

# APEX2100

International Ski Academy · Académie Internationale de Ski



# LEARN

World-class education

# TRAIN

World-class ski coaching

# PERFORM

World-class performance

The Apex programme is divided between 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.



"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:

- **Development Programme**
  - U12
  - 5 months per year
- **Youth Programme**
  - U14
  - 6 months per year
  - U16
  - 10 months per year
- **FIS Programme**
  - U16 +
  - 11 months per year
- **Terms & Camps**
  - An exclusive number of places are available throughout the year for shorter stays

Apex strives to develop high-performers with great character who continuously pursue excellence, on and off the mountain.



Apex is a purpose-built facility set in the heart of the French Alps at 2100m.





### “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

Apex is a school like no other. It is special because of its Learn, Train and Perform 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 Strength & Conditioning 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 a second family to many athletes since they are usually far from their homes.

FIS Athlete (🇨🇮)



## INTRODUCTION

Apex is a world-class ski academy that does not compromise on excellent education. 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. I am very proud to lead 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 nationalities provide.

We aim to develop internationally educated, world-class skiers with great character, who pursue lifelong excellence through joy, passion and hard work. Our athletes perform in the classroom, on the ski slopes and more broadly in life.



Chris Thomson (🇬🇧)  
**Headteacher**  
MSc, University of Oxford  
BSc, University College London

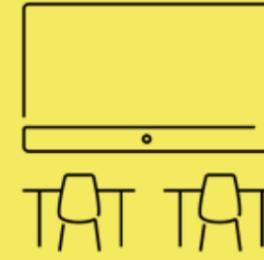
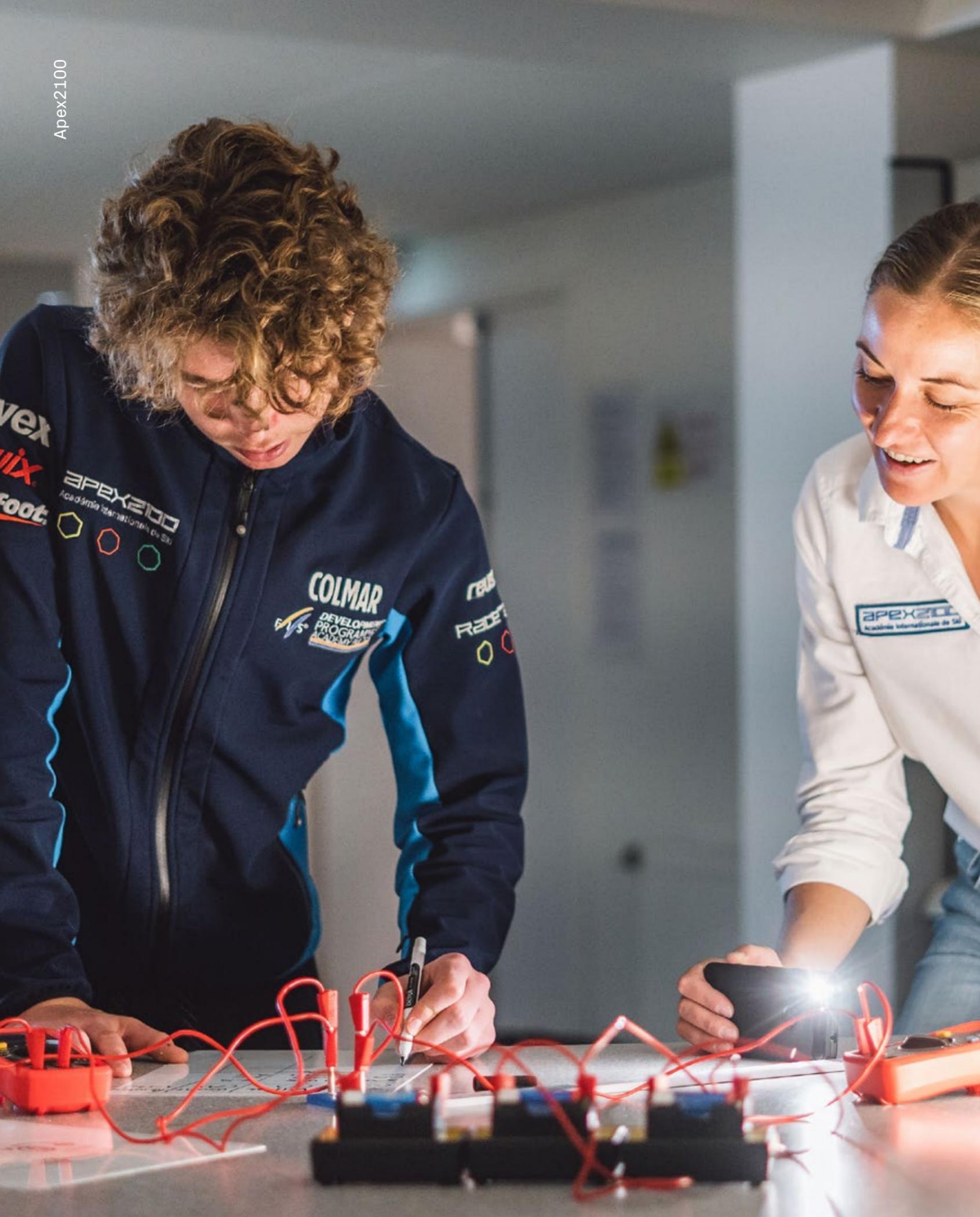


