



Kid Healthy Sports™
PRESENTS

SPORTS-BASED TRANSITION PROGRAM

BRIDGE CAMP™

A confident start to middle school.

The transition to middle school is one of the most significant — and vulnerable — moments in a young person's development. Research consistently shows that students who feel connected before the first day are more likely to attend regularly, engage academically, and avoid disciplinary issues all year.



Students who start the year feeling connected are *easier to manage, quicker to engage, and more ready to learn.*

IN A SINGLE MORNING, STUDENTS:

- ✓ Build authentic friendships before school starts
- ✓ Reduce anxiety about a new campus
- ✓ Feel seen, welcomed, and celebrated
- ✓ Practice cooperation, communication, self-control
- ✓ Leave energized and ready for Day 1

WHAT STUDENTS EXPERIENCE

8 Sport-Based Activity Stations

Students rotate in small, randomized groups of 12-18 - meeting new peers across the cohort, not just the friends they arrived with. Each station pairs movement with a targeted SEL theme.

STATION LINEUP

01 Soccer - Respect & Self-Awareness

02 Team Handball - Encouragement

03 Electricity - Communication

04 Smack Fu - Self-Control

05 Human Tic-Tac-Toe - Responsibility

06 Ultimate Soccer - Cooperation

+ 2 additional stations targeting optimism & awareness

20-minute rotations • water breaks between sets • fully managed by trained coaches



PROGRAM STRUCTURE

Duration **3.5 hours (morning)**

Capacity **Up to 200 students**

Group Size **12-18 students**

Stations **8 simultaneous**

Rotations **20 min each**

STAFFING

Total Coaches **9 Kid Healthy staff**

Staff ratio **1 : 25 students**

Structure **1 lead + 8 station coaches**

Training **Sports™ delivery & SEL**

EVERY ACTIVITY REINFORCES KID HEALTHY'S SIX CORE LIFE SKILLS

RESPECT

CONFIDENCE

COOPERATION

INTEGRITY

ACCOUNTABILITY

KINDNESS

OPTIONAL ADD-ONS

- Principal welcome & staff introductions
- Campus tour integrated into rotations
- Class schedule pick-up
- MVP awards & certificates ceremony
- School expectations assembly

WHAT YOUR SCHOOL RECEIVES

- ✓ Professionally managed, turnkey program - zero logistics burden on your staff
- ✓ High-quality photo & video recap for school communications and social media
- ✓ Kid Healthy SPORT™ activity guide for teacher use throughout the year
- ✓ Structured SEL integration aligned with CASEL competencies
- ✓ Post-program debrief and recommendations for continued engagement

WHAT PRINCIPALS TELL US

"Students who attend Bridge Camp show up on the first day calmer, more confident, and more connected. That sets the tone for everything that follows."
— **Middle School AP · Garden Grove, CA**

READY TO SCHEDULE?

INVESTMENT

\$3,200

Per session - up to 200 students
Customizable based on size & add-ons

3-DAY BRIDGE CAMP ALSO AVAILABLE for schools seeking deeper SEL integration across Self-Awareness, Creativity, and Communication. Ask about multi-day pricing.

RESERVE YOUR SUMMER DATE

Summer sessions are filling now. Most schools book 6-8 weeks out - check availability today.

[SCHEDULE YOUR BRIDGE CAMP ->](#)

[REQUEST AVAILABILITY](#)