

2021



THE
BRIDGE
SPORTS COMPLEX

Summer Program Guide

#PlayTogether

Welcome to The Bridge

Table of Contents

The Bridge Summer Programming	3
Our Facility	4
Facility Rentals	5
Summer Camps	6
Summer Camp Schedule	7
Volleyball Summer Camp	7
Basketball Summer Camp	7
Soccer Summer Camp	7
Lacrosse Summer Camp	7
Football Summer Camp	7
Baseball Clinics	10
Football Clinics	12
Lil Trolls	14
Adult Leagues	16
Aquatics	18
Swim Lessons	18
Sports Performance	19
Birthday Parties	20
Clip & Climb	21
Benedum Civic Center	22
Parks & Recreation Shelter Rentals	22



The Bridge Summer Programming

Kick off your summer of fun here at The Bridge Sports Complex!

Our team is excited to help make this the best summer yet. From summer camps to adult rec leagues, there’s something here for everyone. Come stay active and healthy in our family friendly facility. Our programs are designed for all skill levels, ensuring that beginners and pros can learn and develop.

So grab your friends and come join us this summer!

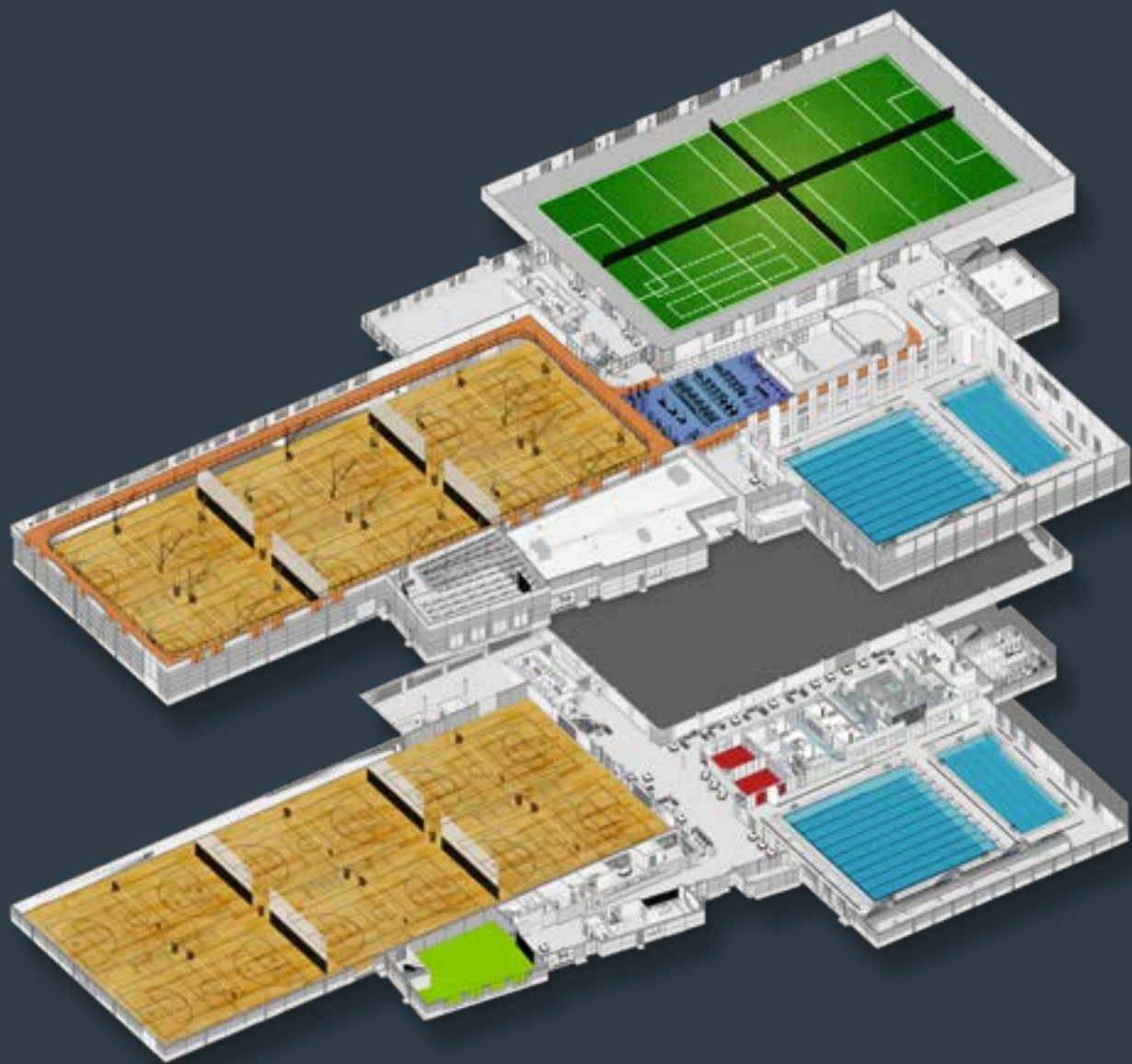


Droo Callahan, GM
droo@thebridgewv.com

Welcome to The Bridge Sports Complex!

We are excited to welcome families across North Central West Virginia to join us this summer. Contact our team to register today!

OUR FACILITY



The Bridge, located in Bridgeport, WV, is the newest destination for all things sports, recreation, and wellness. With 156,000 square feet of courts, turf, aquatics, fitness, and more, The Bridge is the premium gathering space for sports, recreation, and wellness in North Central West Virginia. When you're competing at The Bridge you're playing at the region's top destination for tournaments, championships, and competitions. Our facility includes 1 indoor turf field, 6 hardwood basketball courts, 6 volleyball courts, 1 competition pool and 1 warmup pool, fitness center & group training rooms, elevated running track, indoor climbing area, flexible meeting & event spaces, and cafe & concessions.



Facility Rentals

Field House - 6 Courts

Our fieldhouse is designed to host a variety of sports programming and tournaments for local North Central West Virginia residents and out-of-town guests. It's the prime place to play with multiple courts and advanced sporting equipment to take your training to the next level.

There is no other place in the North Central WV area that compares to the size of our fieldhouse. It features six floating maple hardwood courts that are lined for basketball, volleyball, and pickleball. Other amenities include scoreboards, seating for spectators, and curtains to divide each court for multiple teams, individuals, or sports to play at one time.

