@apex2100

APEX2100

International Ski Academy · Académie Internationale de Ski

NETBALL

PERFORM BETTER CAMP

OCTOBER 2026 & 2027

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“*The key lesson I want the girls to leave with is that netball isn’t just about when you step on that court for 60mins, it's about everything else around it – that enables you to have the tools in your toolbox to perform at the best of your ability.*”

Pamela Cookey, Apex Netball Performance Director



WELCOME

I am delighted to welcome you to the Apex2100 International Ski Academy in Tignes, France and invite you to elevate your team's performance at our world-class sporting facility and high-altitude training environment, purpose built for champions.

While Apex is first and foremost a world-leading International Ski Academy and IB World School, combining elite ski training with academic excellence, we also deliver exceptional training camps across several sports during periods when our ski athletes are off campus.

The Netball Perform Better Camp was created to provide a performance focused experience for 16–18-year-old players. It is an opportunity for keen netballers to train in a collaborative and competitive pre-season environment. The camp has been developed and is delivered by Pamela Cookey, former England Captain and 7-times Super League champion, who provides hands-on support before and during each camp.

Furthermore, the Apex « Perform Better » programme, that underpins both our ethos and the way we operate in Apex, is woven into the camp experience. This framework is built around 5 pillars, that are embedded into the daily life at Apex:

Eat Better | Sleep Better | Move Better | Think Better | Live Better

We look forward to the opportunity to welcome you to Apex soon.

With my warmest sporting regards,

Sir Clive Woodward



Sir Clive Woodward
Apex Director of Sport



Pamela Cookey
Apex Netball Performance Direrector





APEX NETBALL

Unlock your players' potential and elevate their game with our expertly designed camp, led by renowned coach Pamela Cookey.

A max of 8 teams' collaboration to create an engaging training experience to transform your pre-season preparation.

The camp focuses on developing individuals both on and off the court. Players will enhance their skills in ball handling, movement, and position-specific techniques. Teams will also have dedicated time to train together, fostering unity and teamwork.

In addition to on-court training, players will engage in sessions covering visual awareness, athletic development, mindfulness, pilates, hydrotherapy recovery, and the essential winning behaviours that drive success.

The week will be rounded off with a fun team-building activity, culminating in an exciting tournament on the final day.

Watch for yourself, the Netball Camp 🏀 in action!

CAMP PACKAGE + COST

DATES (6-days / 5-nights)

18th – 23rd October 2026
17th - 22nd October 2027

PRICING

£900 per player | coaches free of charge

INCLUDES:

- 🛏️ 5-nights accommodation in Apex
- 🍽️ Full board + post training recovery snacks
- 🏀 Court training sessions
- 🎯 Focuses skill sessions
- 🏆 End of camp tournament
- 🏋️ Use of netball training equipment and balls
- 💪 Apex-led Athletic Development & Conditioning
- 🏟️ Access to all Apex sporting + recovery facilities
- 🧠 Apex Perform Better workshops
- 🎓 Coach professional development sessions
- 🚌 Airport transfers
- 🧗 Team activity: mountain hike
- 📊 Team room

OPTIONAL EXTRAS

- Additional team building activities (on request)
- Overnight refuge stay (on request)

EXCLUDES

- Transport from the UK or country of residence
- Medical or sports insurance

"The visual systems work has been valuable. It has made the players think about their whole approach to netball and not just the tactics of the game."

Jordan Kemp, Army Netball

ARMY NETBALL

TYPICAL DAY

The following is a typical day on camp.

A sample week can be provided upon request

	Attackers	Mid-Court	Defenders
0800-0830	Breakfast		
0830-0900			
0900-0930	Shooting Session		
0930-1000	PRE-HAB & WARM UP		
1000-1030	POSITION SPECIFIC - SKILLS SESSIONS		
1030-1100			
1100-1130			
1130-1200	COOL DOWN		
1200-1230			
1230-1300	Lunch		
1300-1330			
	Revert back to teams		
1400-1430	Perform Better Workshop Think Better: Pamela Cookey - Double Life		
1430-1500			
1500-1530			
1530-1600	Perform Better Workshop Balance & Coordination	Team Training	Team Training
1600-1630			
1630-1700			
1700-1730			
1730-1800	Recovery - Hydrotherapy		
1800-1830		Recovery - Hydrotherapy	
1830-1900			Recovery - Hydrotherapy
1900-1930			
1930-2000	Dinner		
2000-2030			
2030-2100	Coaches Development Session		
2100-2130			

MILLFIELD

"*The beauty about this camp is that everything is on your doorstep, you don't have that travel time between facilities – its all here for you.*"

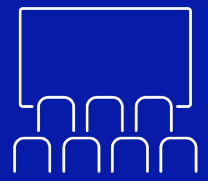
Jenna Adamson, Head of Netball, Millfield School

OUR ACADEMY



THE APEX2100 FACILITY

Click here for a virtual tour of Apex

				
Techno-Gym	Performance Centre	Movement Studio	Hydrotherapy Centre	Treatment Room
				
Accommodation	Restaurant	Workspace	Team Rooms	Games Room