- 01 Learn
- 02 Train
- 03 Perform
- 04 House
- 05 Tignes
- 06 Information

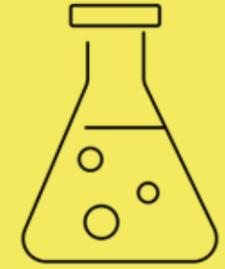
# CONTENTS



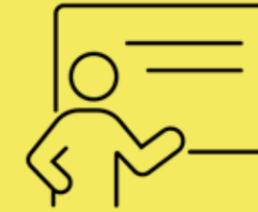
LEARN



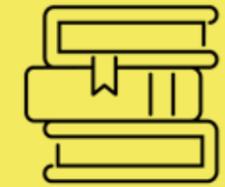
12 Classrooms



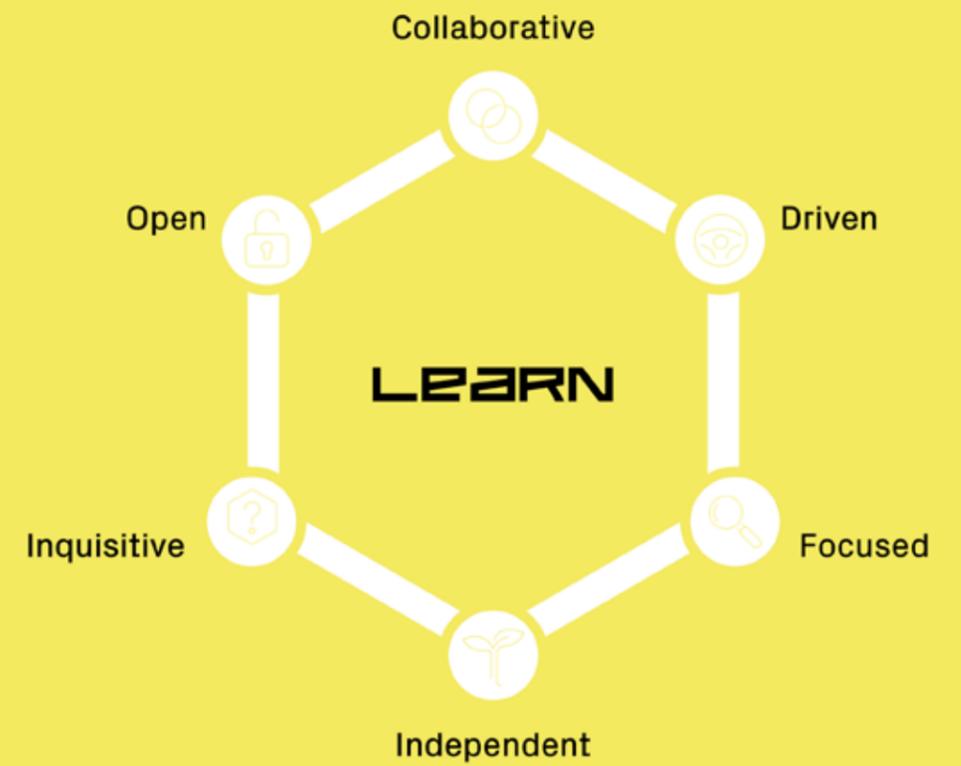
2 Laboratories



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 and 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.



Sophie Campbell (🇬🇧)  
**Head of Teaching & Learning**  
PGCE, Cambridge University  
BA (Hons), University of York





## OUR PROGRAMMES

### U12 & U14:

Our youngest athletes maintain strong academic links with home by spending sections of the year back in their own host school. During the winter, athletes follow our Apex Key Stage Three Curriculum, which has been designed to equip them with the skills required for the demands of IGCSE and beyond.

### U16:

The U16 athletes attend Apex full-time, studying the CNED or Pearson Edexcel IGCSE programme. Athletes also study the Apex Core: our custom-made programme that equips athletes with skills to help them learn and develop.

### FIS:

During FIS, athletes study the CNED or International Baccalaureate (IB), which has been chosen to support international students for a career in competition and life after sport. The IB curriculum is spread over a three-year period, allowing each athlete to fully develop in all areas of our programme.

### USPA:

For American athletes, Apex has partnered with the US Performance Academy (USPA). The USPA is the online school for high-performance athletes providing the best support that meets the needs and scheduling of a driven athlete.



## 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.



Jo Crowther (🇬🇧)  
**IB Coordinator**  
PGCE, Bradford University  
BA, University of Newcastle

## 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.



**Nathalie Bigard (🇫🇷)**  
**CNED Coordinator**

Five years of experience with CNED  
Twelve years teaching 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 (🇺🇸)



022



TRAIN



200m<sup>2</sup> Ski Room



