



# PEAK TENNIS INTERNATIONAL

PEAK POTENTIAL, PEAK YOU

WHERE SPORT AND WELL-BEING SHAPE LIFE'S CHAMPIONS

## CAMP PROGRAMS

Our PTI Camps combine sports, well-being, and life skills in a nature-rich setting. It's a personal development path with a hands-on learning focus where every kid builds confidence and lifelong skills while creating unforgettable memories. It's more than a camp - it's a journey to discover their **PEAK You**.









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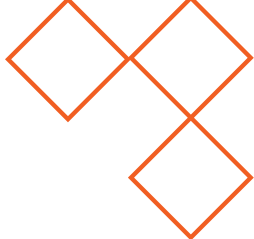
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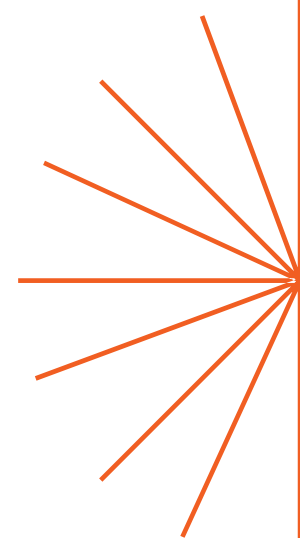
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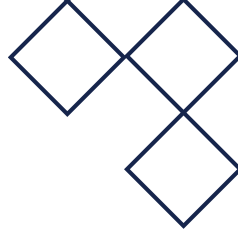
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## READY TO PEAK?

### Join our Community

PG. 25





## WELCOME TO PTI CAMP PROGRAMS

01

At Peak Tennis International (PTI), we focus not only on tennis but also on unlocking potential and shaping futures. Our camps, set amid the breathtaking **Swiss and Austrian Alps**, and with more locations to come, provide much more than just sports. They are crafted to help kids become **confident, resilient individuals** equipped to face **life's challenges**.

While tennis is central to our mission, it encompasses so much more. It integrates skill development, wellness, and **mindset training** to motivate kids to excel, but not only on the court but in every aspect of their lives. From mastering essential skills like **teamwork** and **problem-solving** to fostering confidence and concentration, each moment presents an opportunity for growth.

Our camps strike a perfect balance between high-quality sports coaching and personal development within a fun, supportive atmosphere. We believe that learning should be both thrilling and transformative. Whether it's refining a forehand, creating **lasting friendships**, or cultivating a champion's mindset, your kid will acquire tools that will serve them well beyond their time here.

With experienced coaches, camp specialists, supporting staff, thoughtfully designed programs, and a commitment to developing the whole individual, PTI is more than just a camp, it's a **transformative experience**. We aim to empower the next generation to dream bigger, set higher goals, and discover their true capabilities.

For parents and educators seeking to inspire young minds, PTI is your partner in fostering brighter futures. Join us as we work together to create the **champions of life**.

**“GREATNESS ISN'T  
JUST FOUND IN  
WINNING; IT'S  
DISCOVERED IN THE  
MOMENTS WE  
GROW, THE  
LESSONS WE  
LEARN, AND THE  
COURAGE WE BUILD  
TO KEEP REACHING  
HIGHER.”**

Regina Sertschnigg





# THE PEAK EXPERIENCE

## BEYOND THE COURT

02

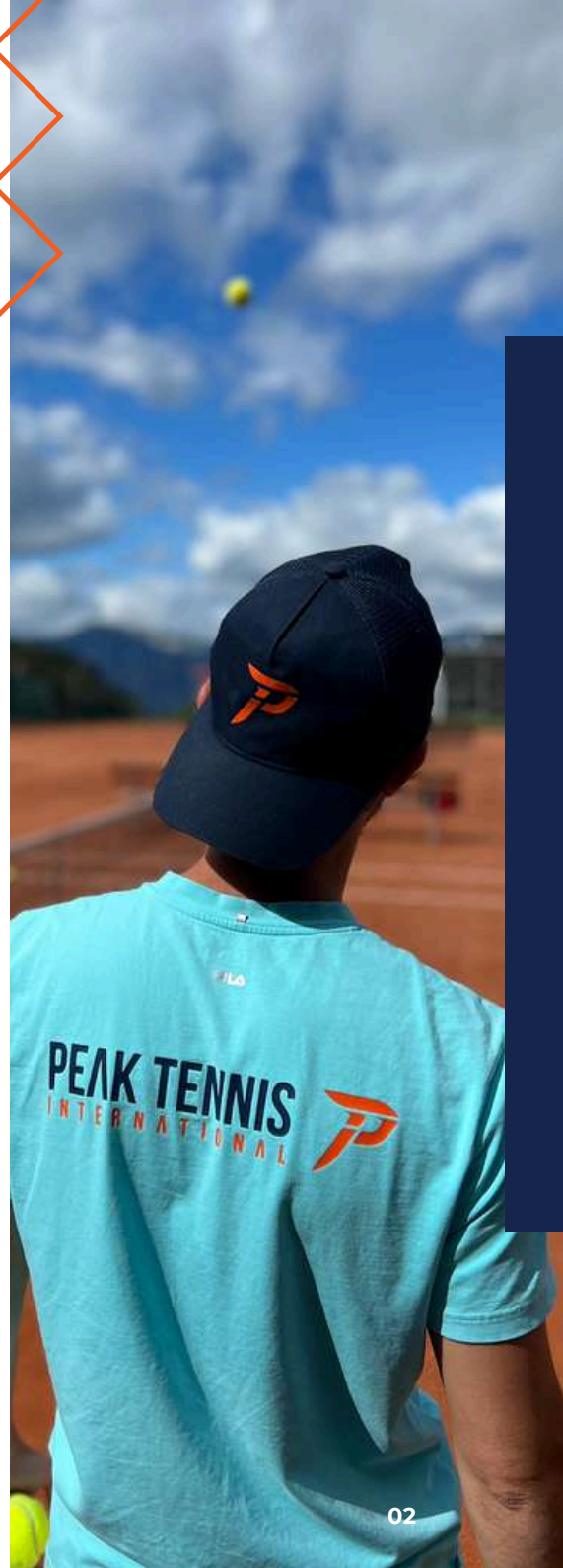
After months of carefully considering a name that could reflect our coaching style and business values, we proudly present **Peak Tennis International** (PTI). The term 'peak' in the dictionary signifies 'greatest, maximum', perfectly capturing our essence.

Whether it's a kid's group lesson, an adult beginner's private session, or a lively camp program, every participant, regardless of level, receives **coaching and mentorship** designed to give them not only the skills to play tennis but also the passion and motivation to excel and **to achieve their PEAK.**

Through all our programs, we are dedicated to promoting a **healthy lifestyle** alongside **life skills education**. The PTI community inspires one another to stay active and engaged through sports. Maintaining human connections is crucial for a balanced life.

