@apex2100

APEX2100

International Ski Academy · Académie Internationale de Ski

RUGBY

PERFORM BETTER CAMP

AUGUST 2026 & 2027

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"*More and more it becomes difficult to play formal fixtures when you go abroad. To have schools here that we can interact with, go against and just to challenge us in the competition elements is truly unique.*

What makes the difference with this camp is the people at Apex. They adapt and go above and beyond to make the experience great."

Matt Salter, Director of Rugby, Clifton College



WELCOME

I am delighted to welcome you to the Apex2100 International Ski Academy in Tignes, France, and invite you join our Perform Better Rugby Camps.

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 when our ski athletes are off campus. Our world-class sporting facility and high-altitude location offer the ideal environment for all champions.

The Rugby Camp is a collaboration with Tom Mitchell, former GB Rugby Sevens Captain and Olympic Silver Medallist, that creates a competitive and alternative pre-season environment for your team.

Whilst rugby is the focus, the camp experience is underpinned by the Apex ethos and holistic approach to performance, built around 5 pillars that are embedded into daily life here in the academy:

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



Tom Mitchell
Apex Rugby
Performance Director





RUGBY CAMP OVERVIEW

The Perform Better Rugby Camps offer a high-intensity pre-season experience for players entering Years 12 & 13.

The programme combines rugby training, athletic development, Perform Better workshops, and off-pitch activities. Teams benefit from exclusive pitch access, joint sessions with participating schools, and the option of conditioned games against local French opposition.

You retain full control of your training schedule. Apex coaches act as an additional external voice, supporting your programme as much — or as little — as you wish.

Training alongside active opposition enables players to refine positional skills and prepare for real-game scenarios. Schools consistently report returning from Apex more advanced in their pre-season preparations, with stronger team cohesion and a tangible competitive edge.

The Apex camp also develops your coaching staff, with professional development opportunities. We equally focus on specific activities for Leaders and team building fun for the entire squad.

Watch for yourself, the Rugby Camp 🏉 in action!

"*The improvement we've seen this week is something they can really transfer not just to their rugby and their sport, but to all things they do when we're back at school.*"

Rob Wood, Director of Rugby, Dulwich College

DULWICH COLLEGE

CAMP PACKAGE + COSTS

PERFORM BETTER: CORE PACK

- 🛏️ 6-nights' accommodation in Apex
- 🍽️ Full board + post training recovery snacks
- 🏉 8-10 pitch training sessions
- 🏋️ Use of rugby training equipment and balls
- 💪 Athletic Development
- 🧊 Cold water emersion (secret spots)
- 🏟️ Access to all Apex sporting + recovery facilities
- 🧊 Access to the Apex Physio suite
- 🧠 Apex Perform Better workshops
- 🎓 Professional development sessions for coaching staff
- 🚌 Airport transfers
- My Tignes activity cards
- Team activities
- 📊 Team room

- 🏉 Joint training session with FC Grenoble U18s

PRICE : £990 per player
Coaches free of charge

"The friendships the boys have sparked this week will last forever. If I were 17 or 18 years old, this would be the most amazing experience of my life."

Mike Bayly, Director of Rugby, Rugby School

PERFORM BETTER: EXTRAS

The following services are optional, depending on your school set up and the experience you are looking for

Private shuttle bus to pitch	£1000/day/team
Physiotherapist	£2700/team
Apex-led S&C sessions*	
Additional coach development workshops*	
Leadership refuge trip*	
BBQ lunch in Val d'Isère*	
Rafting activity*	
Acroland jump activity*	

*Pricing depends on group size and overall package taken (certain activities can be included in the base package)
Detailed quotes available upon request

CAMP DATES (5-days training / 6-nights)

15th – 21st August 2026
22nd – 28th August 2026
14th – 20th August 2027
21st – 27th August 2027

"I can't speak highly enough of the Apex rugby camp and those involved. Our players had a great week, thanks to everyone involved in organising."