The doors to our fieldhouse are open to everyone. Whether it be a league, practice, camp, tournament, or event, we can transform our courts to meet every request. Rentals are priced by the hour and available in a variety of options based on how much space you need.

Full Court Rental
\$50/hr

Half Court Rental
\$30/hr



Indoor Turf - 45 x 75yds

Our indoor turf is a versatile rental space for multiple sports programming – rain or shine. We offer the best place to train with our turf enclosed by netting. We also offer advanced training equipment for all types of sports training.

Members will maximize their training capabilities inside our indoor turf. It's lined for football and soccer, small-sided soccer, and includes base marks for baseball and softball. Other amenities include scoreboards, two batting cages and curtains to divide the field into quarter fields so multiple sports can be played at once.

Teams or individuals are welcome to rent our indoor turf. Whether you're a local sports team or an out-of-town sports organization, our indoor turf is available for events of all sizes. Rentals are priced by the hour and available in a variety of options based on how much space you need.

Full Field
\$300/hr

Quarter Field
\$100/hr

Half Field
\$175/hr

Batting Cage
\$35/hr

SUMMER CAMPS



Half-Day Morning Sport Specific Camps

The Bridge Summer Day Camp series features 8 weeks of sport specific camp programs for kids ages 6-13. Participants will improve their skills alongside our expert team of coaches in the sport of their choice. The available sport specific camps for 2021 include: volleyball, baseball, softball, basketball, soccer, football, or lacrosse.

Our sport-specific programs are great for athletes of all skill levels. During camp, athletes are grouped according to age and ability. If you are a first-time player, this camp will be a great introduction to the sport of your choice and give you valuable experience before joining your local league. For the more seasoned athlete, advanced skills and techniques will be applied in all activities.

Half-Day Afternoon Adventure Camps

After the sport-specific camps, participants are invited to join our adventure program. Activities are designed to excite, engage, and develop participants athletically and socially. Participants will have the opportunity to navigate the 30+ climbing walls, be creative with arts & crafts, build relationships through team-building activities, and experience new sports and other outdoor activities. Our sport and adventure programs offer everything you could want in a week long summer camp experience: social and skill development, games and scrimmages, and the chance to form meaningful relationships with other participants, coaches, and staff.