Our philosophy revolves around a straightforward yet impactful principle championed by our team: H.A.P.P.Y. We prioritise the **HUMAN** being and the **ATHLETE** while enabling **PERSONAL** life skills, ensuring we develop **PLAYERS** who **YIELD** to progress as athletes and individuals.

H A P P Y



# OUR MISSION

## WHAT SETS US APART

### PERSONAL GROWTH AND SELF-DISCOVERY

03

**PEAK Potential** represents the idea of reaching one's highest potential—not just in sports, but in all aspects of life. It highlights PTI's commitment to helping kids unlock their unique abilities, push their limits, and discover strengths they didn't know they had.

**PEAK You** reinforces the belief that growth is deeply personal. It's not about being "the best" in comparison to others—it's about becoming the best version of yourself. PTI provides the tools, environment, and support for each kid to achieve their own peak, both as an athlete and as a person.

The word "**PEAK**" symbolises a summit, a pinnacle—a place that requires effort, perseverance, and growth to reach. It's a reflection of the experience itself. Participants are guided to climb higher, challenge themselves, and stay committed to their personal development journey. Every skill learned, every challenge overcome, and every lesson absorbed takes them closer to their own "peak."

Our mantra embodies PTI's holistic approach. While sports and physical development are key, so are mindset, emotional growth, and life skills. "PEAK Potential" refers to maximising abilities in all these areas, while "PEAK You" reminds players that their growth is unique and personal, not one-size-fits-all.

**PEAK Potential, PEAK You** invites every participant to aim for their highest point, encouraging them to rise beyond limits and become their best version. It reflects PTI's role as a guide and partner in that journey.







# PTI STATEMENTS

## M

### MISSION STATEMENT

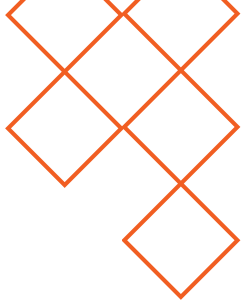
At Peak Tennis International, we are dedicated to empowering individuals of all ages and abilities through exceptional tennis coaching and dynamic camp programs that blend sports, skill development, and well-being. Our mission is to inspire personal growth, promote healthy, balanced lifestyles, and build a supportive, vibrant community where learning is fun and meaningful. Beyond the court, we extend our impact through philanthropic initiatives, fostering a culture of excellence, integrity, and inclusivity that creates lasting positive change.

## V

### VISION STATEMENT

Our vision is to be the global benchmark for tennis and holistic development through transformative programs. We strive to inspire individuals to achieve their peak potential by combining world-class training with life skills, mindset coaching, and community engagement. By championing innovation, social responsibility, and connection, we aim to shape a healthier, more empowered generation while creating experiences that extend far beyond sports. We want to build a world where growth, excellence, and well-being are accessible to all.





## 04 MEET THE TEAM

### EXPERTISE & KNOWLEDGE



**REGINA SERTSCHNIGG**   
CEO and Founder

Regina is the Founder and CEO of PTI, with 20 years of international coaching experience. Originally from Austria, she played competitive junior and collegiate tennis in the USA before launching her coaching career in 2004. Her global experience spans the USA, UK, UAE, Austria, and Switzerland. Holding certifications as a PTR Professional, Swiss Tennis Trainer C, Cardio Tennis Specialist, and Kids Tennis Specialist, Regina has led PTI since 2016.



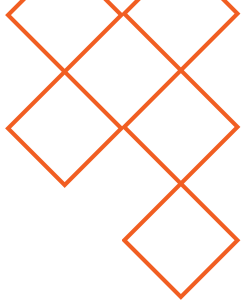
**STACEY PILKINGTON**   
Office & Retail Manager

Stacey Pilkington is an accomplished Senior Accountant with over 20 years of experience driving financial excellence. Her expertise spans budgeting, cash flow management, and financial reporting, supporting executive leadership with strategic insights. Her strong background in general accounting and financial adjustments enhances operational efficiency. Bilingual in English and French, she brings a global perspective to the business.



**JORGE DURÃES BARBOSA**   
Exec. Director of Business Development

Jorge Barbosa is a highly motivated, results-driven professional with over 20 years of global experience across Hospitality, Sales & Marketing, Higher Education, and People Talent Development. He excels at uniting strategy with execution, fostering talent growth, and designing impactful programs for diverse, international audiences. Leveraging strong leadership, strategic marketing capabilities, and a keen eye for innovation, he navigates varied business cultures to drive sustainable success.



## 04 MEET THE TEAM

### EXPERTISE & KNOWLEDGE



**JONATHAN QUENARD**   
Tennis Coach Specialist

A two-time Swiss Junior National Champion and former Division 1 team captain in the U.S., Jonny brings over four years of experience coaching juniors to unlock their potential on and off the court. Now in his second year at the camp, Jonny blends technique and tactical training with a focus on building belief and confidence—helping players to improve their game but also themselves achieving the level they desire.



**JENNY QUENARD**   
Mindset Coach Specialist

Jenny Quenard is a certified Wim Hof Method instructor and former semi-professional tennis player (N3 Swiss ranking) with a passion for enhancing performance through breathwork. With experience training at a Tennis Academy in Florida and playing collegiate tennis in Boston, she understands the mental and physical demands of the sport. As a certified J+S (Jeunesse & Sport) Tennis Instructor, Jenny integrates the WHM to boost recovery, energy, and mental resilience, helping athletes excel both on and off the court.



**SANDRINA ALVES**   
Physiotherapist & Founder of PhysioMouv

Sandrina is a certified physiotherapist and the founder of PhysioMouv, boasting more than ten years of expertise in rehabilitation and therapeutic care. She possesses a Certificate of Advanced Studies in Sports Rehabilitation and has undergone extensive training in Manual Therapy. Her treatment methods consistently integrate active therapies that involve physical exercise. Adopting a holistic and patient-focused approach, she collaborates closely with each individual to support them in reaching their goals.



# TRAIN, GROW, THRIVE

## OUR HOLISTIC APPROACH

## CAMP FEATURES

- Nature-Immersed Learning
- High Quality Tennis Coaching
- Multi-Sports Activities
- Holistic Well-Being
- Nutrition Focused Meals
- Life-Skills Education
- Mindset Training
- Fun & Entertainment
- Professional Expertise
- Multicultural Experience
- Community Bond
- Growth Beyond Sports

**05** We recognize that authentic growth occurs when children venture beyond the conventional. Our camps cater to participants **aged 10 to 17** and showcase the following distinctive features:

- Personalised **1-on-1 mentorship** sessions
- Emphasis on **quality** over quantity
- **Outdoor** classroom experiences
- **Low** camper-to-staff ratio
- **Individual assessments** (Ipsative)
- Post-camp **reports** for parents



## FUELING FUN AND STRENGTHENING SKILLS

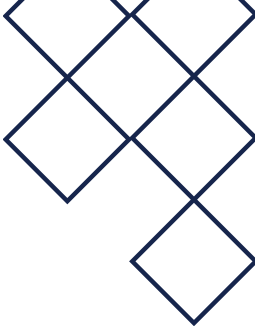
Every single moment is like a masterfully crafted recipe for values that really pack a punch: grit, teamwork, and knowing yourself! These lessons come alive in the giggles during team games, the zen vibes of breathwork, and the triumphant fist pumps when they conquer a skill they once thought was a pie-in-the-sky dream!



