

# APEX2100

International Ski Academy · Académie Internationale de Ski

## RUGBY

### PERFORM BETTER CAMP

AUGUST 2024, 2025 & 2026



# WELCOME

We would be thrilled to host your school at Apex as part of our Rugby 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 Rugby Perform Better Camp is developed and delivered by Tom Mitchell, former GB Rugby Sevens Captain and Olympic Silver Medallist, who provides hands-on support before and during each camp.

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



Tom Mitchell  
Apex Rugby  
Performance Director



# RUGBY PERFORM BETTER

The Apex Rugby Perform Better Camp is a unique pre-season preparation camp for Senior School teams.

Under the expert guidance of Tom Mitchell, up to 4 schools can participate per camp to create a collaborative training format that will take your pre-season preparations to a whole new level.

The programme is composed of dedicated rugby training, athletic development, Apex Perform Better workshops and a mid-week 'activity' day. Each school benefits from individual pitch time, sessions with each of the other participating schools and if requested, mini tournament can be organised on the final day.

Rugby skill sessions are organised throughout the week for the entire camp, focusing on kicking, lineouts, scrums and breakdown.

## FORMAT

7-days | 6-nights

## 2024 DATES

10<sup>th</sup>—16<sup>th</sup> August **FULL**

17<sup>th</sup>—23<sup>rd</sup> August **FULL**

24<sup>th</sup> – 30<sup>th</sup> August

## 2025 DATES

16<sup>th</sup> – 22<sup>nd</sup> August

23<sup>rd</sup>—29<sup>th</sup> August **FULL**

## 2026 DATES

15<sup>th</sup> – 21<sup>st</sup> August

22<sup>nd</sup> – 28<sup>th</sup> August

## COST

£1200 per player

[Click here the Rugby Perform Better Camp in action](#)

# CAMP PACKAGE

## INCLUDES

- Programme developed by Sir Clive Woodward and Tom Mitchell (with input from all Heads of Rugby)
- 8-10 pitch training sessions (including private transport directly to the pitch)
- 6-nights' accommodation at Apex
- Airport transfer from Geneva or Lyon airports
- Full board
- Post training recovery snacks
- Access to all Apex sporting facilities (Techno-Gym, Performance Centre, Movement Studio + Hydrotherapy Centre)
- Access to Apex laundry facilities
- Team room
- Perform Better workshop on Athletic Development – strength and conditioning sessions
- Perform Better workshop on Serious Fun – visual awareness and game play
- Perform Better workshop on Brain Fitness – coping with pressure and mindfulness techniques
- Coach development sessions led by Clive Woodward and Tom Mitchell
- Full time physio team pitch side and onsite
- Professional referee available for key sessions
- My Tignes activity cards (multiple activities)
- Premium activity (white water rafting)
- Free of charge teacher/coach (1 per 8 players)

## EXCLUDES

- Flights
- Individual Medical Travel/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







