:30pm. - 6:30pm.
 - 13 to 18 years old:
 - 08:00am. - 12:00pm. and 2:00pm. - 5:00pm.
- **Objective:** To live a high-intensity tennis experience, improve your level and have fun participating in recreational activities focused on learning during your vacation.
- **Ratio:** 1/4.
- **Program level:** HIGH Intensity.

* The schedule can be modified.

* *Building a Champion* is an activity where the players will learn the importance of injury prevention, nutrition, values in tennis.

TOTAL ~ \$1.490

WEEKLY JUNIOR PROGRAMS

HOLIDAY CAMP KIDS:

Enjoy a week of training and improve your technique, fitness level and have fun participating in recreational activities at the end of the day in our Holiday Camp for kids.

In the training sessions we will include all kinds of games, activities and exercises linked to the values of the Rafa Nadal Academy by Movistar.

If you are between 5 and 7 years old and want to spend a fun week, play tennis and make new friends, Rafa Nadal Tennis Center is your choice!



- **Dates:**
 - Spring camp (March 24th - April 27th 2019)
 - Summer camp (June 9th - August 17th 2019)
 - Winter break (December 15th 2019 - January 4th 2020)
- **Duration:** 1 week (Monday to Saturday).
- **Includes:**
 - Developing basic tennis concepts.
 - Aquatic activities.
 - Basic physical qualities through games.
 - Socialization with kids from all over the world.
- **Schedule:** 10:45am - 1:30pm (5 to 7 years old)
- **Objective:** Learn and improve the foundations of tennis while having fun with activities and fun activities during the holidays.
- **Ratio:** 1/3
- **Program level:** Recreational.

* The training will be done with Green, Orange or Red balls depending on the age and level of each player.

* The schedule can be modified.

TOTAL ~ \$800

WEEKLY JUNIOR PROGRAMS

TOTAL TENNIS:

Want to share your experience with players from around the world? At the Total Tennis you train in small group sessions and share great moments on the tennis courts. Our Rafa Nadal Academy by Movistar coaches test all participating players at the beginning of the program to assign them a training group according to their level of play. Improve your tennis game while you enjoy group training that allows you to compete against other participants. This HIGH INTENSITY weekly training program is for players ages 8 to 18 who play regularly 2 to 3 times a week.



- **Dates:** All year long except Holiday Camp.
- **Duration:** 1 week (from Monday to Saturday).
- **Hours of weekly training:** 12 hours
- **Schedule*:**
 - Kids from 8 and 12 years old.
8:00am. - 10:00am.
 - Kids from 13 and 18 years old.
10:00am. - 12:00pm.
- **Objective:** Maximize strengths and minimize players weaknesses.
- **Ratio:** 1/4
- **Program level:** HIGH Intensity.

* The schedule can be modified.

TOTAL ~ \$600

WEEKLY JUNIOR PROGRAMS

LEARN TO COMPETE:

Need to prepare your game for competition? This group tennis program allows you to train with the Rafa Nadal Academy by Movistar coaches by using a complete exercise point system where real tactical situations of competition are created. During the program you work and improve on different aspects of the game: hitting the ball from the baseline, attack, net game, first strokes after serving and receiving, etc... The points earned after each exercise are reviewed individually by our coaches. In this complete program you work specifically on the technical, tactical and mental game. We focus on concentration and self-control, that are important aspects in tennis. Coaches help you maintain a high intensity training, focusing always on the respect toward other players and fair play. Are you ready to compete?



- **Dates:** All year long except Holiday Camp.
- **Duration:** 1 week (from Monday to Friday)
- **Hours of weekly training:** 10 hours
- **Schedule:** 3:30pm - 5:30pm.
- **Objective:** To compete based on the Rafa Nadal Academy by Movistar training and value system.
- **Ratio:** 1/6
- **Program level:** MEDIUM Intensity.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Improving the baseline game	Attacking the net	Development of the baseline game	Attack the net	Improving the baseline game
Offense game vs. Defense game	Evolution Training the volley and the smash stroke as a final weapon. Doubles strategy	Baseline stroke training (forehand & backhand) and forehand Inside in/out	Improve net approach and the net game as an attack weapon. Doubles strategy	Improve the 1st Service and the next two strokes Returning the 1st Serve and followed by the next two strokes

TOTAL ~ \$500

WEEKLY JUNIOR PROGRAMS

REGULAR SCHEDULE:

If you are looking for a high intensity tennis experience, this is your program. It's an individual training or small groups package with the Rafa Nadal Academy by Movistar coaches who adapt each session to your needs and level of play to improve your performance and game.