Thomas Davidson, Director of Rugby, St Aloysius

TYPICAL DAY

The following is a typical day on camp.

A sample week can be provided upon request

"Great week at Apex2100 preparing for the rugby season ahead! The boys worked hard and had a great time, thanks to Grenoble U18s for the joint session 🏉🇫🇷"

Ben Thomas, Director of Rugby Taunton School

"*The squad are better prepared than any previous season I can recall. The feedback on the Apex camp from both students and parents has been really positive. The breadth of experience and mix of activities between the rugby, perform better activities and outdoor activities has meant our diverse squad all benefitted.*"

John Mallet, Director of Rugby, Millfield School

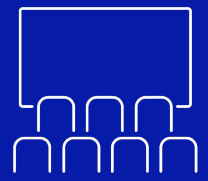
	Team 1	Team 2	Team 3
0700-0730	Awakening	Awakening	Awakening
0730-0800	Breakfast		
0800-0830			
0830-0900			
0900-0930	Athletic Development	Travel to pitch	Morning Mobility
0930-1000		4G pitch session	
1000-1030			
1030-1100	Travel to pitch		Travel to pitch
1100-1130	Joint Training Grass Pitch	Return to Apex	Joint Training Grass Pitch
1130-1200			
1200-1230			
1230-1300	Return to Apex		Return to Apex
1300-1330	Lunch		
1330-1400			
1400-1430			
1430-1500	Perform Better Workshop (Eat Better)	Team meeting	Travel to pitch
1500-1530			4G pitch session
1530-1600			
1600-1630			
1630-1700	Acroland water jump	Travel to pitch	Return to Apex
1700-1730		Training Grass Pitch	
1730-1800			Cold water emersion (secret spot)
1800-1830			
1830-1900		Return to Apex	
1900-1930		Hydrocentre - recovery	
1930-2000			
2000-2030	Dinner		
2000-2030			
2100-2130	Mindset of a Champion - Tom Mitchell		
2130-2200			

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

TIGNES





NATURAL TURF PITCH

Tignes boasts the highest natural grass pitch in Europe:

- Situated at 2160m
- Field dimensions: 100 × 65m
- Built according to NFP90-113 standard
- Grass composition: 50% English ryegrass + 50% meadow fescue
- Integrated irrigation system
- Storage container
- Toilets

Pitch Equipment:

- Football and rugby goal posts
- 15 tackle bags
- 18 tackle shields
- Scrummage machine
- Training bibs

Apex Equipment (to take to pitch):

- Training balls
- Cones (various sizes)
- Slalom poles / agility poles
- Speed ladders
- Mini hurdles
- Free-kick mannequins
- Resistance bands and harnesses
- Training bibs/vests
- Tactical whiteboard





SYNTHETIC 4G PITCH

4G synthetic turf pitch
Suitable for rugby, football and multi-sports use

High-performance underlayer for shock absorption
Rubber-free infill
Coconut husk and cork chip infill

Inaugurated in June 2024, following consultation with several professional clubs

Same turf composition as the Top 14 - LOU Rugby match pitch





LOCATION

TIGNES

Easy access from Geneva and Lyon-Saint-Exupéry airports (3hrs by road)