## CARING FOR THE BODY, MIND, AND SPIRIT

But what truly sets us apart is how we care for the whole individual: **body, mind,** and **soul**. From breathwork guided by mindset experts to physio tips shared by professionals, we ensure that kids learn to listen to their bodies and recover in ways that enhance their performance.

Nutritious, delicious meals fuel their energy and provide the vital nutrients they need to stay strong and focused. Activities like **team challenges, creative workshops,** and **fun-filled adventures** are all crafted to strengthen essential life skills while ensuring every day is filled with joy.



A LEARNING EXPERIENCE LIKE NO OTHER

VALUES THAT LAST A LIFETIME

## TENNIS CAMP HIGHLIGHTS

- World Class Coaching
- Small Group Sizes
- Skill-Based Group Selection
- Advanced Player Training
- Beginner-Friendly Programs
- Between 25-35 hours of Tennis
- Technical Skills Development
- Tactical Training
- Physical Conditioning
- Mental Toughness
- Match Play Practice
- Video Analysis
- Outdoor Red Clay Courts
- Indoor, Synthetic, Clay & Hard Courts
- Drills, Games & Tournaments

## A WORLD OF SPORTS AND OPPORTUNITIES

While tennis may steal the spotlight, it's merely the launchpad for an epic adventure! We know sports are like life's best teachers, dishing out lessons in resilience, teamwork, and discipline. That's why we've whipped up a program that mixes tennis with a smorgasbord of other fun athletic activities. This mega-mix gives every participant a chance to push their limits, dabble in new skills, and uncover hidden talents!

PLAY. POTENTIAL. PERFORMANCE. PROGRESSION.







## ACTIVITIES BEYOND TENNIS

### FRIENDSHIPS AND CONNECTIONS

06

FOREST LASER GAMES



LAKE ACTIVITIES



CAMP FIRE & SUNSET



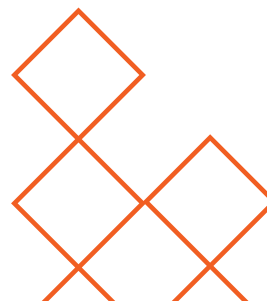
CINEMA OUTINGS



BREATHWORK



CITY EXCURSIONS





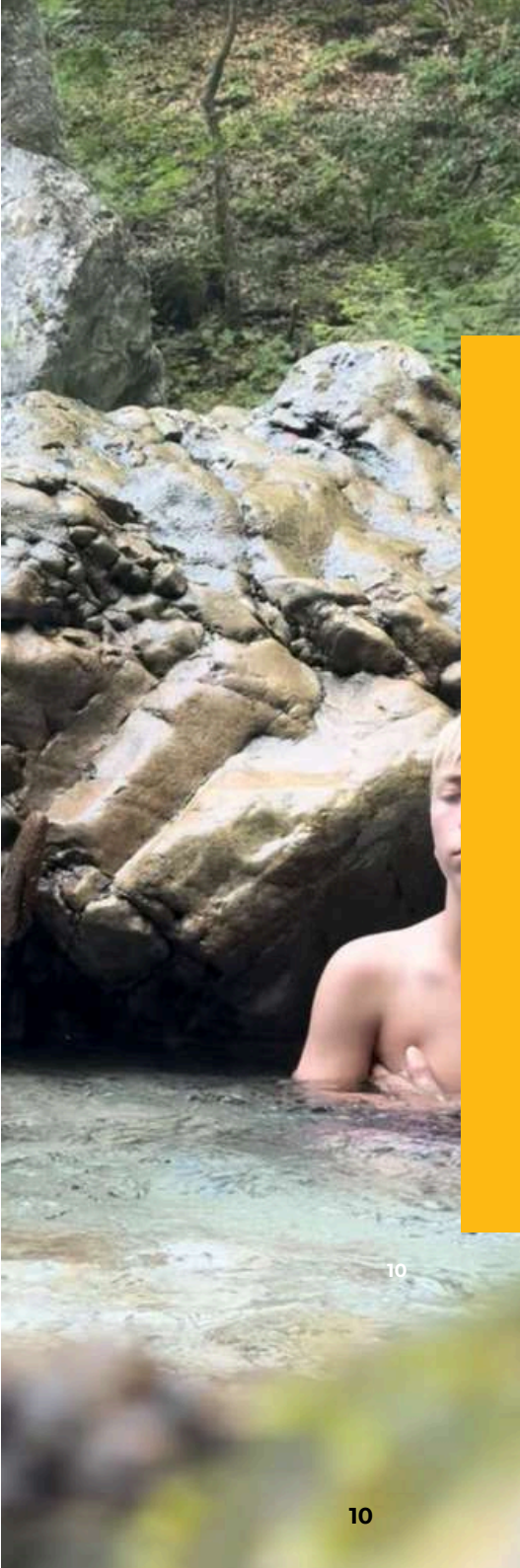
Through every activity, **kids** discover not just new skills, but new sides of themselves by learning to **embrace challenges**, celebrate their **uniqueness**, and find **joy** in the journey.

LIFE-LONG LEARNING SKILLS



NO PHONE RULE

GROWTH IS A JOURNEY!  
ONE THAT'S EXCITING,  
REWARDING, AND  
UNFORGETTABLE. AND  
IT ALL BEGINS BY  
STEPPING OUT OF THE  
ORDINARY AND INTO  
THE EXTRAORDINARY.



# CAMP SCHEDULES

## A STEP TO GREATNESS

### WEEK 1

1

#### SUNDAY

- Check In
- **Camp Introduction**
- Meet & Greet
- **IceBreaker Activities**
- Camp Exploration
- Mindful Twilight

2

#### MONDAY

- Magic Morning Mindfulness
- **Tennis Camp Intro**
- Team Building Games
- **Physiotherapy Intro**
- **Cave Hangout**
- Mindful Twilight

3

#### TUESDAY

- Magic Morning Mindfulness
- Tennis Camp -
- **Injury Prevention**
- **Lake Adventures**
- **Cinema Outing**
- Mindful Twilight

4

#### WEDNESDAY

- Magic Morning Mindfulness
- Tennis Camp
- **Mobility Training**
- **Photo Scavenger Hunt**
- **Disco Night**
- Mindful Twilight

5

#### THURSDAY

- Magic Morning Mindfulness
- Tennis Camp
- Guided optional **Ice Baths**
- **Public Pool Fun / Beach Volleyball**
- **Olympic Games**
- Mindful Twilight

