# APEX2100

International Ski Academy · Académie Internationale de Ski



“Getting better together, every day.”

## LEARN
World-class education

## TRAIN
World-class ski coaching

## PERFORM
World-class performance

The Apex programme is divided into three pillars; Learn, Train & Perform. This unique programme combines an outstanding academic curriculum (Learn) with world-leading ski coaching (Train) and performance training (Perform). By placing as much significance on learning and performance as the skiing itself, we believe we are better placed to prepare our athletes for success both on and off the mountain. These three programmes are underpinned by our House & Wellbeing team, who ensure the athletes become the best version of themselves.

These different areas of the academy are fully integrated to optimise every athlete’s opportunity, and the whole rhythm of the school is adapted around the athlete’s training and racing schedules.



Apex strives to develop high-performers with great character who continuously pursue excellence on and off the mountain. We enjoy the process of getting better together every day on our journey to become the best in the world.

"The world's only international ski academy that is also an accredited International Baccalaureate (IB) world school, as well as IGCSEs, American and French pathways."

Athletes can join the Apex Academy at three levels:

- **U12 Programme:**
  - 109 days per year
  - 29th Nov 25 - 12th Apr 26
- **U14 Programme** (Host School):
  - 116 days per year
  - 22nd Nov 25 - 12th Apr 26
- **U14 Programme** (Year Round):
  - 203 days per year
  - 6th Sep 25 - 23rd May 26
- **U16 Programme:**
  - 269 days per year
  - 8th Jun 25 - 31st May 26
- **FIS Programme:**
  - 271 days per year
  - 8th June 2025 - 31st May 26
- **PG Programme:**
  - 250 days per year
- **EC Programme:**
  - 250 days per year

- **Perform Better Camps (U12 / U14)**

For the 2025 preparation period Apex will be offering a dynamic camp model to meet the needs of different families' unique journey. We know that it is important to follow best practices in volume of training of their sport when there are clear goals to perform long term. We are therefore recommending 45 days of on-snow training for U14s and 25 days for U12s throughout the preparation period.

This year all our U14 and U12 projects will be Perform Better Camps which are open to athletes from around the world to join. Priority and preferential pricing will be awarded to the Apex athletes.

In order to attend Perform Better Camps, athletes are required to sign up and pay in advance.

More details can be found at
https://store.apex2100.org/collections/camps

Apex2100

# INTRODUCTION

At Apex, we're driven by the why behind everything we do. Our mantra, "Getting better together, every day," encapsulates our continuous journey. We're committed to refining our habits, fostering winning behaviours and defining our purpose through our values, plus our social responsibility. As a values-based academy, we stand for integrity, teamwork, and growth, striving to tell a story that sets us apart and excites us about our work. Our strength lies in seamlessly integrating these pillars, aligning our rhythm with athletes' training schedules and employing adaptable learning technologies. Our diverse global staff forms strong bonds with athletes, celebrating varied experiences while focusing on long-term athletic development. Emphasizing open communication, psychological safety, and actionable feedback drives our daily pursuit of improvement. At Apex, it's not just what we do; it's how we do it. We are continuously evolving, learning, and growing together.



Sasha Rearick (🇺🇸)
Alpine Performance Director
Former Head Men's Coach of US Ski Team
Best in the world measured in OWG / WSC medals 2009 - 2015

Apex is a school like no other. It is special because of its programme, which gives me everything I need in my future life and everything I want right now. I can pursue my skiing dreams while getting a high-level education and Athletic Development training. There is always a team of coaches, teachers, staff and an amazing team of athletes to support me and help me, whether it is my sport, education or everyday life. The community here is like a second family.

FIS Athlete (🇸🇰)



## “Talent alone is not enough.”

I have spent the last 30 years working with high-performing teams and individuals - from the World Cup-Winning England Rugby team in 2003 to the athletes who delivered Team GB’s most successful Olympic Games at London 2012.

Before we built Apex, I spent a year visiting academies across the globe, from ski racing to football to ballet, to find out what makes a world-class academy. My experience taught me that there are three key areas that are crucial to success and are at the core of Apex. Firstly, education must be at the heart of absolutely everything you do. Secondly, you have to think globally and internationally. Finally, the fabric of the school must be absolutely bespoke to your mission. What we have put inside our school is crucial because it will enable our athletes to succeed.



