

APEX2100

International Ski Academy · Académie Internationale de Ski



PERFORMANCE
REIMAGINED



The Apex2100 International Ski Academy has been created to be the world's leading alpine ski academy for young skiers.

Based in Tignes, France at 2100m, we provide talented skiers with a world class Learn, Train and Perform programme to help create future Olympic & World Champions.



“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. All my experience has taught me that the most important attributes for a champion athlete are; a passion for learning, the ability to perform under pressure and the right attitude to succeed. Put simply, our programme is designed to make each individual who attends Apex better.



Sir Clive Woodward
Director of Sport





“The best thing about Apex are the amazing facilities. 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. We also have a common room area we can relax with the our friends which is important after a day’s training and school; it is good to mix with other age groups and team members.” - U14 Athlete



In our state-of-the-art facilities, every measure has been taken to ensure that our athletes are developing and achieving their full potential. However, facilities are only as good as the people inside them, and I am very proud to lead a team of highly qualified and motivated professionals who are dedicated to the long-term success of every one of our young athletes.



Chris Thomson
Head of the Academy & CEO

- 01 Learn
- 02 Train
- 03 Perform
- 04 Life at Apex
- 05 Tignes
- 06 Information



CONTENTS



LEARN

At Apex, we place education centre-stage. We offer an enriched and flexible learning environment, delivering lessons through a blend of group, one-to-one and online sessions which are tailored to each individual's strengths and needs.

We value intellectual curiosity, self-reflection and open-mindedness, and foster this through our work with individual schools – wherever they may be in the world - to tailor a bespoke and engaging curriculum for each athlete. We adopt an internationally minded approach, and athletes are offered the opportunity to speak and study in both French and English.



Sophie Campbell
Head of Teaching & Learning

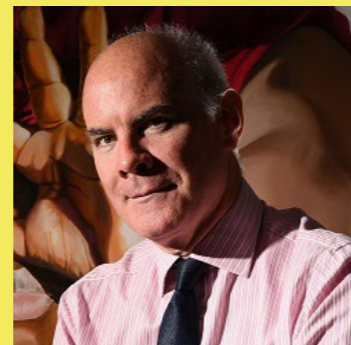




CONNECTED SCHOOLS

During the Youth Programme, athletes maintain strong academic links with home by spending sections of the year back in their own Host school. During FIS, athletes will attend Apex full-time, following the International Baccalaureate (IB), specifically chosen to support international students for a career in competition and life after sport. The IB curriculum will be spread over a three-year period, allowing each athlete to fully develop in all areas of our programme.

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 the Head of the Academy, Chris Thomson, to ensure this bold promise is delivered to all of our athletes.



Mike Buchanan
Educational Consultant
Former Headmaster & CEO of HMC



02



TRAIN

“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





Developing and creating future ski champions is at 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 ambition is to be the best. 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.



Alex Vitanov
Head Youth Coach

“We chose Apex because we wanted our child to be able to train in the best conditions. The holistic Apex approach, attention to pastoral care and being able to stay at the same school convinced us it was the right thing.” - U16 Parent



APEX TRAINING

Skiers at Apex learn the sport of ski racing using the 3D (Discover, Distil, Do) Training Process pioneered by our Director of Sport, Sir Clive Woodward – which he used with the England Rugby team who won the World Cup in 2003.

WORKING IN PARTNERSHIPS

At Apex we are proud to be the first official 'FIS Development Programme Academy Partner'. We work closely with FIS to share knowledge and best practice on development programmes for athletes in winter sports.

We build partnerships with key local and global stakeholders. We are extremely proud to be affiliated with the Fédération Française de Ski, the Comité de Ski de Savoie and our strong local partnership with Club des Sports de Tignes. These vital links provide our skiers with the best opportunity to compete and succeed on the international stage.



03



PERFORM



PREPARATION IS EVERYTHING

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 to the highest possible level in all areas of life.

WORLD LEADING INNOVATORS

We have recruited a number of hand-picked, world-class experts who deliver modules covering: Nutrition, Strength & Conditioning, Balance & Coordination, Visual Intelligence, Brain Fitness, Sleep & Recovery, Digital Wellness and Health Management. These are the core building blocks that allow young people to perform at their best.



“From everything offered to me at Apex, I like the balance of skiing, physical training and education the most. Being at Apex is a great opportunity, it is fun and the coaches, teachers and all staff are great to work with.” - U14 Athlete

The Perform Programme offers the opportunity to move away from traditional, teacher-led learning. Our programme challenges athletes to carry out inquiry-based research into the eight interlinked areas. Our programme is engaging and enjoyable, with additional benefits beyond alpine skiing; to prepare our young athletes for life. Athletes will receive continuous education about the dangers of doping, manipulation of competitions and the importance of embracing clean sport.



Jeremy Mather
Performance Director





LIFE AT APEX



12 Classrooms



2 Laboratories



1 E-Library



54 Bedrooms



1 Work Cafe



1 Hydrotherapy



400m² Gym Area



200m² Ski Room



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. 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.



Dr Adam Carey
Head of Nutrition



OS

TIGNES





TIGNES IS ONE OF THE BEST YEAR-ROUND 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.

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.



HOTEL
LE PAQUIS

APEX 2100

06



INFORMATION

DEVELOPMENT PROGRAMME

This is a stepping stone into the Youth Programme and is designed for athletes in the U12 category. Athletes receive all the same benefits from our Learn, Train and Perform programmes as those on the Youth Programme. The programme runs from mid-December to the end of the season in April, with a fun-packed physical camp in the Summer at Apex.

YOUTH PROGRAMME

Our Youth Programme is designed for athletes in the U14 and U16 categories and kicks off with a physical and ski training camp in Tignes and on the Val d'Isère glacier. The main body of the training takes places from November to April where the athletes are resident in the Apex Academy, benefiting from our ability to train and compete in the local/regional French pathway and succeed on the international stage.





FIS PROGRAMME

The FIS programme is the toughest and most demanding part of Apex. We combine the athletes' Learn, Train and Perform programme with their demanding race circuit. The programme 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 choose between the IB Career Programme or Diploma. They succeed academically alongside their pursuit of an international ski racing career.

PROGRAMME IN NUMBERS

11 months of skiing per year

20 hrs of skiing per week

20 hrs of lessons per week

8 hrs of Strength & Conditioning per week

5 hrs of Perform sessions per week

25+ ski resorts trained in

Our weekly timetable is flexible to integrate our Learn, Train & Perform programme and is tailored to your age.



FEES

Fees are charged quarterly in advance. For the 2020/21 season they are as follows:

Development: £18,000 / €22,000

Youth: £24,000 / €27,000

FIS: £35,000 / €40,000

All athletes are provided with our unique Learn, Train, Perform programmes, plus:

- Training costs (incl. camps)
- Racing costs
- Accommodation, facilities & meals at Apex
- Season lift pass in Tignes & Val d'Isère
- Club des Sports de Tignes membership
- Initial physio assessment & primary session
- Membership to Apex's online training platform, 'The Hub'

The following are not included:

- Personal ski equipment
- Flights to & from home country
- Transfers to & from Tignes
- Flights for training camps & races
- International & French National race entry
- British run race entry
- School or ski uniform
- Medical insurance & EHIC card
- Educational equipment

For further information about fees & charges please contact: info@apex2100.org.

SAFEGUARDING

The safety & 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.

For more information regarding safeguarding, please contact: florence.potter@apex2100.org.

ADMISSIONS

For further details or to arrange a visit please contact info@apex2100.org or visit our website www.apex2100.org.