- **Dates:** All year long except Holiday Camp.
- **Duration:**
 - **One lesson:** 1 hour.
 - **Pack 3h.:** 2 or 3 days.
 - **Pack 5h, 7,5h. or 10h.:** 5 days (Monday - Friday).
- **Schedule:**
 - One lesson:** 8:30am. - 1:30pm. / 2:30pm. - 7:30pm. / 8:00pm. - 9:00pm. (only Sunday)
 - Pack 3 hours:** 7:00am. - 8:00am. Monday to Wednesday or Thursday to Saturday.
12:00pm. - 1:30pm. Monday - Tuesday, Wednesday - Thursday or Friday - Saturday.
 - Pack 5 hours:** 2:30pm. - 3:30pm. Monday to Friday.
 - Pack 7,5 hours:** 7:30pm. - 9:00pm. Monday to Friday.
 - Pack 10 hours:** 3:30pm. - 5:30pm. / 5:30pm. - 7:30pm. Monday to Friday.
- **Objective:** To maximize the strengths and minimize the weaknesses of each player, while trying to improve performance in all areas of the program: tennis and fitness training.
- **Ratio:** 1/1, 1/2, 1/3 o 1/4.
- **Program level:** VERY HIGH intensity.

RATES

· One lesson	· Pack 3 hours:	· Pack 5 hours:	· Pack 7,5 hours:	· Pack 10 hours:
1/1 ~ \$90	1/1 ~ \$270	1/1 ~ \$450	1/1 ~ \$675	1/1 ~ \$900
1/2 ~ \$120	1/2 ~ \$360	1/2 ~ \$600	1/2 ~ \$810	1/2 ~ \$1200
1/3 ~ \$150	1/3 ~ \$450	1/3 ~ \$750	1/3 ~ \$1125	1/3 ~ \$1500
1/4 ~ \$200	1/4 ~ \$600	1/4 ~ \$1000	1/4 ~ \$1500	1/4 ~ \$2000

* In case of wanting to book session of more than one player send an email to sales@rafanadaltenniscentre.com

WEEKLY JUNIOR PROGRAMS

HOLIDAY SCHEDULE:

If you are looking for a high intensity tennis experience, this is your program. It's an individual training or small groups package with the Rafa Nadal Academy by Movistar coaches who adapt each session to your needs and level of play to improve your performance and game.



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METHOD

The Rafa Nadal Academy by Movistar training method was developed by Toni Nadal along with the technical team that has been with Rafa throughout his sports career, thanks to the experience acquired during his time on the professional tennis circuit.

With the use of new technologies, we clearly see how tennis has progressively evolved into a faster game, meaning that points are shorter and start of play (service/return) make a huge difference in the development of the point. This forces players to be better prepared and make faster decisions.

At the Academy, we understand that tennis today and in the future is played first with the “eyes”, secondly with the “mind”, thirdly with the “legs” and lastly with the “hands”. We apply training systems that go in that direction, combining them with the skills that have provided Rafa much success throughout his professional career such as: mobility, a winning attitude, training and game intensity, competitive mentality and concentration.

We decide the percentage of time needed in each training session for each aspect of the game (technical, strategic, physical and mental) that allows players to play more competitively. Each training session follows a clear “objective” with the highest level of concentration, without a difference between training or playing a competitive match.

Our training system is updated regularly due to the constant evolution of the tennis industry, applying constant improvements to the materials that influence the speed of the game (rackets, strings, balls...) and the evolution of different training methods (especially fitness training and working on mental abilities) that have helped in the professional circuit as players have become stronger, faster and more agile.



FACILITIES

RAFA NADAL TENNIS CENTRE COSTA MUJERES consists of:

- 8 clay tennis courts (5 outdoors and 3 indoors).
- 1 soccer 7 field.
- 1 paddle court.
- RAFA NADAL MUSEUM XPERIENCE: exhibition of trophies and Rafa Nadal's sports equipment, as well as donations from other athletes, interactive games and virtual reality platforms.
- RAFA NADAL SHOP: Store with exclusive sports products, official Rafa Nadal Academy by Movistar and Rafa Nadal Tennis Centre products. Professional racket stringing service.
- SPORT CAFE with large TV screens so you can watch tennis matches and other sporting events.