Full-Day Sport & Adventure Camps

Spend your morning improving your skills in a sport specific camp, then in the afternoon transition to fun activities in our adventure camp.

Highlights of The Bridge Summer Camp

- Low athlete to coach ratio
- Groups separated by age and ability
- Specialty instruction in your sport
- An environment that offers a safe, confidence building, fun experience
- Summer Camp T-Shirt and prizes

For more information, contact:
(304) 848-8270



	June 7 - June 10	June 14 - June 17	June 21 - June 24	June 28 - July 4	July 5 - July 8	July 12 - July 15	July 19 - July 22	July 26 - July 29
Basketball	•	•		•	•		•	•
Soccer	•	•		•		•	•	•
Baseball	•		•	•		•		•
Softball		•		•				
Football		•		•		•		•
Lacrosse			•				•	
Volleyball	•		•		•	•		•
Adventure	•	•	•	•	•	•	•	•
Muti-Activity	•	•	•	•	•	•	•	•

Volleyball Summer Camp

Boys and Girls (ages 6–13)
Cost: \$85

Lacrosse Summer Camp

Lacrosse Summer Camp (ages 6–13)
Cost: \$85

Basketball Summer Camp

Boys and Girls (ages 6–13)
Cost: \$85

Football Summer Camp

Lacrosse Summer Camp (ages 6–13)
Cost: \$85

Soccer Summer Camp

Boys and Girls (ages 6–13)
Cost: \$85



Baseball & Softball Summer Camps

Baseball Summer Camp
Boys (ages 6–13)
Cost: \$85

Softball Summer
Camp
Girls (ages 6–13)
Cost: \$85



Join us for serious training
and lots of fun!

#PlayTogether

Meet Me at The Bridge



BASEBALL CLINICS

Baseball Pitchers & Catchers Battery Clinic with **Alan Robbins and Marty Davis**

Alan Robbins - 1st Team All-Conference catcher at Winthrop University. 2006 draft pick for the Philadelphia Phillies. Owner of the Baseball Dojo in Clarksburg.

Marty Davis - Former professional pitcher in the Texas Rangers minor league organization. 25 years of experience working with pitchers. Father of Division I pitcher at Northwestern University.

The Pitchers & Catchers Battery Clinic will consist of two sessions (total 4 hours of instruction). In session 1 (2 ½ hours), pitchers and catchers will be separated to focus on individual skills. In session 2 (1 ½ hours), pitchers and catchers will be brought together to put their skills into action via competitive bullpens.

Our Rapsodo 2.0 Pitching Monitor will be utilized in the clinic to add to your experience and instruction.

Boys (ages 13–18)

Date: Wednesday June 16th

Time: 10am – 3pm

Cost: \$150

Lunch Included

Boys (ages 9–12)

Date: Thursday June 17th

Time: 10am – 3pm

Cost: \$150

Lunch Included

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FOOTBALL CLINICS

The Bridge Pre-Season Elite Skills Camp with **Mike Lopez**

Mike Lopez - 19 Years of College Coaching Experience. Former player and head coach with extensive experience as a defensive coordinator.

Football players in grades 8th-12th are invited to our Pre-Season Elite Skills Camp. Led by college coaches and modeled after college-style mini-camps, the program will prepare athletes for the upcoming season. Position specific skills development combined with speed, strength, and agility training, 1v1 and 7v7 competitions highlight the week. Parents have the opportunity to attend seminars on athletic performance, recovery, and nutrition.

Highlights of The Bridge Pre-Season Elite Skills Camp

- Low player to coach ratio
- Competitive atmosphere
- High profile coaches
- Camp shirt included

Football Players (grades 8–12)

Cost: \$200

Days: June 21-25

The Bridge Pre-Season Youth Skills Camps with **Mike Lopez**

The Bridge Pre-Season Youth Football Camp is a four-day all-position training experience for football players in grades 4th-7th. Designed to prepare athletes for the upcoming season, athletes will experience position specific technique and fundamental training, character development sessions, and have the opportunity to showcase their football skills during nightly 7v7 and other competition events.

Football Players (grades 4–7)

Cost: \$200

Days: July 12-15



#GrindTogether

lil' TROLLS

Launching Summer 2021



#GrowTogether

What are the Lil' Trolls?