Sir Clive Woodward (🇬🇧)
Director of Sport
Rugby World Cup-winning Head Coach
Director of Sport for Team GB at London 2012



# TEAM APEX

Apex is a purpose-built ski academy based in one of the best ski regions in the world. In our state-of-the-art facilities, every measure has been taken to ensure that our athletes are developing and achieving their full athletic potential without compromising their education.

However, facilities are only as good as the people inside them. I am very proud to work with an international team of highly qualified and motivated professionals who are dedicated to the long-term success of every one of our young athletes. As an international academy with a global outlook, we value the opportunity to explore the different perspectives and cultures that over twenty-five nationalities provide. We aim to develop internationally educated, world-class skiers with great character who pursue lifelong excellence through joy, passion and hard work.



Chris Thomson (🇬🇧)
Chief Executive
MSc, University of Oxford
BSc, University College London

# OUR VALUES

Our exceptional facilities at Apex allow us to deliver a world-class Learn, Train, and Perform programme. The three pillars integrate flexibly to allow our athletes to thrive in all environments without sacrificing quality.

Hand in hand with success on the hill or in the classroom is our focus on developing well-rounded individuals who value respect, well-being, community, fun and grit. We celebrate these values daily throughout academy life. At Apex, we focus on skills and values that will allow our athletes to flourish in all aspects of their lives – in ski racing, in the workplace and in their day-to-day lives. Our athletes are the most important part of our team. We know that the process of becoming an elite athlete isn't always smooth sailing. Each of our athletes is surrounded by a support network of houseparents, pod tutors, coaches and teachers who are there to celebrate the highs and support during the lows of our young peoples' lives.



01

# LEARN

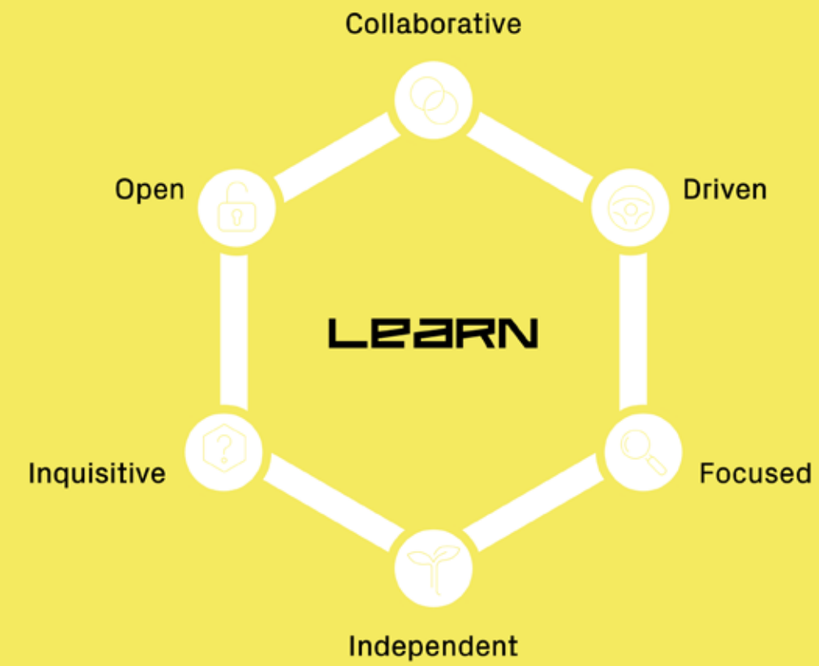


12 Classrooms

2 Laboratories

18 Teachers

22 Subjects



# LEARN

At Apex, we place education centre stage. We offer an enriched and flexible learning environment. Lessons are delivered face-to-face and online to offer maximum flexibility and every session is tailored to each individual's strengths and needs. Our high teacher-to-athlete ratio means that athletes not only maintain their usual academic standard but often make vast progress beyond it.

We adopt an internationally-minded approach in which athletes are offered the opportunity to study in both French and English. We value intellectual curiosity, self-reflection, open-mindedness, and foster a passion for learning through our team of highly dedicated and fully qualified teachers. Our team, alongside our purpose-built classrooms and science labs, ensure that athletes are fully equipped for academic success across a full range of subjects.