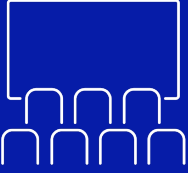

# SAMPLE WEEK

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
0730-0800	TRAVEL TO APEX	Mindfulness & Meditation	Mobility & Pilates (Apex Physio)	Mindfulness & Meditation	Mobility & Pilates (Apex Physio)	Mindfulness & Meditation	Breakfast	
0800-0830		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
0830-0900		Mini bus to pitch	Mini bus to pitch	Bus to rafting			Perform Better Athletic Development	
0900-0930					Bus to pitch	Bus to pitch		
0930-1000		Rugby 1	Rugby 3	RAFTING	Rugby 5	Rugby 7	Mobility & Pilates	
1000-1030								
1030-1100		Mini bus to Apex	Mini bus to Apex					
1100-1130						Mini bus to Apex	Return to Apex via skillifts	Free time
1130-1200		Peform Better Visual Awareness	Peform Better Visual Awareness		Perform Better Athletic Development	Perform Better Athletic Development		
1200-1230								
1230-1300		Lunch	Lunch	Bus return to Apex	Lunch	Lunch	Lunch	
1300-1330								
1330-1400		Physio clinic	Physio clinic	Lunch	Physio clinic	Physio clinic	TRAVEL HOME	
1400-1430		Mini bus to pitch	Mini bus to pitch					
1430-1500				FREE TIME - TIGNES ACTIVITIES	Bus to pitch	Bus to pitch		
1500-1530			Nutrition session (Steph)					
1530-1600		Rugby 2	Rugby 4		Rugby 6	Rugby 8		
1600-1630								
1630-1700		Mini bus to Apex	Mini bus to Apex		Tom Mitchell Q&A - Life as a pro (pitch side talk)	Bus to Apex		
1700-1730			(or walk back to Apex)	(or walk back to Apex)				
1730-1800					Bus to Apex			
1800-1830	Welcome			Physio clinic	Physio clinic			
1830-1900		Physio clinic	Physio clinic					
1900-1930	Dinner	Dinner	Dinner	Dinner	Dinner			
1930-2000								
2000-2030		COACHES MEETING	Coaches development (Clive Woodward)	COACHES MEETING	Coaches development (Tom Mitchell)			
2030-2100	Clive Woodward Winning Behaviours	How to train the eyes (Visual Awareness intro)	Cinema night	Free time	Tom Mitchell Brain Fitness - coping with pressure	Pack - tidy rooms		
2100-2130								



# APEX FACILITIES

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

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

# 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.

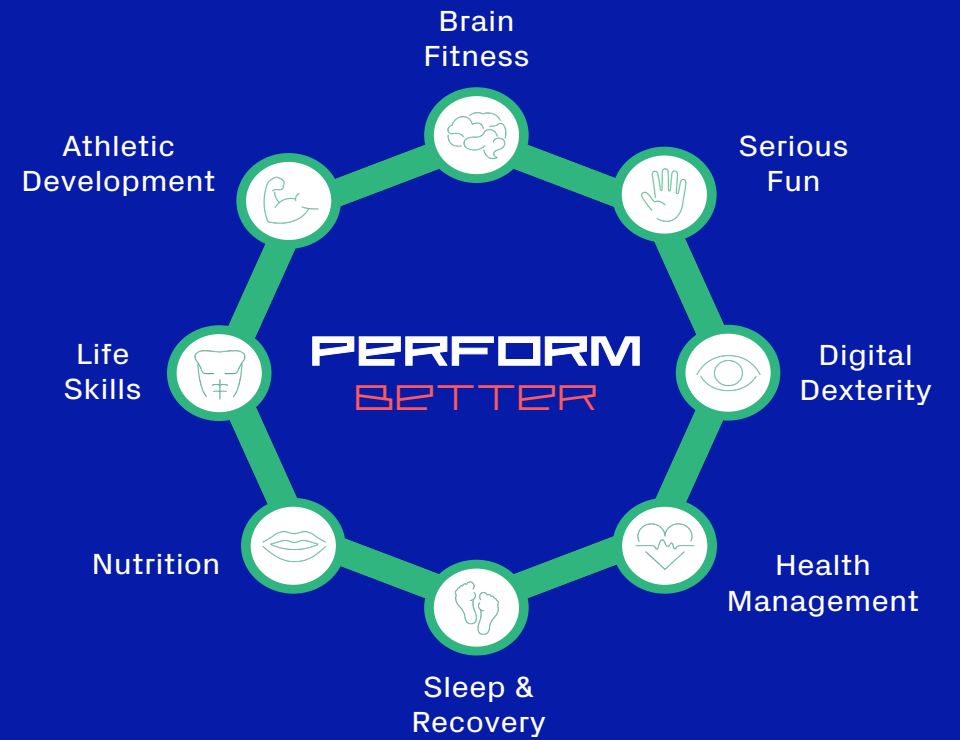
The Apex Perform Better programme is comprised of 8 modules, with the Rugby Perform Better camp including workshops on the following specific areas:

- **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

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