

# APEX2100

International Ski Academy · Académie Internationale de Ski

## NETBALL PERFORM BETTER CAMP 2024 + 2025



# WELCOME

We would be thrilled to host your school in Apex as part of our Netball Perform Better camp.

Apex 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.

While our primary focus is skiing, Apex opens its doors to other sports during specific periods of the year. Our "Perform Better Camps" cover skiing, rugby, netball, or provide a multi-activity experience. Each camp is developed in collaboration with myself, as the Apex Director of Sport, as well as the Apex coaches and experts, and is tailored to the age of your students and your specific requirements.

The netball camps is developed and delivered by Pamela Coockey, former England Captain and 7-times Super League champion, who provides hands-on support before and during each camp.

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.

At the heart of each Apex camp lies our Perform Better programme, designed to equip young people with practical skills to perform better under pressure, whether on the sports field, in the classroom, or more broadly in life. Players will complete our camps with enhanced skills both on and off the pitch, together with a fresh perspective on the meaning of performance to into all future endeavours.

Our best, as always,



Sir Clive Woodward



Sir Clive Woodward  
Apex Director of Sport



Pamela Coockey  
Apex Netball Performance  
Direrector



# NETBALL PERFORM BETTER

The Netball Perform Better Camp has been created to help each player be the best they can.

Under the expert guidance and coaching of Pamela Cookey, up to 8 teams can participate per camp to create a collaborative training format that will take your pre-season preparations to a whole new level.

This camp will develop each player on and off the court. We focus on ball handling, movement and positional specific elements on court, with time also for your team to prepare and train as a unit. Players also learn and participate in sessions about the visual awareness system, athletic development, mindfulness, pilates, hydrotherapy recovery and those winning behaviours that lead to success.

A team building activity breaks up the week, before ending with a tournament on the final day.

## FORMAT

6-days | 5-nights

## DATES

21<sup>st</sup> – 26<sup>th</sup> October 2024

20<sup>th</sup> – 25<sup>th</sup> October 2025

## LOCATION

Apex International Ski Academy, Tignes

## COST

£900 per player



[See here the Netball Perform Better Camp 2023](#)



# TURNKEY PACKAGE

## INCLUDES

- 5-nights' accommodation
- Shared airport transfer to Apex (from GVA or LYS)
- Full board (3 meals a day)
- Post training recovery snacks
- All areas access to the Apex sporting facilities (Techno-gym, Performance Centre, Movement Studio +
- Access to the Apex Hydrotherapy Centre
- Access to Apex laundry facilities
- Team room
- Perform Better workshops
- Guest lecture from Pamela Cookey and Sir Clive Woodard
- Focused Athletic Development sessions
- Skill sessions led by Pamela Cookey
- Coach development sessions
- Physio support court-side and daily clinic sessions
- Tournament
- Free of charge teacher/coach (1 per 8 players) – single or twin room

## EXCLUDES

- Flights
- Individual Medical Winter Sports Insurance

## PAYMENT TERMS

- Initial £100 deposit per person
- 50% of the remaining balance 4-months before the date of arrival in Tignes
- Final balance 30-days before the date of arrival in Tignes







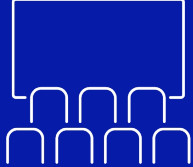

# SAMPLE WEEK

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	
0630-0700			6:30 Breakfast				
0700-0730			7:00 Minibus to Val Claret				
0730-0800		PILATES (Ginny) 7:30 Apex PC	REMEMBER TO TAKE SNACK + WATER		MINDFULNESS (Keenan) 7:30 Apex MS		
0800-0830		8:00 Breakfast	HIKE TO GLACIER 7:30 uplift chairlift 13:00 return chairlift	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	
0830-0900							
0900-0930		9:00 Shooting Session - Tignespace			9:00 Shooting Session - Tignespace		MOBILITY 9:00 Apex PC
0930-1000		9:30 PRE-HAB & WARM UP - Tignespace			9:30 PRE-HAB & WARM UP - Tignespace	Apex Perform Better - Tag Balance & Coordination 9:30 Apex PC	
1000-1030		POSITION SPECIFIC Shooters/Attack/Defence Tignespace			POSITION SPECIFIC Shooters/Attack/Defence Tignespace		
1030-1100							Athletic Development 11:30 Apex Gym + MS
1100-1130	TRAVEL TO APEX  (est. arrival 18:00)						PACKED LUNCHES PROVIDED
1130-1200		All BACK TOGETHER - Tignespace			All BACK TOGETHER - Tignespace		TRAVEL HOME
1200-1230		COOL DOWN - Tignespace			COOL DOWN - Tignespace		
1230-1300		12:30 Lunch			12:30 Lunch	12:30 Lunch	
1300-1330							
1330-1400		PHYSIO CLINIC		PHYSIO CLINIC	PHYSIO CLINIC		
1400-1430		Apex Athletic Development (14:00 Apex Gym + PC + MS)	14:00 Lunch		Alinhoa Prieto Nutrition 14:00 Apex Hall		
1430-1500			PHYSIO CLINIC			APEX NETBALL TOURNAMENT 14:30 Tignespace	
1500-1530		15:00 - Kit prep Bureau de guide					
1530-1600							
1600-1630		BALL HANDLING 16:15 Tignespace					
1630-1700	16:30 BALL HANDLING Tignespace + 4 trampolines		Athletic Development (Testing + Core) 17:15 - 18:15 (Apex Gym + PC + MS)	TACTICAL RUN-THROUGH TOURNAMENT PREP 16:30 Tignespace			
1700-1730							
1730-1800	COOL DOWN & REFECTION - Tignespace						
1800-1830	Arrival + settle into rooms	HYDRO RECOVERY 18:00 - Apex Hydro	HYDRO RECOVERY 18:00 - Apex Hydro	HYDRO RECOVERY 18:00 - Apex Hydro	HYDRO RECOVERY 18:00 - Apex Hydro		
1830-1900				TEAM MEETING			
1900-1930	Welcome Talk Apex Hall	19:00 HEAD COACHES MEETING / TEAM MEETING	19:00 HEAD COACHES MEETING / TEAM MEETING	19:00 HEAD COACHES MEETING / TEAM MEETING	19:00 DEBRIEF (COACHES + CAPTAINS)		
1930-2000	19:30 Dinner	19:30 Dinner	19:30 Dinner	19:30 Dinner	19:30 Dinner		
2000-2030							
2030-2100	TEAM MEETING	Movie night	Clive Woodward Winning Behaviours 20:30 Apex Hall	Pamela Cookey Double Life / Q&A 20:30 Apex Hall	PACK/TIDY ROOMS		
2100-2130							