Jo Crowther (🇬🇧)
Head of Teaching & Learning
PGCE, Bradford University
BA (Hons), University of Newcastle



# OUR PROGRAMMES

U12/U14
Our youngest athletes manage their academics between their host school and our academy, following our specialized curriculum designed for IGCSE preparation. They immerse themselves in both French and English learning, honing communication skills in their main academic language and the language of their host country, France. By the second year of U14, they have the choice to join us full-time, gearing up for integration into the U16 program.

U16
U16 athletes commit to full-time studies at Apex, engaging with varied educational programs like Pearson Edexcel IGCSE, CNED, USPA, or personalized online education. Alongside, they delve into our Perform Programme, a bespoke curriculum fostering modern skill development essential for their growth in the contemporary world.

FIS
During the FIS phase, athletes pursue tailored education programs (CNED, IB, USPA) conducive to international students aiming for competitive careers and life beyond sports. The International Baccalaureate (IB) curriculum spans three years, ensuring comprehensive development. Concurrently, all FIS athletes continue their education through our Perform Programme, supporting their holistic development within the academy.

# OUR APPROACH

Apex is breaking new ground in combining elite sports training and development with an outstanding academic education, which opens doors to a wealth of exciting opportunities for your child. A great education combines maximising your child's achievements alongside developing their personal characteristics. This is at the heart of the Apex approach. Its delivery is dependent on outstanding teaching, individual care, appropriate challenge and sophisticated leadership, which keeps the focus on enabling our athletes to flourish. My role is to work with Chris Thomson to ensure this bold promise is delivered to all of our athletes.



Mike Buchanan (🇬🇧)
Educational Consultant
Former leading Headmaster in the UK
Former CEO of the Headmasters Conference

# INTERNATIONAL BACCALAUREATE

The International Baccalaureate (IB) has been chosen to support international students for a career in competition and life after sport. Our IB programmes challenge the athletes to excel in their studies and encourage both personal and academic achievement. We hope to develop inquiring, knowledgeable and caring young people who are motivated to succeed.

Apex is accredited by the World Academy of Sport, in collaboration with the IB as an Athlete Friendly Education Centre (AFEC). This allows us to deliver the IB curriculum over a three-year period, enabling each athlete to fully develop in all areas of our programme.



Elise Peizerat (🇫🇷)
IB Coordinator
MA, Université de la Sorbonne
MBA, Grenoble Ecole de Management

# CNED

French-speaking athletes who wish to follow the ‘Education Nationale’ programme can study with the CNED (Centre National d’Etudes à Distance). Tests are marked by certified teachers, and students can prepare for and take exams such as the Brevet des Collèges, Baccalauréat, etc.

Studying with the CNED allows the school programme to be adapted to the demands of the athletes’ schedules. Thus, students are freed up for training or competitions. In case of bad weather, a ski session can be replaced by an education session. Alongside online education, athletes receive support from teachers in the academy in Maths, Science, English, Spanish and French.



Nathalie Bigard (🇫🇷)
CNED Coordinator
Six years of experience with CNED
Twelve years educating in Tignes




# US PERFORMANCE ACADEMY

US Performance Academy (USPA) is a virtual school for high-performance athletes, providing the best support that meets the needs and scheduling of a driven athlete. They are an NCAA-accredited virtual middle and high school for student athletes' grades 6-12.

This offers young American ski racers world-class training with a flexible education. This allows the athletes to set their schedule so they can train when they need to and learn at their own pace with the guidance of expert coaches and teachers.

"I am a full-time ski racer and Junior at USPA. I travel constantly chasing snow, and USPA is the only school that not only allows me to pursue my goals but is also very supportive."

Allison Mollin (🇺🇸)

USPA
US PERFORMANCE ACADEMY

Apex2100

# 02

# TR3IN

200m² Ski Room

5-6 ski days per week

300m² Ski Area

5-7 Prep Period Camps






“The overall vision and ambition of Apex really attracted us from the outset, and the opportunity this would give our son as he matures as an athlete. The quality and depth of resources being deployed across all areas of the programme, along with a broad focus on both physical development and education, provides an environment where athletes can really flourish and grow.”

U14 Parent (🇫🇷)




# TRAIN

The Apex Train programme focuses on three key areas. Adaptability, long-term development and creating an environment where athletes can learn through their successes and failures. We have identified the seven basics of ski racing that we learn in our 3D process: Discover, distil and do. This is done in multiple training environments and conditions, with expert feedback. Our coaches focus on the learning process and encourage freedom of expression and individual creativity.