The Bridge Lil' Trolls Youth Development program introduces new players to the sports of all kinds. With a focus on fun, fitness, and fundamentals of the sport, coaches will lead players in age-appropriate activities and games that develop their sport specific skills, including the rules and mechanics of the game.

Our goal for each athlete is to have a positive introduction to sports, develop a love of the game, and leave with a general understanding.

Highlights of The Bridge Lil' Trolls Youth Development Program

- Emphasis on individual skill development and fitness
- Program introduces the basic fundamentals of the sport
- Will prepare your child for recreational league participation
- An environment that offers a safe, confidence building, fun experience
- Coaches are passionate, enthusiastic, and have been properly trained in coaching young athletes and utilizing developmentally appropriate techniques.



Lil' Trolls Multi-Sport Summer Camp

Age: 3-6

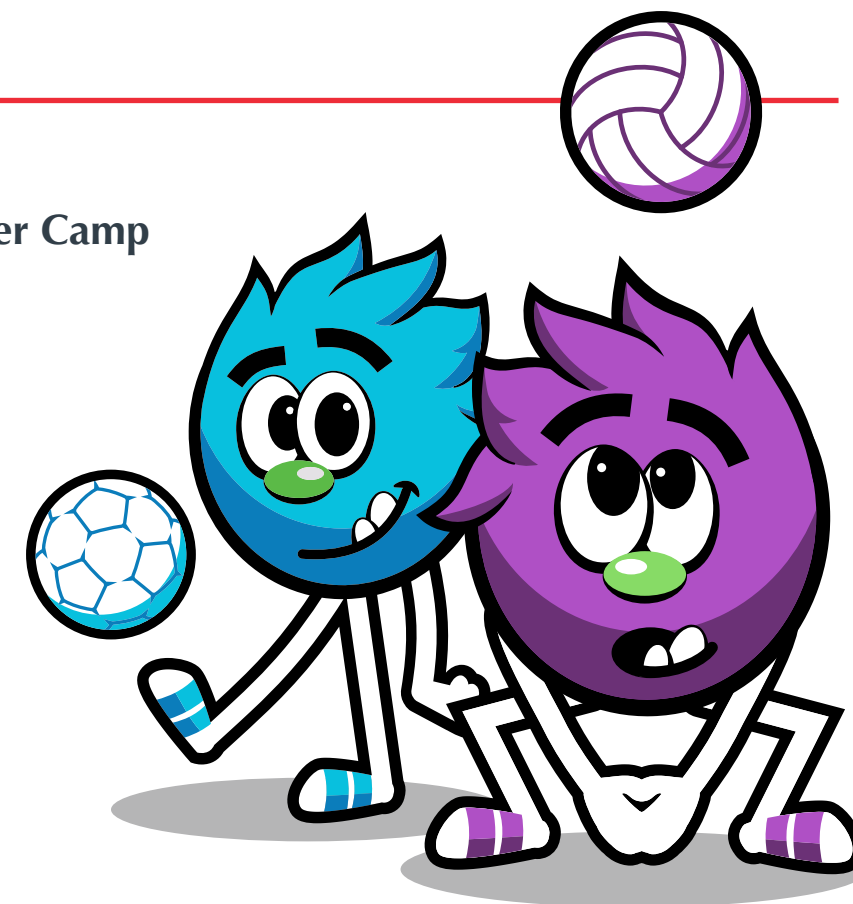
Cost: \$45

Dates: June 14-16

Times: 9am-10:30am

Additional Lil' Trolls Development Classes Coming Soon!

Sports Offered: Volleyball, Basketball, Baseball & Softball, and Soccer





ADULT LEAGUES

Our Coed Adult Leagues offers participants a fun and safe environment where adults can socialize and be active. The accessible nature of the sport make it a great for meeting new people, trying something new with your friends, or as a teambuilding activity. Sign-up as a team.