6

#### FRIDAY

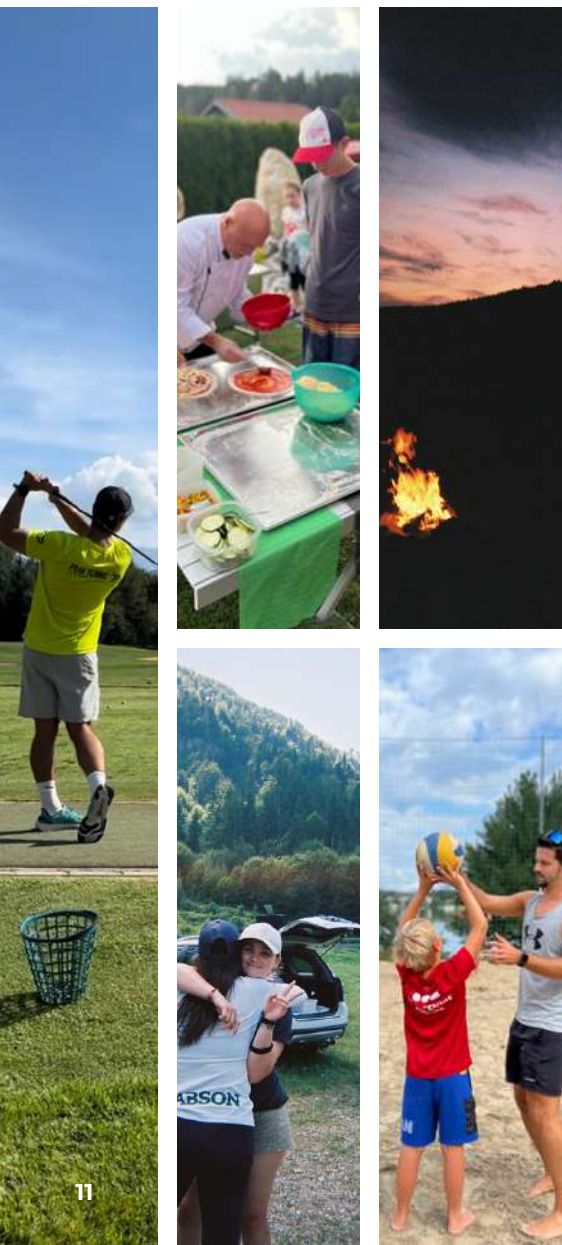
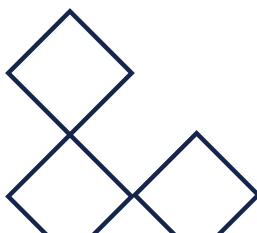
- Magic Morning Mindfulness
- Tennis Camp
- Strength Training
- **Slip & Slide**
- **BBQ Party Dinner**
- Mindful Twilight

7

#### SATURDAY

- Magic Morning Mindfulness
- **Via Ferrata Adventure**
- **PicNic at Lake**
- **Chill & Paddle at the Lake**
- **Board or Card Games / Chill Time**
- Mindful Twilight

This is a sample schedule, and the order of activities may vary. Flexibility allows us to adapt to the needs of our campers and ensure the best experience.



## WEEK 2

8

### SUNDAY

- Magic Morning Mindfulness
- **Tennis Camp**
- **Nature Hike**
- **Waterfall Cold Exposure**
- **Cinema Outing**
- Mindful Twilight

9

### MONDAY

- Magic Morning Mindfulness
- **Tennis Camp**
- **City Excursion & Discovery**
- **Shopping & Free Time**
- **Cave Hangout**
- Mindful Twilight

14

### SATURDAY\*

- Magic Morning Mindfulness
- Check Out
- Final Goodbyes
- **See you Soon!**

10

### TUESDAY

- Magic Morning Mindfulness
- **Tennis Camp**
- **Mobility Training**
- **Golf Workshop**
- **Disco Night**
- Mindful Twilight

11

### WEDNESDAY

- Magic Morning Mindfulness
- **Tennis Camp**
- **Mobility Training**
- **Archery Workshop**
- **Talent Show**
- Mindful Twilight

12

### THURSDAY

- Magic Morning Mindfulness
- **Tennis Tournaments & Games**
- **WHM Activity in Forest**
- **Casino Night**
- Mindful Twilight

13

### FRIDAY

- Magic Morning Mindfulness
- **Tennis Tournaments & Games**
- **Forest Laser Adventure**
- **Sunset & Campfire Farewell**
- Mindful Twilight

*The check-out for the Austria Camp will take place on Friday, while the Leysin Camp will have check-out on Saturday.*

## 07 IMMERSIVE PROGRAM

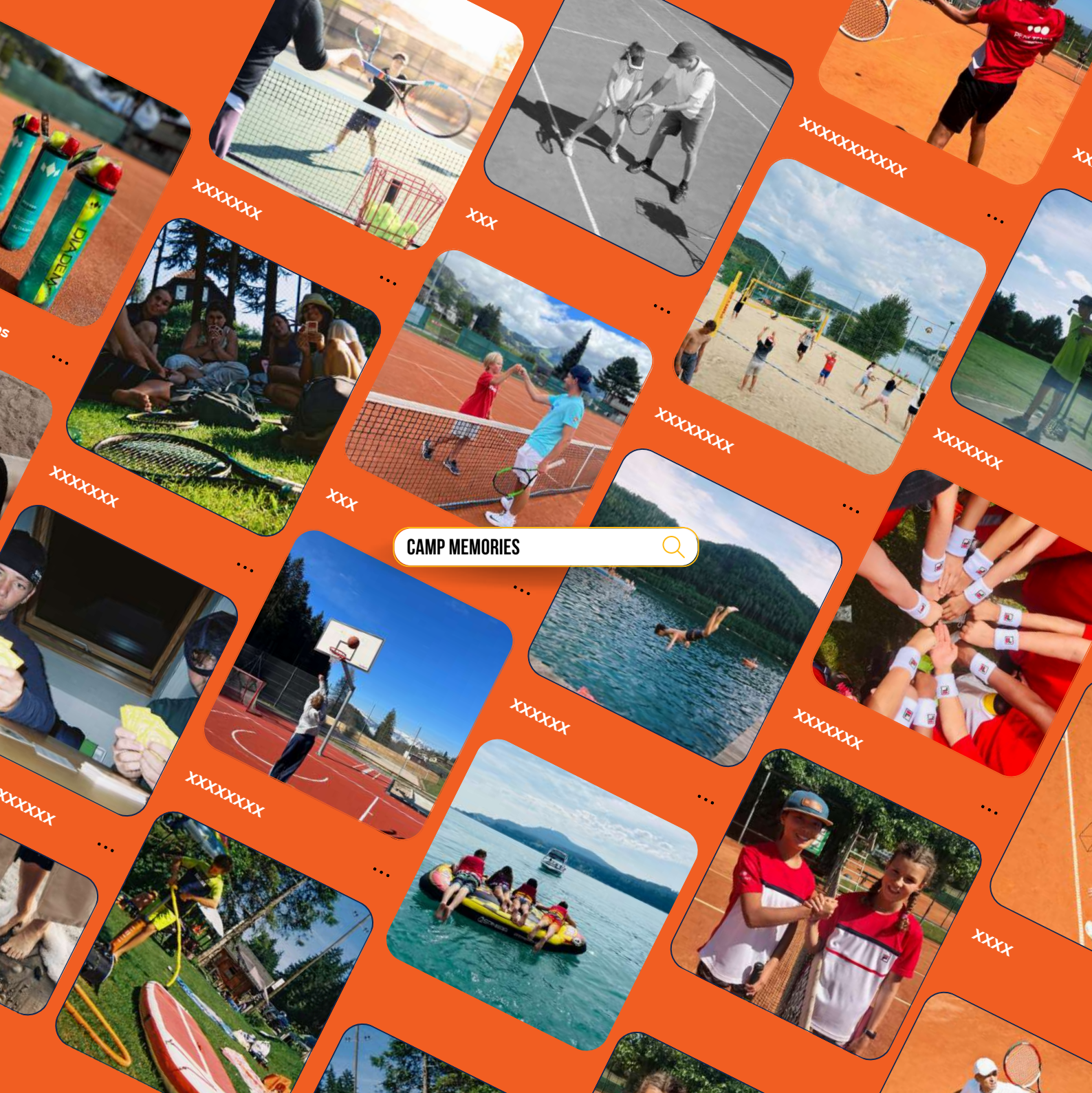
For 2 weeks, from the moment they arrive to the day they leave, every experience is thoughtfully planned to give kids the most out of their time with us. Each day, running from **8 AM to 10 PM**, is filled with activities that bring purpose and fun—helping kids learn, grow, and enjoy the journey.