Sasha Rearick (🇺🇸)
Alpine Performance Director
Former Head Men's Coach of US Ski Team
Best in the world measured in OWG / WSC medals 2009 - 2015

“The best thing about Apex is the amazing facilities and opportunities. Not only do we have the training slopes on our doorstep, we have a fully equipped Performance Centre, gym and classrooms, which we use every day to aid our performance on and off the hill. We also have facilities and many areas where we can relax with our friends, which is important after a day’s training and school. Balancing our social life is a key part of us being able to perform at our best.”

U16 Athlete (🇬🇧)

# TRAINING

The prep period training schedule takes place in a variety of venues worldwide. In May and June, training takes place in Tignes, followed by Val d'Isere, Les Deux Alpes, Stelvio, and Norway during June and July. Different groups train in indoor venues later in the summer or head to New Zealand for their winter. In the Autumn, Apex sets up a base in Saas Fee, giving important training to the whole academy alongside camps in Solden, Stubai & Kaunertal. In the winter, we are based in Tignes with training camps in our Italian base, Pozza di Fassa.

# RACING

Our primary racing focus remains on racing at appropriate levels while prioritizing training for long-term development. Competitions serve as opportunities to refine on-demand execution of acquired skills. As an academy, we race and support athletes in a variety of different racing systems.

In France, our affiliation with the Fédération Française de Ski allows athletes to race in both the FFS and CIT race series. We support athletes in the British system as well as at FIS Children's races. FIS athletes race across Europe throughout the season. Apex organises and runs FIS races in Pozza de Fassa while our athletes train there.

Federation Française de Ski

FIS DEVELOPMENT PROGRAMME ACADEMY PARTNER

TIGNES



# OUR AMBITION

Developing and creating future ski champions is the core of Apex. During an athlete's time with us, they are surrounded by a highly dedicated and professional coaching team, great training facilities and a unique approach to individual development. Our coaches come from across the world with a range of experience, including racing at the World Cup & Olympic Games to coaching internationally renowned athletes. Our ambition is to be the best, so we maximise each athlete's potential and develop their knowledge. Offering an enjoyable, challenging and engaging ski programme, we share our winning culture with athletes from all around the world.

Our international coaching team has a range of experience at all levels to the World Cup. Coaches work closely with the athletes in small groups to support every athlete in the best way possible.



Alex Vitanov (🇫🇷)
Head Coach
Represented Macedonia in two World Cups
Fluent in six languages

# VAL DI FASSA

In partnership with Val di Fassa in the Dolomites, Apex has created a permanent winter base to allow athletes to train and race there. Pozza di Fassa's superb training venues, diverse terrains and proximity to a number of competitions made this a brilliant location for a satellite base.

With Val di Fassa's rich ski racing history and a lineup of international events, the PG programme is based in Pozza full-time during the winter, while other academy groups spend one to two weeks training there during the winter. In collaboration with the Latvian Ski Association, Val di Fassa & Trentino, Apex will organise and host FIS 22 races during the winter.

VAL DI FASSA®
DOLOMITES
TRENTINO



# SKI ROOM

At Apex, we’re different from other ski academies in Europe thanks to our top-notch facilities. Our ski room has 18 workstations where athletes can work simultaneously, and we use high-tech machines for grinding skis to World Cup standards. We customize everything, including boots and insoles, for each athlete. While this doesn’t guarantee perfect gear conditions, our coaches emphasize equipment care through tuning clinics. Beyond sports, we connect academics with skiing, showing how physics and math apply to equipment and ski curves. This unique approach helps athletes understand their sport better and sets Apex apart from other academies.



Rufo Del Castillo (🇪🇸)
Head Ski Technician
Five years with the US Ski Team

# 03

# PERFORM

400m² Gym Area

1 Hydrotherapy

10 subject specialists

5 Online Areas



# PERFORM

The Apex Perform programme teaches athletes practical skills to help them execute better under pressure in the classroom and on the slopes. We have ten hand-picked, world-class experts who deliver modules covering eight areas of performance. These are the core building blocks that allow young people to perform at their best. Athletes discover the programme with a mixture of enquiry-led online content and practical education sessions with our experts in the academy.

