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International Ski Academy · Académie Internationale de Ski

MULTISPORT
PERFORM BETTER CAMP
SUMMER 2025



WELCOME

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

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

While our primary focus is skiing, Apex opens its doors to other sports throughout the year. Our Perform Better Camps cover skiing, rugby, netball, or provide a multi-activity experience.

Each camp is created 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.

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
DATES	July / 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.

FORMAT	4-nights / 5-days
2025 DATES	July / 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

THE APEX FACILITY

54 Bedrooms 180 beds	Medical & Treatment rooms	400m² 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 1600m2 sports hall and adjacent 60m sprint track.





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PERFORM BETTER

To book, pricing or for further information

Please email roni.hamilton@apex2100.org

camps.apex2100.org