RAFA NADAL MUSEUM XPERIENCE

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

You can also find other donations made by athletes who wanted to be present in this special museum inspired by the original one located at the Rafa Nadal Academy by Movistar in Mallorca (Spain).

You can also compete in our interactive games by using the various sports simulators. Make sure you don't miss the virtual reality platforms that allow you to experience extreme sensations. Relive the best moments of Rafa Nadal's sports career and get to know the values of this sport through the interactive content at the Rafa Nadal Museum Xperience.

SPORT CAFE

Sport Cafe is the perfect setting to enjoy the best sporting events in the world on a giant screen. Relax and enjoy our **SNACKS & DRINKS** menu with a variety of freshly prepared healthy sandwiches and refreshing drinks in a sports setting.



RAFA NADAL SHOP

Want to take home a souvenir of your stay? You can find an exclusive selection of sportswear at the Rafa Nadal Shop with logos of the Rafa Nadal Academy by Movistar and the Rafa Nadal Tennis Centre Costa Mujeres. You can also find a variety of souvenirs that you can take home after your tennis vacation. Mugs, notebooks, key rings, etc...





GRAND PALLADIUM

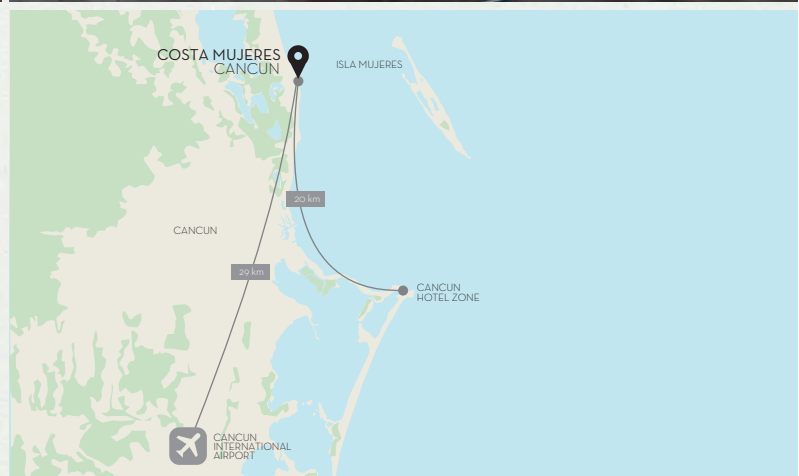
COSTA MUJERES RESORT & SPA



STAY WITH US

An oasis of tranquility in the Mexican Caribbean, this 5-star family-friendly resort on the virgin beach of Costa Mujeres offers personalized services and luxurious facilities. Although it's only 30 minutes from Cancun and the international airport, it's tucked away in pure nature. From November 2018, guests of all ages can discover this hidden treasure, enjoying their stay with Infinite Indulgence®, it's all included.

OPENING NOVEMBER 2018



What do we offer?

- 670 beachfront rooms with balconies and whirlpool baths
- Swim-up pools in some suites
- 4 pools (1 for kids)
- Family Selection
- Kids clubs
- 1500 m² convention center divided into 6 rooms
- Rafa Nadal Tennis Centre
- Amphitheater with 360° views
- POP Entertainment team
- 7 à la carte restaurants and one restaurant with themed self-service stations offering show-cooking
- 15 bars with premium liquors, including a 24-hour sports bar
- Zentropia Palladium Spa & Wellness (4832m²) with cutting-edge facilities and body treatments

Outstanding features

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

* Extra charge



FAMILY SELECTION, A HOTEL WITHIN A HOTEL

Grand Palladium Costa Mujeres Resort & Spa presents Family Selection, a hotel within a hotel created especially for VIP families. Both parents and their little ones can now enjoy their vacation to the fullest with its unique facilities located at a privileged area of the resort, plus personalized services and premium products.

Mini bathrobes, slippers and towels





RAFA NADAL
TENNIS
CENTRE

PALLADIUM
HOTEL GROUP

IN COSTA MUJERES, MEXICAN CARIBBEAN

OPENS NOVEMBER 2018