From sports coaching and physiotherapy to fun team challenges and moments of quiet reflection, every part of the day is designed to teach something meaningful. Kids have time to focus on themselves, strengthen bonds with others, and explore skills that will help them both now and in the future.

With a squad of pros cheering them on, each kid gets to blossom at their own speed, mastering new skills and boosting their confidence while hanging out with pals. It's not just a jam-packed agenda; it's their golden ticket to uncovering their hidden talents—skills they'll carry like badges of honor for life!







CAMP MEMORIES



## TEAMWORK

Envision your child coming home with newfound skills in collaboration, supporting others, and flourishing in group environments. These abilities will significantly impact their future in academics, sports, and other areas of life.

## RESILIENCE

When challenges arise, wouldn't you want your kid to possess the confidence to persevere? At camp, they will discover that mistakes are not failures; instead, they are stepping stones leading to greater achievements.

## LEADERSHIP

Every parent dreams of watching their children embrace confidence. At our camp, we foster experiences that empower kids to take the lead, make choices, and motivate their peers. These are skills that will serve them for a lifetime.

## EMOTIONAL INTELLIGENCE

Empathy and emotional awareness are not merely optional; they are crucial for leading a joyful and balanced life. Our program equips kids with the skills to comprehend their own emotions while fostering meaningful connections with others.

## SPORTS TECHNIQUES

Your kid won't simply 'play'; they will develop sports techniques that enhance their performance, sharpen their focus, and instill the confidence needed to face new challenges both on and off the field.

## PHYSICAL FITNESS

With every movement, stretch, and sprint, your kid strengthens their body and mind, building a foundation for lifelong health, energy, and well-being.

## TIME MANAGEMENT

Imagine your kid returning home with better time management skills—knowing how to balance their responsibilities, structure their days, and make the most of every moment.

## HEALTH & WELL-BEING PRACTICES

More than just movement, kids learn how to care for their bodies and minds. With expert-led guidance on breathing, recovery, and wellness, they build lifelong habits that support health and balance.

# SOFT & HARD SKILLS





## PEAK LOCATIONS

WHERE GROWTH MEETS NATURE

### AUSTRIA 08

#### CARINTHIA



Tucked away in the scenic beauty of South Carinthia, Austria, this location offers the perfect blend of natural wonder and opportunity for growth. Surrounded by pristine lakes, lush forests, and breathtaking alpine views, it provides an inspiring and tranquil environment where kids can disconnect from screens and reconnect with nature. The camp is close to essential amenities while maintaining a sense of seclusion and peace. This unique location allows for a variety of outdoor activities like forest explorations, nature-based challenges, and lakeside adventures, all carefully designed to build resilience, confidence, and self-discovery.



# WATERFALL

## CONNECTING WITH NATURE

Just a short journey from our camp in Carinthia, the Wildensteiner Waterfall offers a breathtaking natural experience. Plunging from a height of 54 meters, it is one of the tallest free-falling waterfalls in Europe. Surrounded by lush greenery and accessible via a scenic nature trail, this iconic landmark invites exploration, wonder, and reflection.



## KEY HIGHLIGHTS

- Breathtaking Alpine Scenery
- Warmest Lakes in EU & Pristine Rivers
- Lush Green Forests & Natural Trails
- Exclusive Camp Environment
- Rich Cultural Heritage & Austrian Traditions
- Outdoor Adventure Hub
- Fresh Mountain Air & Wellness Benefits
- Close Proximity to the Drau River
- Wildlife & Nature Reserve Access
- Nearby City Immersion Experience
- Proximity to Major Airports
- Year-Round Activities
- Easy Access to Adventure Parks
- Climbing Walls and Via Ferratas

## CAMP INFRASTRUCTURES

Our camp accommodation, located in Tainach, a **charming village** known for its peaceful atmosphere and rich cultural heritage. The dormitory consists of **50 double/triple rooms** with shared bathrooms, a **dining room, game rooms** (indoor and outdoor), a **nature park**, and many other amazing spaces dedicated to activities.

Beyond the camp's boundaries, the opportunities for adventure are boundless. Whether you are drawn to the thrill of climbing nearby **via ferratas**, the tranquility of a **kayak trip** down the pristine rivers, or the cultural richness of the surrounding **villages**, there is something for everyone. Our location offers the perfect blend of relaxation and excitement, making it an ideal destination for nature lovers and kids.





## KEY HIGHLIGHTS

- Alpine Fresh Air
- Panoramic Mountain Views
- High-Altitude Village (1,260m)
- UNESCO Region of Natural Beauty



# SWITZERLAND

## 08 LEYSIN

Perched at an altitude of 1,260 meters in the heart of the Swiss Alps, Leysin is a destination where nature and vitality go hand in hand.