Athletic development is a key focus in the academy and our year-round programme. Our in-house conditioning team work with the athletes in a variety of areas to prepare them physically for ski racing and equip them with a range of skills and athletic abilities.



Sasha Rearick (🇺🇸)
Alpine Performance Director
Former Head Men's Coach of US Ski Team
Best in the world measured in OWG / WSC medals 2009 - 2015

# WORLD-LEADING INNOVATORS

We have recruited a number of hand-picked, world-class experts who deliver modules covering Nutrition, Athletic Development, Serious Fun, Brain Fitness, Sleep & Recovery and Health Management. These are the core building blocks that allow young people to live and perform at their best.

Our experts have experience at the highest level of performance in sport and business. They have worked with teams including NASA, Mercedes F1, New Zealand Rugby, Land Rover, Chelsea Football Club & INEOS Grenadiers Cycling Team.

# PERFORMANCE REIMAGINED

How you prepare to perform is key to becoming a successful athlete. Designed specifically for Apex, the Perform Programme has been created to equip athletes with the necessary skills to perform at the highest possible level in all areas of life. In partnership with 8billionideas, athletes complete online lessons on key areas of Performance to develop their knowledge and positive behaviours. Building enduring positive habits lays the cornerstone for an athlete's lifelong success, both on and off skis.



“We chose Apex for our son because we didn’t want to have to compromise on either his education or his skiing. Apex offers a unique combination that allows him to pursue his ski racing along with a rigorous IB education. We appreciate the unparalleled Tignes location, state-of-the-art training program, facilities and personalized approach. There really is nothing else like Apex.”

FIS Parent (🇺🇸)



# ATHLETIC DEVELOPMENT

At Apex, we believe that to be an alpine skier, you must be an all-round athlete. Therefore, we focus on long-term development. Our training is based on skill acquisition & development, injury prevention, core strength training, prehab programs, yoga and mobility.

Learning movement patterns and techniques gives athletes a strong foundation to prepare them for the increased load as they develop. When athletes join Apex, they are screened in endurance, strength, agility, mobility, balance and functional movement. This allows us to individualise their programme according to their stage of maturity, track progression, develop prehab programs and set individual long-term and short-term goals.



Sabrina Mocellin (🇫🇷)
Head of Athletic Development & Reconditioning
Former racer in the French Ski Team
Two-time U21 French SG champion

# RECONDITIONING

The Athletic Development team and in-house physiotherapist work closely to prevent injury for our athletes and return the athletes to sport and then skiing in the event of an injury.

We ensure the athletes are prepared for all ski-specific constraints, prevent any growth-spurt-related injuries and detect imbalances during our bi-annual testing. In the event of an injury, athletes undergo a ‘return to ski’ program where they are given an intensive rehab and a reconditioning plan. This optimises their return to ski with regular testing and progression At the end of the reconditioning phase, athletes pass the K-starts tests to validate the Return to ski.



Ginny Schniewind (🇬🇧)
Physiotherapist
BSc (Hons) Manchester University
15 years of experience in sport physio




# BRAIN FITNESS

Apex is committed to nurturing the mental wellness of our athletes and staff. Our comprehensive approach supports athletes on the spectrum from mental health to mental performance. Led by our sports psychiatrist, Dr. Tim Rogers, regular sessions at the academy impart essential principles of Acceptance Commitment Therapy (ACT), fostering psychological flexibility for our athletes. Tim guides them in making proactive strides toward their goals.

We offer targeted educational modules covering various facets of sports psychology, such as setting process-oriented goals, mastering performance under pressure, and harnessing the power of imagery. These practical skills empower our athletes to excel in their mental game.

Recognizing the importance of personalized support, a dedicated team of sports psychologists is available for one-on-one sessions, ensuring tailored assistance for athletes seeking additional guidance and care.

# NUTRITION

The Nutrition Team at Apex plays a key role in the development of our athletes' mental and physical health. The food we provide is designed with high performance and recovery in mind. Our menus aim to excite young athletes whilst also providing the correct macro and micro-nutrients within the food groups they require.

Everything is prepared in our own kitchens by our highly qualified catering team, using whole foods cooked from scratch. As well as the main meals of the day, we provide a variety of extra homemade snacks and shakes to the athletes to optimise their training and recovery. We also educate our athletes on nutritional science as part of the Performance programme; they learn how the foods they choose to eat will aid and impact their physical performance and academic development.



