

APEX2100

International Ski Academy · Académie Internationale de Ski

SCHOOLS' SKI PERFORM BETTER CAMP WINTER 2025



WELCOME

We would be thrilled to host your school in Apex in 2025.

Apex2100 is an International Ski Academy based in Tignes, France, recognised both as a French Private School and an IB World School.

Created to become the world's leading ski academy, Apex aims to develop internationally educated world-class skiers with great character, who pursue lifelong excellence through joy, passion and hard work. Our complex, opened in 2020, provides dedicated skiing, training and educational facilities unparalleled elsewhere in the Alps.

While our primary focus is skiing, Apex opens its doors to other schools and sports teams during specific periods to participate in Perform Better Camps. Camps can specialise in various sporting disciplines such as skiing, rugby or netball, or can offer a multi-activity experience. Each camp is developed in collaboration with myself as the Director of Sport, as well as the Apex coaches and experts, and is tailored to the age of your students and any specific requirements you may have.

At the heart of each camp lies the Apex Perform Better program, designed to equip students with practical skills to perform better under pressure, whether on the sports field, in the classroom, or more broadly in life.

The Schools' Ski camp blends elements of the Perform Better programme into a week of ski coaching, to provide an all rounded experience for each student. Participants will complete the week with enhanced skills both on and off the mountain, together with a fresh perspective on the meaning of performance which they can carry forward into their busy school lives.

Our best, as always,



Sir Clive Woodward



Chris Thomson



Sir Clive Woodward
Apex Director of Sport



Chris Thomson
Apex CEO



ALPINE PERFORM BETTER

The Apex Schools' Ski Perform Better Camp is a blend of ski coaching, education and access to a high-performance culture.

The camp is designed for skiers of all abilities and ages. The objective is to improve each student's technique and skills, enjoy the pleasure of skiing and the mountains, and importantly to have fun.

The camp takes place at the Apex International Ski Academy in Tignes, a purpose-build performance centre in the heart of Tignes le Lac. Apex has direct piste access, spacious ensuite bedrooms and a dedicated nutritional team to keep any skier well fuelled.

Students will spend 5 hours ski coaching per day, as well as benefitting from content delivered from our Perform Better programme on topics like sleep & recovery, nutrition and brain fitness.

FORMAT

7-days | 6-nights | 5 days skiing (February)
6-days | 5-nights | 4-days skiing (April)

DATES

9th – 15th February 2025
16th – 22nd February 2025
13th – 18th April 2025
22nd – 27th April 2025

NUMBERS*

150px max capacity
Min numbers apply – 30 passengers per group

PRICE

Please contact us for a quote



[Click here to view an Apex Perform Better Camp in action!](#)



THE PACKAGE

INCLUDES

- Airport return transfer to/from Apex (from GVA)
- 5 or 6-nights' accommodation at Apex
- Full board (3 hot meals a day, served at Apex)
- Access to the Apex sporting facilities (Performance Centre + Movement Studio)
- Access to the Apex laundry facilities
- Team room
- 4 or 5-days ski hire (bronze package)
- 4 or 5 full days ski lessons (5hrs per day - groups of max. 12)

EXCLUDES

- Flights + Visas
- Medical Sports Insurance







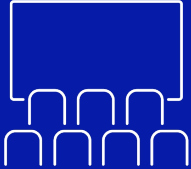

EXTRAS

- Full area ski pass €68 per day per person
- Ski + boot upgrade €20-70 per person
- Swimming pool entrance €6 per person
- Snowtubing evening €20 per person
- Expedition Cobra (luge) €15 per person (min. 13 yrs. old + 1m40)



APEX FACILITIES

[Click here for the facilities virtual tour](#)

			
54 Bedrooms	Medical & Treatment rooms	400m ² Gym (3 sporting spaces)	Hydrotherapy Centre
			
Dedicated Nutrition Team	Teachers only Workspace	Team room	Games Room

PERFORM BETTER

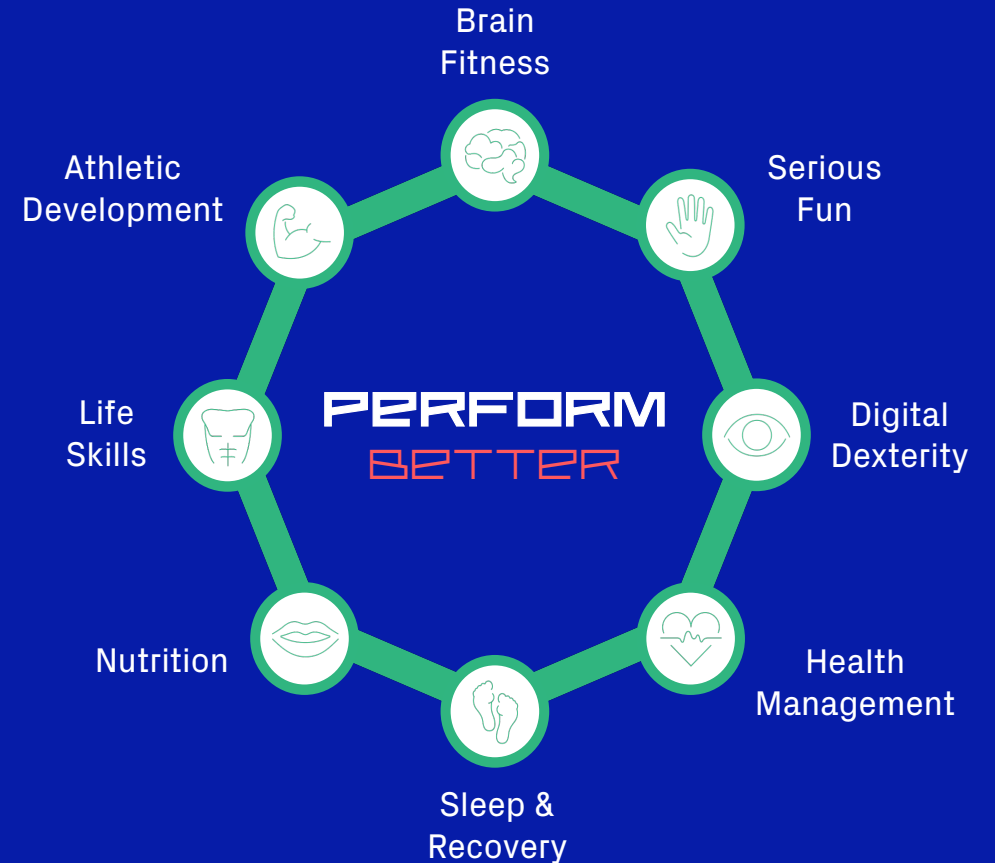
The Apex Perform Better programme is comprised of 8 modules.

Your students will be exposed to elements of the Apex programme throughout their camp, as they are weaved into activities and the weeks' behaviours. Short workshops on specific modules can be delivered during your camp.

The entire Perform Better programme has also been adapted and tailored by our partners 8billionideas, into a clear and simple format that your teachers can deliver in your school, to provide you with a comprehensive PHSE programme.

This 8billionideas programme is available from Years 4 to 13; to

- provide your students with a solid mental base to ensure they are ready for secondary school (KS2);
- help develop emotional intelligence, build resilience and self study skills (KS3);
- lay the foundation for achievement and prepare for success (KS4); and
- ensure they are well prepared to enter university or the modern work place (KS5).



"In my career, I've learned that these critical areas allow an individual to perform to their best. With 8billionideas we will spread that learning now to all parts of the globe" Sir Clive Woodward



To book or for further information

Please email roni.hamilton@apex2100.org

camps.apex2100.org