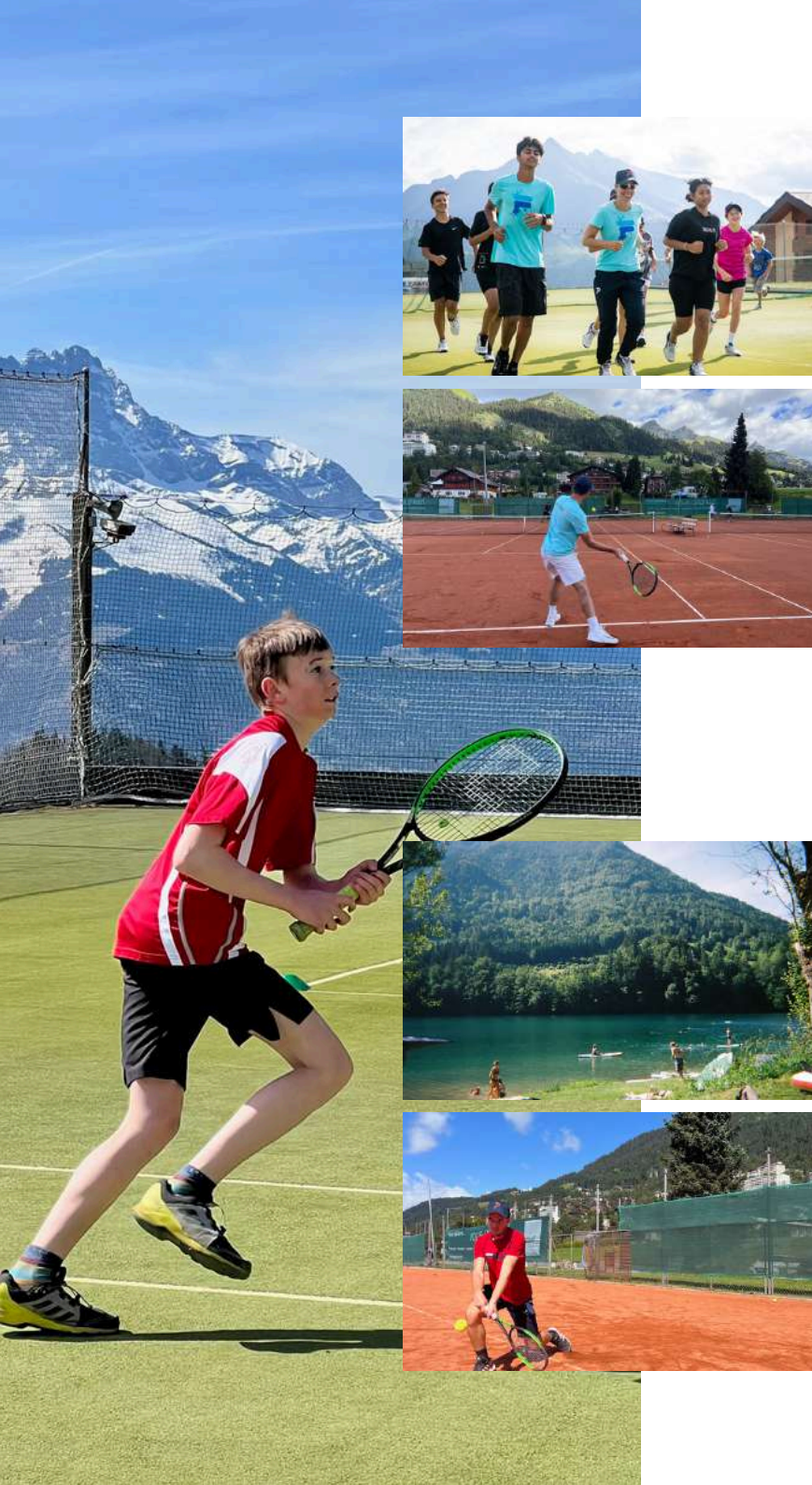
Known as the “Oxygen of the Alps,” this picturesque mountain village is celebrated for its exceptionally pure, oxygen-rich air, renowned for its health benefits and ability to boost physical performance and mental clarity.

- Proximity to Major Airports
- Renowned Health & Wellness Destination
- Close Proximity to Adventure Trails & Hiking Routes
- Nearby World Renowned Cities (Montreux, Bern, Geneva, etc)
- Year-Round Outdoor Activities (Summer & Winter)
- Rich Swiss Heritage & Mountain Culture

Surrounded by panoramic views of snow-capped peaks and lush alpine forests, Leysin provides the ideal setting for growth, adventure, and self-discovery.

This high-altitude environment naturally enhances endurance, energy, and overall well-being, making it a sought-after location for athletes and wellness seekers alike.





## CAMP INFRASTRUCTURES

- **Central Residence Hotel** – Modern, comfortable accommodation with stunning Alpine views.
- **Double/Triple Rooms** – Shared rooms designed for comfort, rest, and social connection.
- **Buffet-Style Dining** – Nutritious, freshly prepared meals served daily to fuel energy and recovery.
- **On-Site Cinema** – Relax with movie nights, offering a fun break from daily activities.
- **Spa & Wellness** – Space to relax and recover, supporting both physical and mental well-being.
- **Tennis Centre** – Access to indoor and outdoor tennis courts for daily training.
- **Swimming Pool** – Full access to a professional-grade swimming pool for fun, fitness, and recovery.
- **Sports Centres** – Multi-sport facility with volleyball, basketball, and other group sports facilities.
- **Surrounded by Nature** - Campers are immersed in the beauty of the Swiss Alps, which promotes well-being and exploration.
- **Climbing Adventures** – Outdoor and indoor climbing activities designed to build confidence, courage, and problem-solving skills.
- **Outdoor Discovery** – Nature walks, hiking, and exploration to develop independence, curiosity, and an appreciation for the environment.

# FOR PARENTS

## OUR HOLISTIC APPROACH

09

Sending your son or daughter to camp is a big decision, and at PTI, we want you to feel informed, confident, and excited about the journey ahead. Our holistic approach ensures every participant is supported, engaged, and encouraged to grow as an athlete, a learner, and an individual. Here's what makes our camp experience so unique:



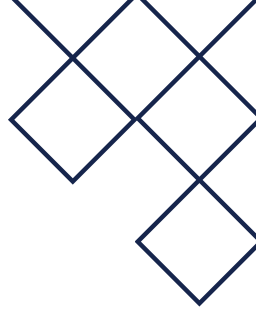
### SAFE, SUPPORTIVE ENVIRONMENT

- **Safety First:** Every location is secure, with natural surroundings that encourage exploration without unnecessary risks.
- **Supervision at All Times:** Experienced coaches, wellness experts, and team members are present from morning to night.
- **Caring Community:** We create an environment where every participant feels safe, supported, and encouraged to step out of their comfort zone.



### PERSONALISED LEARNING & INDIVIDUAL GROWTH

- **Tailored Learning Paths:** Each participant works toward personal goals at their own pace, supported by expert coaches.
- **One-on-One Guidance:** Coaches and mentors offer individual support, ensuring no kid is left behind..
- **Personal Wins:** From mastering new techniques to discovering inner confidence, every participant leaves with a sense of accomplishment.



### CLEAR COMMUNICATION & TRANSPARENCY

- **Stay in the Know:** Parents receive clear pre-camp guidance on schedules, packing lists, and daily updates.
- **Open Line of Contact:** We encourage parents to reach out with questions or feedback at any point during the camp.
- **Daily Updates:** Receive insights on your kid's day so you can feel connected and reassured.