Steph Tucker (🇬🇧)
Kitchen Manager
CMI Level 5 Leadership and Management
Over 10 years Catering and Hospitality experience

# MEDICAL CARE

At Apex, our commitment lies in delivering comprehensive healthcare promptly. We take a collaborative approach, partnering with athletes and their parents to address both acute and chronic illnesses or injuries. Communication stands as the cornerstone of our practice. Equipped with an on-site medical room, we ensure a conducive environment for assessing and reviewing athletes. Our integrated methodology involves a cohesive effort among our dedicated house team, local medical facilities, on-site physiotherapists, strength and conditioning experts, and ski coaches. Guided by national and international protocols, our care spans the spectrum from injury prevention to rehabilitation and recovery. Our aim is to achieve the optimal outcomes for each athlete under our care.



Karen Thomas (🇬🇧)
Medical Lead
10 years of experience in Neuro, Trauma, Orthopaedics, Emergency Care & Surgery

04

# HOUSE 4 WELLBEING

1 Common Room

1 Games Room

6 House Team

54 Bedrooms



# INTRODUCTION

The House and Wellbeing team supports athletes to become the best version of themselves in a friendly and vibrant community in which each individual feels valued. Our care hinges on the excellent working relationships established between staff and athletes, which ensures everyone is encouraged and known, thus building a sense of belonging at Apex. The House and Wellbeing team bridges the pillars of Learn, Train and Perform to ensure athletes are well-equipped to tackle the challenges placed in front of them.

Our dedicated live-in Houseparents for FIS, Youth and U12 athletes are supported by 2 Boarding assistants and the Head of House and Wellbeing, ensuring athletes have access to support 24 hours a day. Each athlete also has a dedicated Pod Tutor who checks in regularly and liaises with parents to keep them up to date with academic matters.



Jack Payne (🇬🇧)
Head of House & Wellbeing
PGCE (MA) Canterbury Christchurch University
BSC (Hons) University of Bolton


ARMANI

# BOARDING HOUSE

The Boarding House consists of 54 rooms with ensuite bathrooms, time-optimised lighting and, for some, views of the surrounding mountains. There are also three six-person dormitories for our younger athletes. Athletes make full use of their free time to socialise with their peers in the Games Room, FIS common room or the performance centre. These areas become social hubs in the evenings and at weekends with table tennis, table football and pool tables regularly featuring for some healthy competition. The house team is also dedicated solely to house matters, so during free time on weekends, many activities are available for athletes to take part in, such as cake decoration, crepe making, pizza afternoons and team building games, to name a few. These communal spaces, activities and positive relationships with resident House staff and their families provide a homely atmosphere within the academy.

We see our fully international cohort of athletes as a strength. With over 30 nationalities in the academy, our athletes value different cultures and are encouraged to learn from each other.

The safety and well-being of the athletes at Apex is our number one priority. Each athlete is treated as an individual and the academy aims to provide a safe, caring & supportive environment so that every athlete can Learn, Train and Perform without fear of harm or discrimination.

For more information regarding safeguarding, please contact Jack Payne, the Designated Safeguarding Lead, at jack.payne@apex2100.org.



# 05



# TIGNES



# TIGNES

Tignes is one of the best ski resorts in the world. Our location is a fundamental feature of life at Apex. Set on a beautiful high mountain plateau at 2100m, we have access to 159 pistes over 300km² within the Espace Killy ski area. Excellent snow cover affords a season that lasts the majority of the year.