4-5 ski days per week



300m<sup>2</sup> Ski Area



5 Autumn & Summer 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 ApexTrain 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 (🇬🇧)



## 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.

Apex builds 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 we have a strong local partnership with Club des Sports de Tignes. These vital links provide our skiers with the best opportunities to compete and succeed on the international stage.





## 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.



Alex Vitanov (🇫🇷)

Head Coach

Represented Macedonia in two World Cups

Fluent in six languages

03



PERFORM



400m<sup>2</sup> Gym Area



1 Hydrotherapy



10 subject specialists



8 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 and champions.



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, Visual Intelligence, Brain Fitness, Sleep & Recovery, Digital Dexterity, Health Management, Life Skills & Inclusion Works. These are the core building blocks that allow young people to 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 and Chelsea Football Club.

## 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.





“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**  
Former racer in the French Ski Team  
Two-time U21 French SG champion

## 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 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

The safety, wellbeing and happiness of our athletes are paramount. Whether through providing rapid, holistic healthcare to injured athletes, managing illness or supporting their mental fitness; the medical team is always available. We are strongly linked with local medical resources, plus national and international medical networks ensuring our athletes receive optimal care.

Apex has a 'joined up' approach to healthcare, from prevention through to rehabilitation and recovery. The medical team works closely with in-house physiotherapy, strength and conditioning, pastoral care, and the ski coaches.