## PACKING, ESSENTIALS & WHAT TO EXPECT

- **Packing Guide Provided:** Before camp begins, parents receive a clear list of essentials to pack, ensuring participants are fully prepared.
- **Gear & Equipment:** Each participant will receive a PTI T-shirt as part of the camp package, along with detailed guidance on the required tennis equipment and gear.
- **What to Expect:** Parents are guided on what the first day will look like, helping them feel prepared and ready for a smooth drop-off.



## LOGISTICS & DAILY OPERATIONS

- **Structured Daily Schedule:** Each day runs from 8:00 AM to 10:00 PM with a balanced mix of sports, learning, and downtime to keep kids energised and engaged.
- **Planned Transitions:** Activities are carefully structured so there's no confusion or downtime—every hour has a purpose.
- **Clear Pick-Up & Drop-Off:** Arrival and departure days are fully managed to ensure smooth check-ins and check-outs. Our team is always ready to assist with any questions during this process.



## HEALTH & SAFETY

- **Emergency Procedures:** Every location has a well-defined emergency response plan, with trained staff ready to handle any situation.
- **Medical Assistance:** On-site first aid is available along with a trained camp nurse, and local health clinics are nearby. Parents are contacted immediately if any health issues arise.



## ENROLLMENT & FEES

### ALL INCLUSIVE PROGRAMS

## 10 CAMP PROGRAMS

# ALL INCLUSIVE

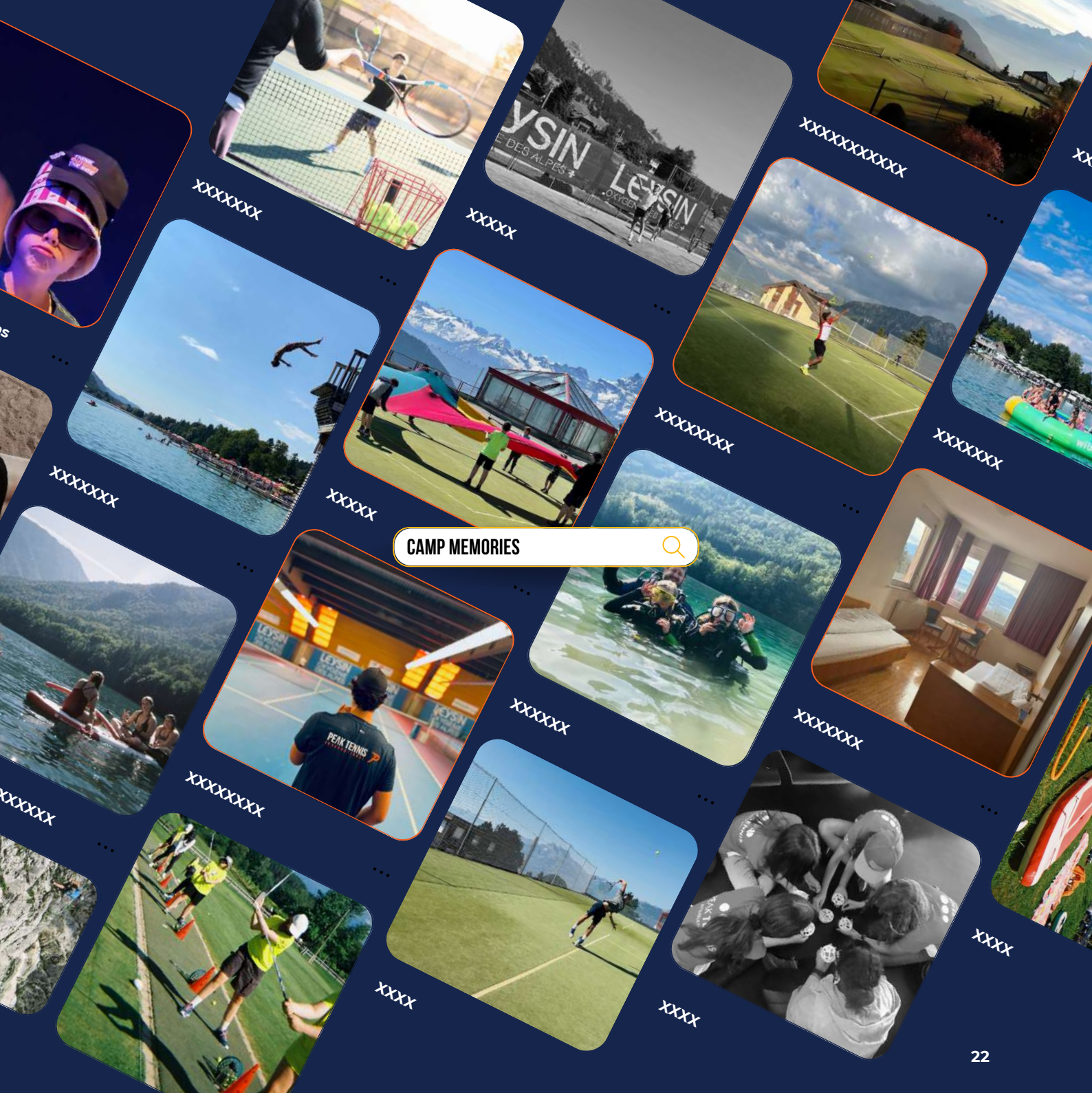
- ✓ Accommodation
- ✓ All Day Meals & Nutrition
- ✓ All Sports & Activities
- ✓ Expert Coaching & Mentorship
- ✓ Transportation to Activities
- ✓ Accident Insurance
- ✓ Health & Well-Being Support
- ✓ 24/7 Supervision & Support
- ✓ PTI Welcome Kit



SCAN  
HERE

SCAN  
HERE





## CAMP MEMORIES



# 11 SUCCESS STORIES

## INSPIRING EXPERIENCES

Every participant leaves camp with a story to tell full of moments of challenge, growth, and unforgettable breakthroughs.

Success isn't just measured by the skills learned, the courage to try, the strength to keep going, and the pride that comes with realising, "I did it."

The quiet victories matter most—the first time they lead a group, the joy of mastering something new, or the friendships formed along the way.

Each story is a reflection of growth that continues long after camp ends, shaping who they become as individuals, teammates, and leaders. These are the moments that stay with them, building a foundation for life.



“ ORRIN, 15

I learnt how to deal with the times I play badly and understand that if you are at 60% and you play 60% you have played 100%.