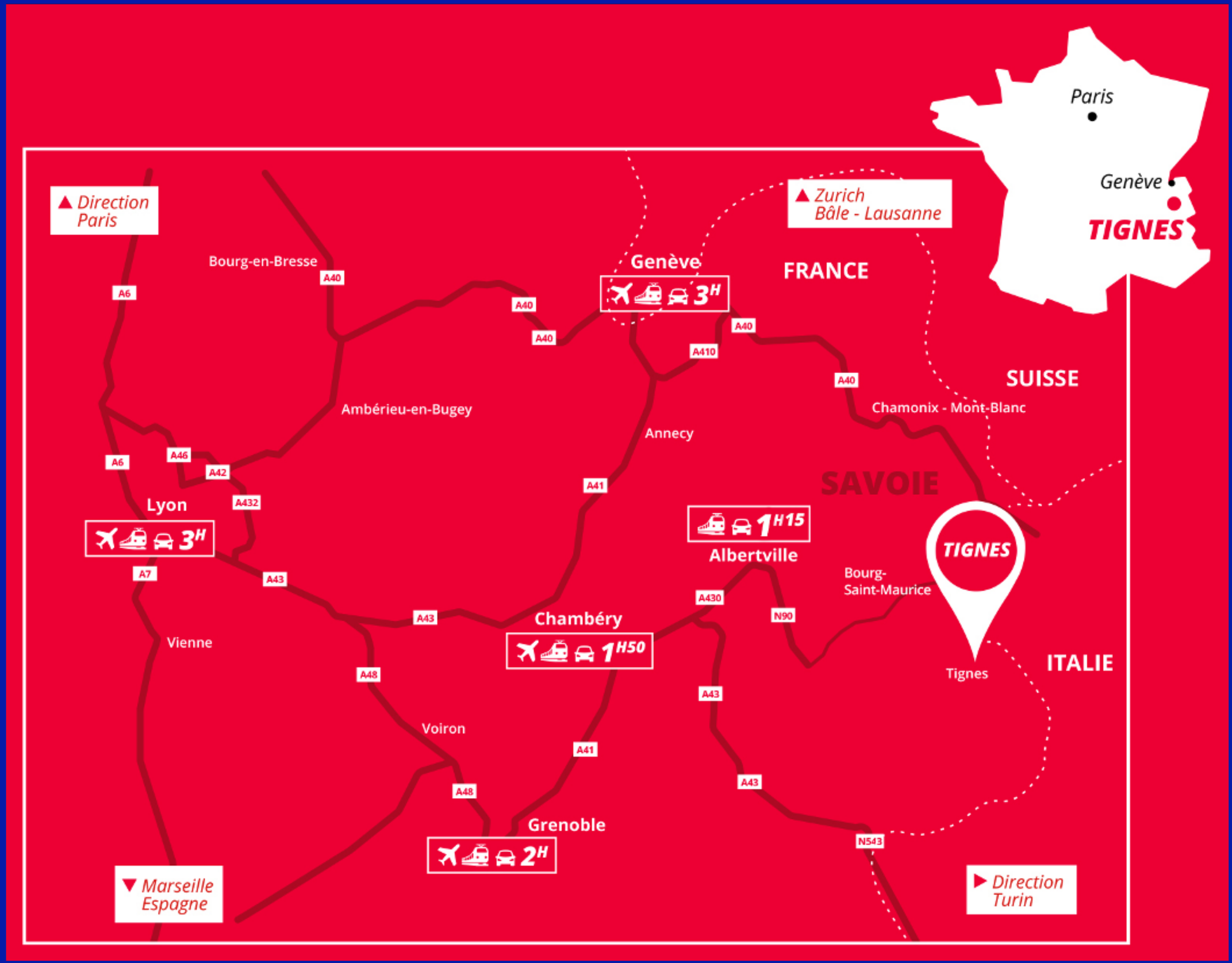
The Tignes ‘Stade’ offers our groups training in Slalom, Giant Slalom, Super G and Downhill during the winter, providing our athletes with an excellent opportunity to train across the different disciplines.

Tignes also offers extensive sporting facilities outside the academy, including Tignespace and Le Lagon. Highlights of these locations include an 80m indoor running track, a 25m indoor swimming pool and a 3500m² indoor sports zone.

Throughout the season, athletes travel across the world to train and race in different environments. We train in ski domes in Lithuania to the glacier in Saas Fee or the ‘Ice Box’ in Sölden.


HOTEL
LE PAQUIS
APEX 2100

Apex2100


Paris
Genève
TIGNES
Direction Paris
Zurich Bâle - Lausanne
Bourg-en-Bresse
A40
A6
Genève
3H
FRANCE
A40
A40
A410
A40
SUISSE
Ambérieu-en-Bugey
Chamonix - Mont-Blanc
Annecy
A6
A46
A42
A41
SAVOIE
Lyon
3H
A432
1H15
Albertville
TIGNES
A7
A43
Bourg-
Saint-Maurice
A430
N90
A43
Chambéry
1H50
Vienne
ITALIE
A48
A43
Tignes
Voiron
A41
A48
A43
Grenoble
2H
N543
Marseille
Espagne
Direction
Turin

# 05

# INFO

# U12 PROGRAMME

The U12 programme runs from the 29th November to the end of the season in April, with fun-packed physical camps, glacier training and indoor camps during the prep period. In the winter, athletes follow the Apex curriculum while competing in local French and the British race series.