Coed Adult Softball League

Cost: \$450/team

Begins: June 7

Softball League Highlights

- 8 weeks season with 2 additional weeks of playoffs
- Championship prizes

Men & Women Adult Basketball Leagues

Cost: \$550/team

Begins: June 7

Basketball League Highlights

- 8 weeks season with 2 additional weeks of playoffs
- Championship prizes
- 5v5 league format with two 20minute halves
- Max roster size of 10 players
- Scheduling and management

Adult Flag Football League

Cost: \$500/team

Begins: June 7

Football League Highlights

- 8 weeks season with 2 additional weeks of playoffs
- Championship prizes
- 7v7 league format with 2-20 minute halves

Adult Soccer League

Cost: \$400/team

Begins: June 7

Soccer League Highlights

- 8 weeks season with 2 additional weeks of playoffs
- Championship prizes
- 7v7 league format with two 20minute halves
- Scheduling and management

#CompeteTogether

Coed Adult Volleyball League

Cost: \$350/team

Begins: June 7

Volleyball League Highlights

- 8 weeks season with 2 additional weeks of playoffs
- Championship prizes
- 6v6 league format
- Scheduling and management

Coed Adult Sand Volleyball League

Cost: \$200/team

Begins: June 7

Volleyball League Highlights

- 8 weeks season with 2 additional weeks of playoffs
- Championship prizes
- 4v4 league format
- Scheduling and management

Coed Adult Kickball League

Cost: \$225/team

Begins: June 7

Kickball League Highlights

- 8 weeks season with 2 additional weeks of playoffs
- Championship prizes
- 8v8 league format
- Scheduling and management

AQUATICS



The Bridge boasts one of the nicest aquatic facilities in the state of West Virginia! It features a 10 lane, 25 yard x 25 meter competition pool with a 4 lane, 25 yard warm-up pool. The pools will provide a variety of aquatic-related activities and programming for the community including but not limited to swim lessons (group and private lessons), swim team practices, swim meets, group exercise classes, and much more!

Swim Lessons

The Bridge will feature swim lessons for all ages and abilities. Our group classes will focus on building confidence in the water, developing water awareness and teaching important lifesaving skills. Classes are taught following a formed curriculum by trained instructors. A certified lifeguard is always on duty at all times.

Parent & Child Lessons - 8 Sessions

Cost: \$65

Length: 30 mins

Ages: 6 months to 3 years

The Bridge will feature swim lessons for all ages and abilities. Our group classes will focus on building confidence in the water, developing water awareness and teaching important lifesaving skills. Classes are taught following a formed curriculum by trained instructors. A certified lifeguard is always on duty at all times.

Pre-Swim Lessons - 8 Sessions

Cost: \$65

Length: 30 mins

Ages: 4–5 years

Pre-Swim Lessons are open to pre-school age children at multiple levels to orient them with the aquatic environment and begin to learn basic aquatic skills. At lower levels many skills will be aided by the instructor until they are able to feel comfortable performing them solo. More advanced levels will begin introduction into swimming strokes.

Youth Swim Lessons - 8 Sessions

Cost: \$75

Length: 45 mins

Ages: 6–12 years

Youth lessons are open to school-aged kids ages ranging from beginner to advanced. Basic water skills will be introduced at the lower levels and progress to full swimming strokes in the higher levels.

- Level 1: Introduction to Water Skills
- Level 2: Fundamental Aquatic Skills
- Level 3: Stroke Development
- Level 4: Stroke improvement
- Level 5: Stroke Refinement

Private Lessons

Coming Soon!

SPORTS PERFORMANCE

Foundation (ages 8-12)

Coming Soon!

Fast paced and fun, this class will help young athletes learn proper movement techniques, motor patterns, and coordination through structured 60-minute lessons.

The Foundation classes will focus on coordination, kinesthetic awareness, running technique (straight-line and multidirectional), body weight strengthening, introduction to strength movements (squatting, hinging, pushing, pulling), injury prevention, and confidence building.

Competition (ages 13-18)

Coming Soon!

The Competition groups will be focusing on introduction and refinement of speed, strength and power movements with the goal of building usable and transferable athleticism. Speed and strength will be split into separate 60-minute classes.

The Competition program will focus on the mechanics and strength development behind acceleration and max velocity sprinting, center of gravity management, refinement and progression of strength movements, introduction to Olympic, plyometric and ballistic movements, monthly testing and tracking of athlete's progress.

High Performance

Price: 2x a week - \$200 per month

3x a week - \$300 per month

4x a week - \$400 a month

High Performance groups are individualized, sports-specific small groups (capped at 10 athletes per group) that are organized by similar training needs. These are intended for athletes with an established base level of training and focused on next level preparation and performance. Options will be available for in-season, post-season, off-season, and pre-season training to coordinate with their sport schedule. Sessions are 90-minutes and include speed, power, and strength elements.