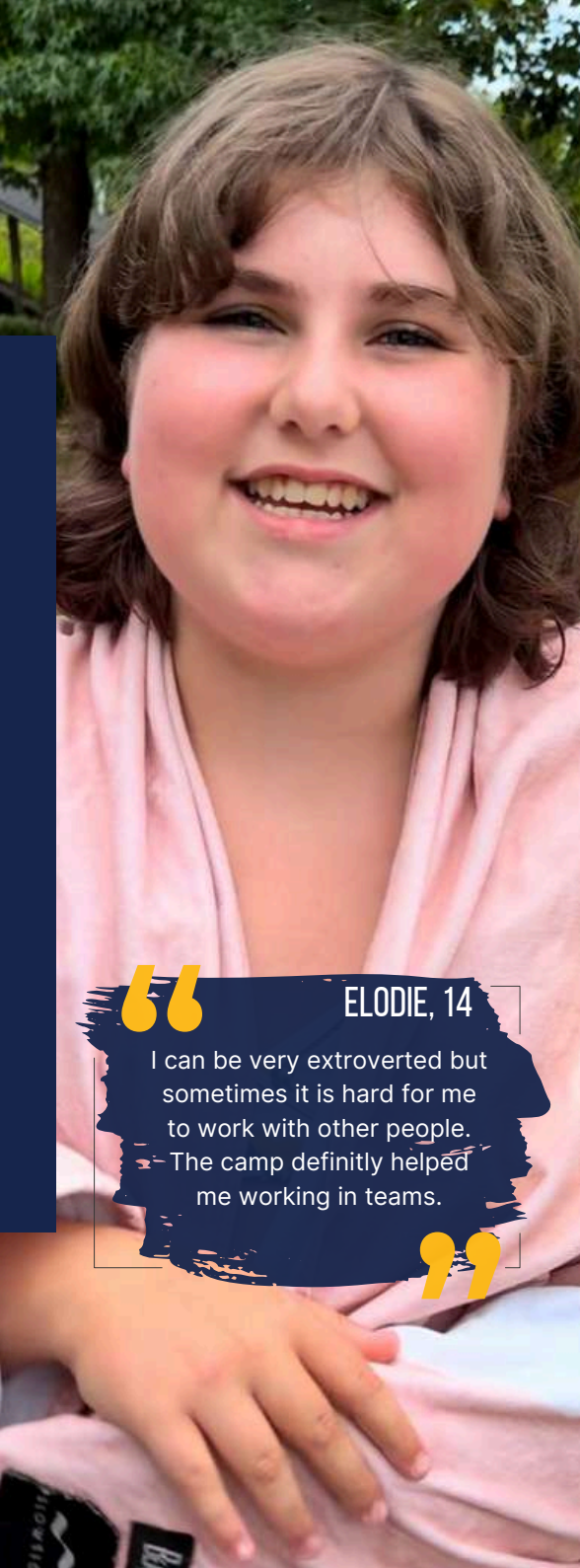
”



“ MARLEY, 11

The coach taught me how not to be so stressed and now I use that to not get stressed on tests. You think about the positive and then your brain gets clear.

”



“ ELODIE, 14

I can be very extroverted but sometimes it is hard for me to work with other people. The camp definitely helped me working in teams.

”



“ RIVER, 15

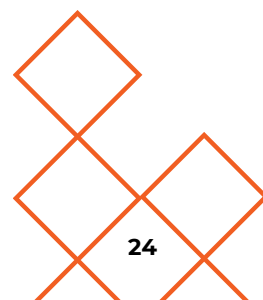
I liked going into the ice baths, it is calming, you felt very good after and more energetic.

”

SCAN  
HERE



TO WATCH THEIR FULL  
INSPIRATIONAL STORIES

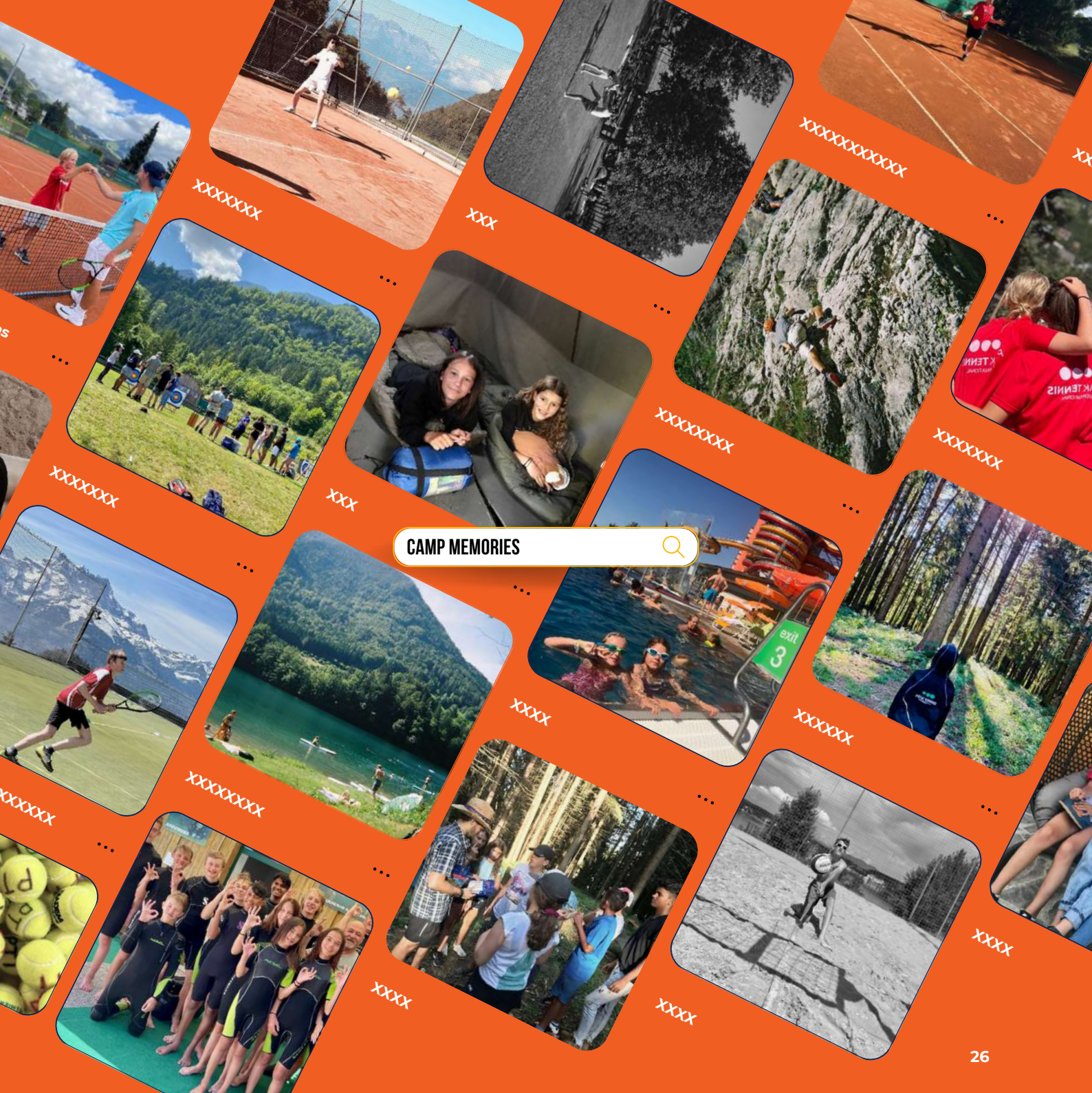






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READY TO REACH YOUR PEAK?  
THE JOURNEY STARTS HERE.










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