## APEX FACILITIES

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

			
54 Bedrooms	Physio support	400m <sup>2</sup> Gym (3 sporting spaces)	Hydrotherapy Centre
			
Dedicated Nutrition Team	Teachers only Workspace	Team room	Games Room

In addition to the Apex facilities, the Tignespace sports centre offers a 1600m<sup>2</sup> sports hall and adjacent 60m sprint track.

# PERFORM BETTER

Apex has developed its own Perform Better programme, that teaches athletes practical skills to execute better under pressure, be it on the field of play, in the classroom or more broadly in life.

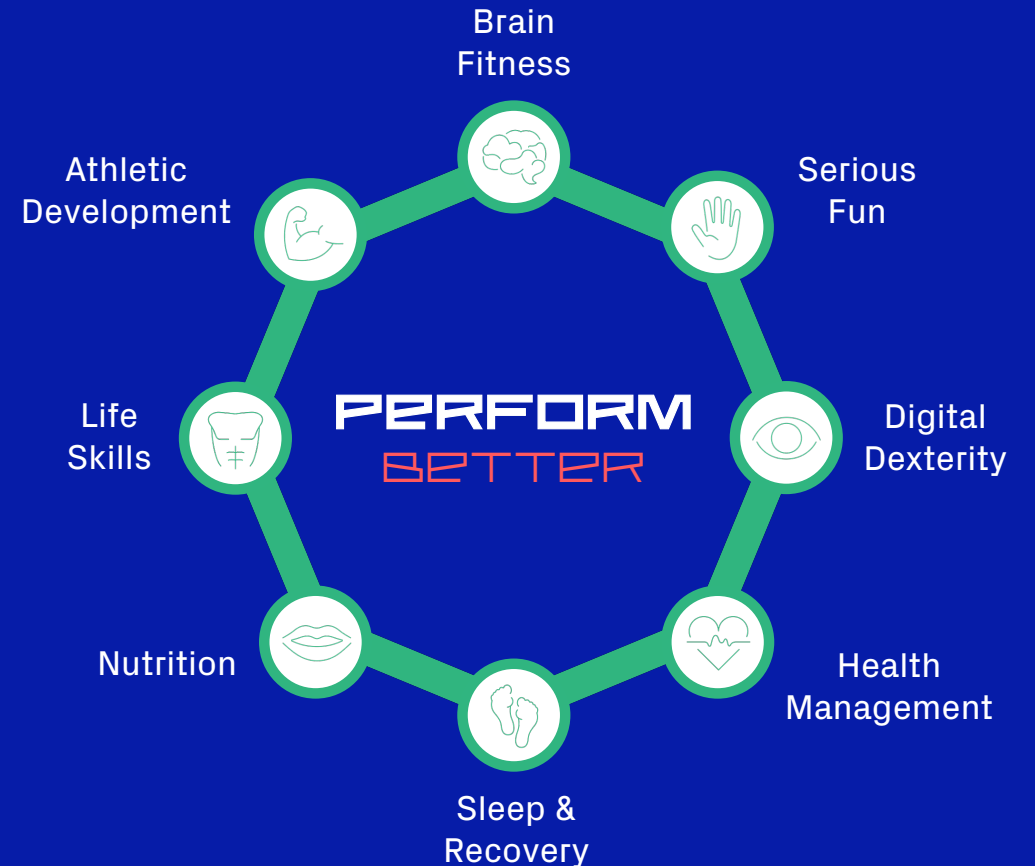
The Apex Perform Better programme is comprised of 8 modules, with the Netball Perform Better camp including workshops on the following specific areas:

- **Serious Fun:** visual awareness & game play
- **Athletic Development:** strength & conditioning at altitude
- **Brain Fitness:** mindfulness & coping with pressure

The Apex experts we will deliver content in a rugby context, but everything your players will learn is directly applicable to a busy school life.

The entire Perform Better programme has been adapted and tailored by our partners 8billionideas, into content that is suitable to Years 4 to 13 to provide a complete PHSE programme;

- 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 workplace (KS5).



To book or for further information

Please email [roni.hamilton@apex2100.org](mailto:roni.hamilton@apex2100.org)

[camps.apex2100.org](http://camps.apex2100.org)