Natalie Bastian (🇦🇺)

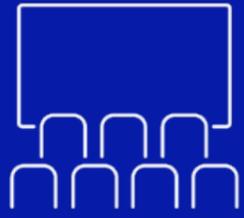
**Medical Lead**

French & Australian Registered Nurse  
20 years of experience

04

# HOUSE & WELLBEING





1 Cinema Room



1 Games Room



8 House Parents



54 Bedrooms





## INTRODUCTION

The House & 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. Specialist live-in Houseparents for FIS and Youth athletes are supported by four live-in Assistant Houseparents and a team of Pod Tutors that work closely with athletes to instil our values of Respect, Fun, Community, Grit, Wellbeing.



Rhiannon Fraser (🇦🇺)  
**Head of House & Wellbeing**  
GradDipEdu, University of Queensland  
BSc, University of Queensland



## BOARDING HOUSE

The Boarding House consists of 54 rooms with ensuite bathrooms, time optimised lighting and views of the surrounding mountains. Athletes make full use of their free time to socialise with their peers in the 130m<sup>2</sup> Common Room. This becomes a social hub in the evenings and weekends with table tennis, pool and table football for healthy competition. We also have a Cinema Room for relaxation and recovery. These communal spaces 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. In 2021, we already had 24 nationalities and expect this to grow. Our athletes value different cultures and are encouraged to learn from each other. Apex Families bring athletes together to ensure everyone has a sense of belonging. Our FIS athletes lead each Family - a group of 10-12 athletes from different year groups - form a close-knit bond between each individual to provide peer support and guidance when needed.

The safety & wellbeing 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 Sue Lawrence, the Designated Safeguarding Lead, at [sue.lawrence@apex2100.org](mailto:sue.lawrence@apex2100.org).



OS

TIGNES





## 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 300km<sup>2</sup> 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 3500m<sup>2</sup> indoor sports zone.

Throughout the season, athletes also 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  
\*\*\*  
CHAMBER COLLECTION

APPEX 200



Q&A

INFO



## DEVELOPMENT PROGRAMME

This is a stepping stone into the Youth Programme and is designed for athletes in the U12 category. Athletes spend 28 weeks of the year with Apex and 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. The programme kicks off with a physical and ski training camp in Tignes and on the Val d'Isère glacier every summer. The U16s then return to the academy in September to begin their year at the academy. For U14s, the main body of the training takes place from November to April, when the athletes reside in the Apex Academy. In total, the U14 athletes spend 28 weeks at the academy, while U16s are at Apex for 40 weeks per year. All athletes benefit from our ability to train and compete in the local/regional French pathway, giving them the opportunity to succeed on the international stage.





## 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.

## AMBASSADORS

The Apex ambassadors are world-class skiers who are now involved in the Apex programme.

Wendy Fisher (🇺🇸):

Wendy started skiing in Squaw Valley, California, at the age of two and went on to attend Burke Mountain Academy in Vermont. At the age of 15, she qualified for the 1992 Winter Olympics with the U.S. Ski Team in Albertville. After racing, she moved into the X-Games and eventually became a two-time World Extreme Skiing Champion.

Katharina Gutensohn (🇦🇹):

Katharina is an Austrian-German alpine ski racer and Austrian ski crosser. In the alpine disciplines, she has attended three Winter Olympic Games, won the Downhill World Cup in 1990 and won eight other World Cup downhill races. She then transitioned into ski cross, where she attended the 2010 Olympic Games and won two World Cup skicross races.

Alain Baxter (🇬🇧):

Alain is a British, ex-World Cup-level alpine skier. He has won the British Championships twelve times, won two Europa Cups, came fourth in the World Cup in Åre, Sweden, in 2001, attended three Winter Olympic Games, coming third in 2002, and was ranked number eleven in the world.



## FEES

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

- Training costs (incl. camps)
- Accommodation, facilities & meals at Apex
- Transfers to and from Tignes
- 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'

For the latest information about fees & charges please contact: [info@apex2100.org](mailto:info@apex2100.org).

## BURSARIES

We would like 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 programme, please contact: [info@apex2100.org](mailto:info@apex2100.org).

## ADMISSIONS

For further details or to arrange a visit, please contact: [info@apex2100.org](mailto:info@apex2100.org).





apex2100

