

APEX2100

International Ski Academy · Académie Internationale de Ski

MULTISPORT PERFORM BETTER CAMP SUMMER 2024 & 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 Multisport camps blends elements of the Perform Better programme into a week of either team sport training or simple mountain fun, to provide an all-rounded experience for each student. Participants will complete the week with enhanced skills both on and off the pitch, court or 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



OUTDOOR ADVENTURE

Tignes is an ideal destination for an outdoor adventure multisport camp, either for school leavers or as a reward to students over the summer. The mountain backdrop, fresh alpine air and plethora of sport available is a hard combination to beat.

[Click here to see Tignes](#) in the summer, the hidden face of winter!

This Apex camp combines our expertise and experience in delivering fun and enjoyment through sport and activities. The programme is packed full of activities that will challenge your students, teach them new skills and help them grow as individuals.

FORMAT

4-nights / 5-days

2024 DATES

15th – 19th July

22nd – 26th July

29th – 2nd August

5th – 9th August

2025 DATES

14th – 18th July

21st – 25th July

28th – 1st August

4th – 8th August

LOCATION

Apex International Ski Academy, Tignes

COST

Available upon request



[Click here to see an Outdoor Adventure Camp in action](#)
Part of the Apex Perform Better series



THE PROGRAMME

INCLUDES

- 4-nights' accommodation
- Airport transfer to Apex (from GVA or LYS)
- Full board (3 meals a day)
- Access to the Apex sporting facilities
- Access to Apex laundry facilities
- Team room
- Free of charge teacher/coach (1:8)
- Activities and co-ordination (as listed in the relevant package)

EXCLUDES

- Flights
- Medical Sports Insurance

Pricing based on size of group and number of accompanying staff

ACTIVITIES	ALPINE CAMP	ADRENALIN CAMP
High ropes course	YES*	YES
Guided mountain hike	YES*	YES
White water rafting	NO	YES
Apex Lake Challenge	NO	YES
Tignes orientation game (French themed)	YES	YES
Tignes lake water sports (stand up paddle, kayak + pedalos)	YES	YES
Mini golf	YES	YES
Archery	YES	YES
Air riffle shooting	YES	YES
Teamsports (basketball, football, beach rugby, beach volleyball)	YES	YES
Swimming pool	YES	YES
Access to ski lifts (pedestrian)	YES	YES

* Either high ropes or guided hike is included in the standard pack, not both.



TEAM SPORTS

The team sports multisport camp is an opportunity for multiple teams within a school to unite at Apex in a single pre-season or sporting camp.

Teams can include netball, football, rugby, indoor hockey, volleyball, handball and basketball (to name but a few), to unite at Apex. Instead of each team embarking on their own pre-season tours, this multisport camp provides a true cross-school teambuilding opportunity.

Each discipline will benefit from its own pitch/court time, coming together for Perform Better workshops and activities.

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14th – 18th July

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28th – 1st August

4th – 8th August

LOCATION

Apex International Ski Academy, Tignes

COST

Available upon request
(depending on the Apex support required)

[See here the Rugby Perform Better Camp 2022](#)

Part of the Apex Perform Better series

THE PROGRAMME

INCLUDES

- 4-nights' accommodation
- Airport transfer to Apex (from GVA or LYS)
- Full board (3 meals a day)
- Access to the Apex sporting facilities
- Access to Apex laundry facilities
- Team room
- Free of charge teacher/coach (1:8)
- Activities and co-ordination

EXCLUDES

- Flights
- Medical Sports Insurance

COST

- Cost varies depending on what support + involvement is required from Apex. Examples of the premium support we can provide is set out in the table here →







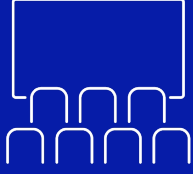

Pricing based on size of group and number of accompanying staff

ACTIVITIES	BASIC	PREMIUM
Apex S&C coach	NO	YES
Apex physio + medical support	NO	YES
Apex Perform Better online workshop	NO	YES
Apex Sports Coach	NO	YES
Presentation from Sir Clive Woodward	NO	YES
Pitch sessions	YES	YES
Tignespace court sessions	YES	YES
Post training recovery snacks	NO	YES
My Tignes activity card	NO	YES
High ropes course	NO	YES



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

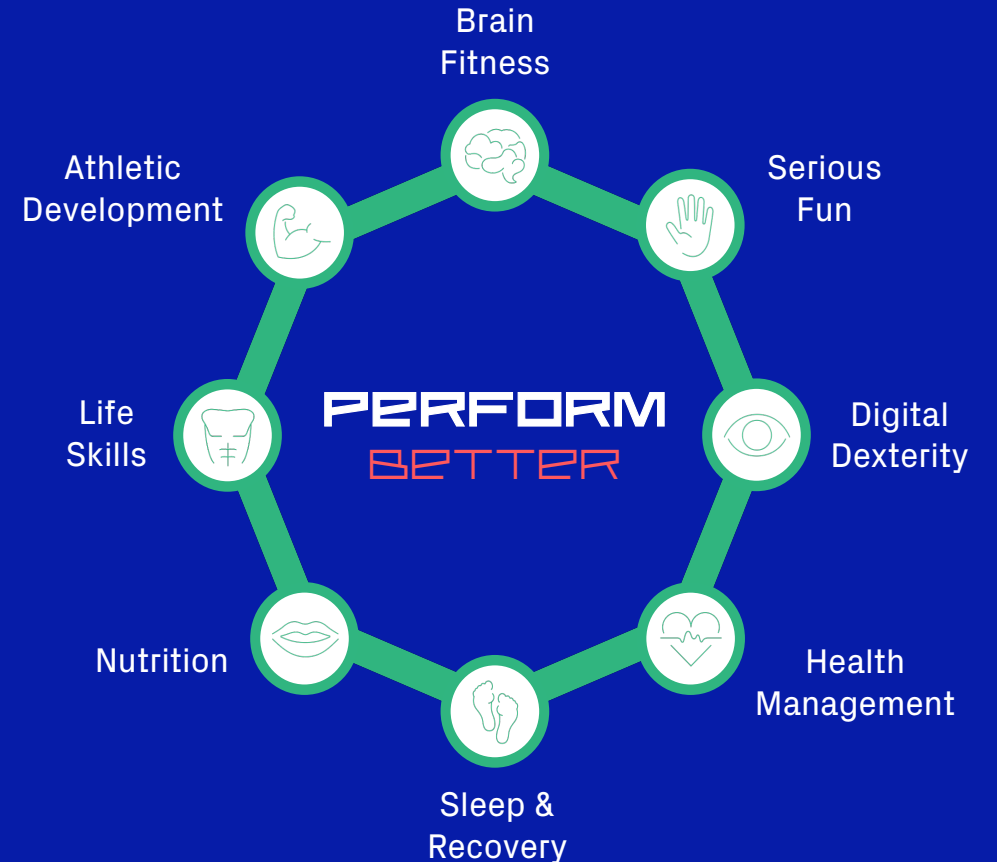
The Apex Perform Better programme is comprised of 8 modules.

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