# U14 PROGRAMME

Two types of U14 programme are available, a year-round programme or a host-school model. Both programmes have the same number of ski days across the year. The programmes begin with a summer camp in Tignes in the summer before, and then the majority of the training takes place between November & April. Athletes on the host-school model arrive in the academy in November for the winter, compared to the year-round athletes who join in September.

# U16 PROGRAMME

U16s are in the academy year-round. After prep period camps throughout the summer and autumn, athletes are based in Tignes from September onwards. Athletes combine the Learn, Train & Perform programmes alongside each other to prepare themselves to become FIS athletes.






# FIS PROGRAMME

FIS is the toughest and most demanding Apex programme. We combine the athletes' Learn, Train and Perform programme with their demanding race circuit. This provides a minimum of 50 on-snow training days from June to November and a comprehensive race schedule of 35 races from December to April. Apex athletes take their education into their own hands and study programmes from the International Baccalaureate, CNED or USPA. This ensures they succeed academically alongside their pursuit of an international ski racing career. The FIS programme runs for 41 weeks per year.

# PG PROGRAMME

The PG Programme aims to develop third and fourth-year FIS athletes into their national teams. Our annual programme focuses on racing internationally while encouraging athletes to get university credits and develop their overall athletic performance. Athletes can race in both Europe and the NorAm Cup with the programme running between the 1st May and the 15th April.

# ACADEMY FEES

All athletes are provided with our unique Learn, Train and Perform programmes. In addition, the following costs are included:

- Accommodation in our purpose-built Ski Academy in Tignes
- Access to all the academy facilities including gym and ski-room
- 3 freshly prepared meals, plus snacks per day
- Professional 24/7 pastoral support
- Transfers to & from Tignes on set travel days
- Initial physio assessment & primary session

The following are not included:

- Personal ski equipment
- Flights to & from home/camps/races
- Transfers to & from Tignes outside of set travel days
- Academy uniform
- Medical insurance/Medical costs
- School exam entrance fees
- Ski repair costs
- On-going physio costs
- Race costs

For the academic year June 2025-May 2026, our fees are as follows:

| | U12 | U14 (Nov - Apr) | U14 (Sep-May) | U16 | FIS |
|---|---|---|---|---|---|
| Base Programme Fees | € 21,800 | € 24,029 | € 40,600 | € 54,662 | € 59,949 |
| | | | | | |
| ADD-ONS | | | | | |
| Espace Killy Season Lift Pass* | €600 | €600 | €600 | €600 | €700 |
| Club des Sports Licence* | €150 | €150 | €150 | €180 | €180 |
| Unlimited Ski Grinding Package** | €450 | €450 | €450 | €450 | €450 |

For more detailed fee information please visit https://apex2100.openapply.com/

* Athletes who provide their own Season Lift Pass and/or Club des Sports Licence will not be charged. Prices above are estimates based on pricing for 2024/25, the actual amount charged will be the cost price.
** Athletes can opt out of the Unlimited Ski Grinding Package should they wish, however we would recommend this for all athletes to ensure that skis are maintained to the highest standard. The standard price for this package (if purchased during the year) is €600.

# BURSARIES & SCHOLARSHIPS

We aim to provide our world-class training and facilities to the best young skiers from around the world, irrespective of their background.

If you wish to find out more about our bursary or scholarship programme, please contact: info@apex2100.org.

We understand that for some athletes, the year-round programme is not possible and we therefore offer a small number of places to athletes joining us for shorter periods.

Please note that places on these programmes are limited as we believe that the annual programme is the best option for long-term athletic development.

Please contact our Admissions Team to discuss any of these options at info@apex2100.org

# ADMISSIONS

For further details or to arrange a visit, please contact: info@apex2100.org.



Follow us on social media: @apex2100

Visit our website:  www.apex2100.org

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