APEX

Apex is in the heart of Tignes Le Lac

Tignespace and Le Lagon are less than 5-mins on foot

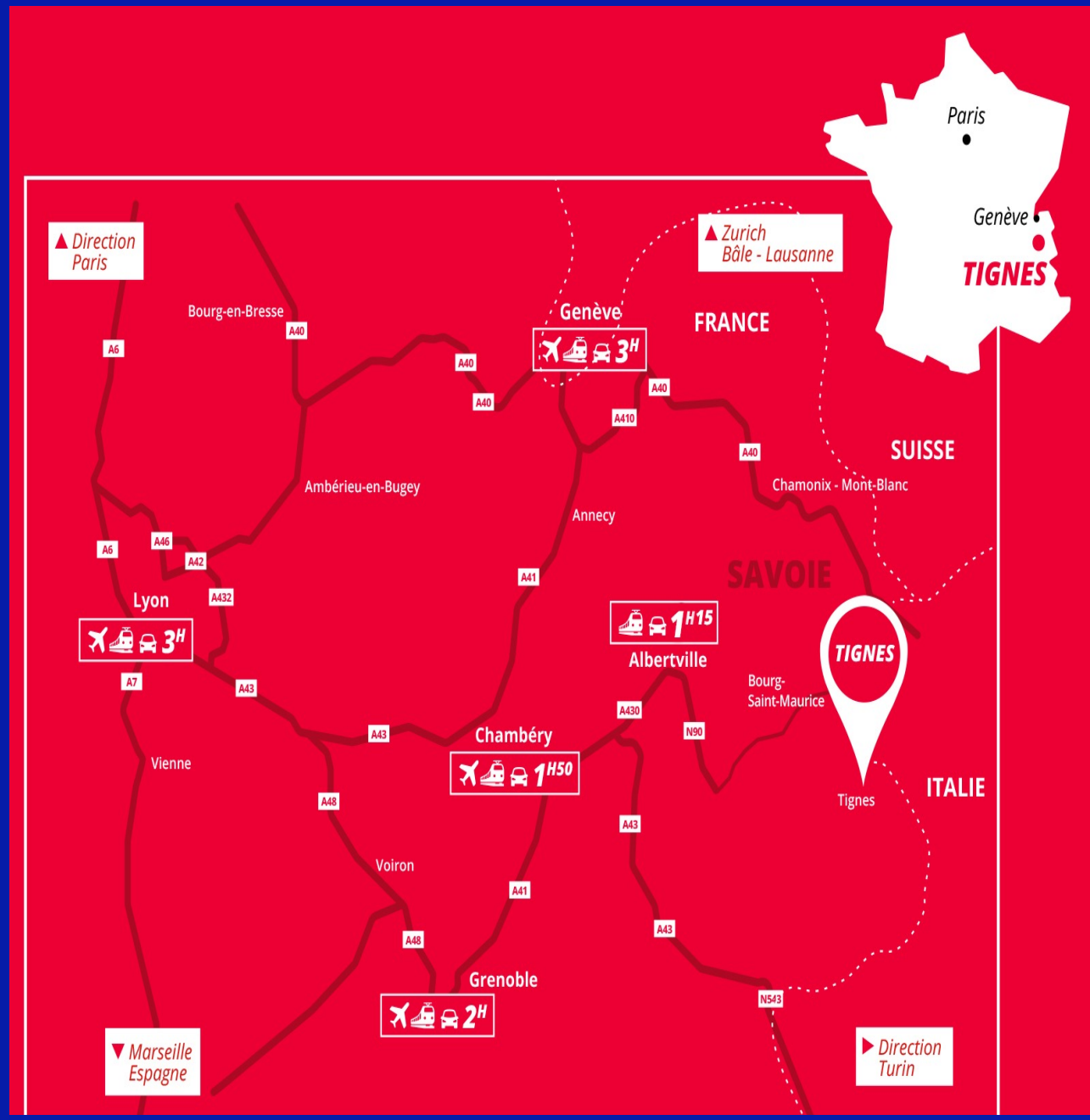
The synthetic pitch is located at 2km from Apex
The grass pitch is located at 3km from Apex

A free shuttle bus service around Tignes is available, or Apex can organise a private bus service to take and collect teams from the training grounds

MEDICAL

Traumatology and General Medicine centre in Tignes (with X-ray machine)

Dedicated radiology clinic with ultrasound, CT scan, and MRI in Bourg-Saint-Maurice (30 km from Tignes)



Is your school ready to take their game to the next level?

👉 Register Now with roni.hamilton@apex2100.org



PERFORM BETTER