

SAILING PROGRAM 2025/2026

RCNP X GOLD WINDS
x Rafa Nadal Academy by Movistar



X Rafa Nadal Academy by Movistar

Train like a pro

The Real Club Náutico de Palma and Gold Winds Sailing Academy, the first sailing academy in the world to work with most youth classes, join forces with the Rafa Nadal Academy by Movistar to offer a unique program combining technique, competition, and strong human values.

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.



Contact us
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Disciplines: Optimist
ILCA, 29er, 420.



Flexible payment plans:
10-50-40 or monthly.