High Performance groups will feature advanced testing and assessment procedures utilizing Ergotest MuscleLap equipment that will be used to create individualized programming that take into account testing results and sport positional needs. Athletes will learn advanced sport-specific mechanical speed techniques as well as advanced plyometric and ballistic exercises. Packages are available for scheduled access to our recovery room and use of its equipment.



Meet RYAN McCoy

Ryan joins The Bridge with a strong background in fitness and sports performance. He holds certifications in USA Weightlifting, Functional Movement Screening, and is a Certified Strength and Conditioning Specialist. He has trained 3 Olympians and over 50 Division I College Athletes



BIRTHDAY PARTIES

The Bridge Sports complex is so much more than a sports facility. Schedule your birthday party and leave the planning to us! We have two party rooms where we can accommodate small parties (or combine them for bigger gatherings). Our staff will ensure your room is clean and ready for your arrival. You can choose from one of our modern themes or bring your own. We will provide each party with a professional staff member to guide your guests to their chosen activity, and ensure the pizza is hot and drinks are cold and ready for you following the fun!

We have a variety of additional options available to meet your needs, and as always, the birthday guest is free!

Contact Us For More Information or to Book Your Party

Alyson Piot
apiot@thebridgewv.com

Clip'n'Climb Birthday Party

Cost: \$300 for up to 10 participants

- Birthday guest is free
- 2 hours private party room with host
- 60 min in Clip 'n Climb area
- Wall graphic of birthday child
- 2 slices pizza/child
- Unlimited popcorn/soda/water
- Choice of one of our themes, or bring your own
- Additional add-ons and upgrades available

Sports Birthday Party

Cost: \$275 for up to 10 participants

- Birthday guest is free
- 2 hours private party room with host
- 60 min court/field/pool time
- Wall graphic of birthday child
- 2 slices pizza/child
- Unlimited popcorn/soda/water
- Choice of one of our themes, or bring your own
- Additional add-ons and upgrades available

Birthday Party ADD ONS

- Additional Activity Time Only
- Additional Room Time Only
- Additional Activity & Room Time
- Double room
- Pizza (in house 14" - 8 slices)
- Upgrade Pizza
- Bonnie Bell's cakes/cupcakes



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Clip & Climb

Clip n' Climb is a safe and controlled environment anchored by a self-belay system and supervised by a trained Bridge associate. Individuals participating are required to complete a pre-climb training overview that covers an introduction to the self-belay system, safety regulations, and instruction on how to put on the harness. Before climbing begins, our staff will ensure each participant is properly strapped into their harness.

Kids: \$10/hr

Adults: \$15/hr

#ClimbTogether

OUR COMMUNITY

Benedum Civic Center

Karate

Karate is designed to sharpen your mind and your body. Learn the ancient art of Chito-Ryo style karate from skilled teachers. Participants will learn punching, kicking, throwing and self-defence techniques.

Who: Ages 7 & up

When: T/TH June 1st-July 15th

July 20th-Sept 2nd *No class Tuesday, August 3rd

Beginners 6pm-7pm, Advanced 7pm-8:30pm

Where: Benedum Civic Center (164 W. Main St.)

Cost: \$42/single \$56/family

Arts & Crafts Camp

June 22-25th – WV themed

July 19-22nd – Beach Themed

Spend four days creating beautiful works of art to be displayed for years to come. Kids will learn to use their creative energy to create their own masterpieces. Campers will enjoy time both inside and outside to complete their projects.

Who: Ages 6-14

When: June 22-25th & July 19-22nd

Where: Benedum Civic Center (164 W. Main St.)

