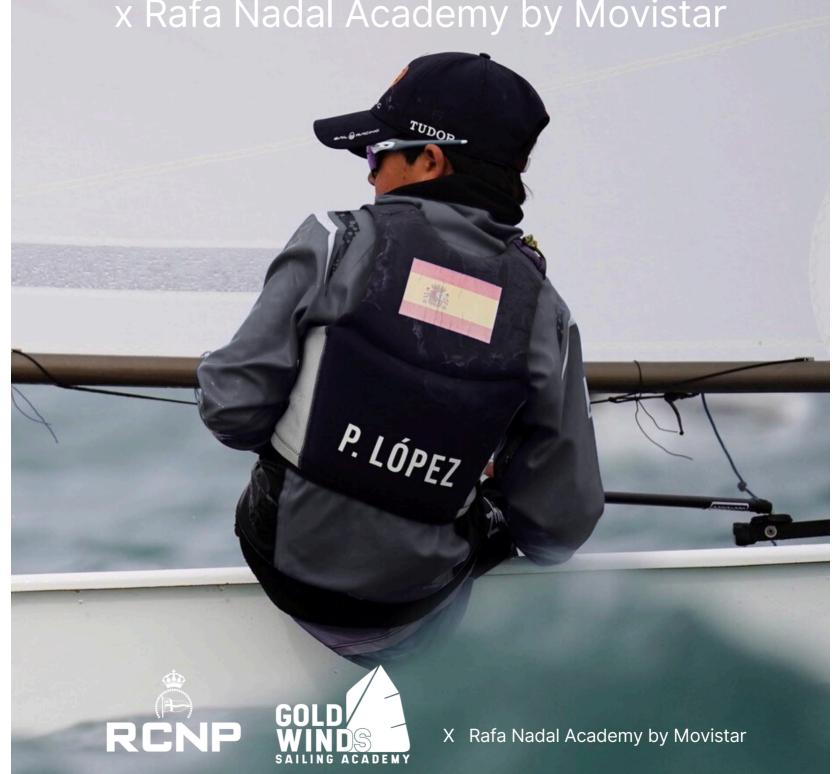
SAILING PROGRAM 2025/2026 RCNP X GOLD WINDS x Rafa Nadal Academy by Movistar





Program Highlights



- Technical training: adapt to any wind and wave conditions.
- Winning mindset: visualization, pressure management, and discipline.
- High-level competition: local, national, and international regattas.
- Tactics & strategy: wind analysis, racing rules, and video reviews.
- Physical training & nutrition with Plan Cooper.
- Boat care & meteorology with MeteoMed.



Residence and High school at *Rafa Nadal Academy by Movistar*

- American High School Diploma.
- Rooms for high-performance athletes.
- Supervision and rules adapted by age.
- · Safe and motivating environment.





Disciplines: Optimist ILCA, 29er, 420.