Cost: \$100 (includes all supplies and daily snacks)



Parks & Recreation Shelter Rentals

City Park Dogwood

Seating Capacity: 145

Size: 30' x 75'

Amenities: 11 picnic tables, grill, water, electricity

Cost: \$60.00

City Park Rotary

Seating Capacity: 70

Size: 20' x 45'

Amenities: 6 picnic tables, grill, water, electricity

Cost: \$45.00

Compton Park

Seating Capacity: 45

Amenities: 5 picnic tables, grill, water, electricity

Cost: \$40.00

Deegan Lake

Seating Capacity: 40

Size: 21' x 28'

Amenities: 4 picnic tables, grill

Cost: \$40.00

Recreation Complex

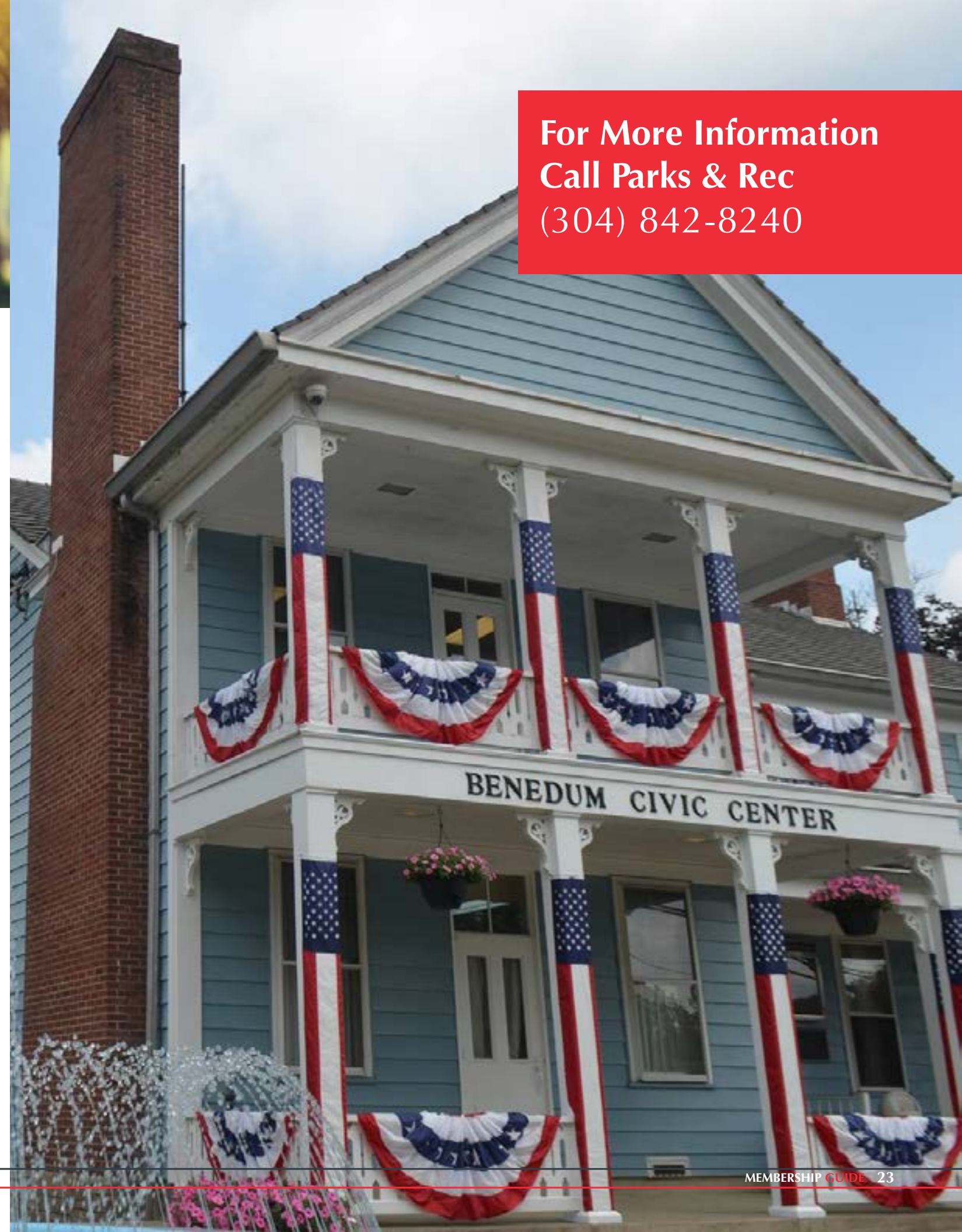
Seating Capacity: 55

Amenities: 7 picnic tables, grill, electricity

Cost: \$40.00

All shelters are open to the public IF not previously booked. Paid rentals will have a notice that the shelter is unavailable. This should be on hand the day of the event and shown to anyone currently occupying the shelter.

**For More Information
Call Parks & Rec
(304) 842-8240**





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theBridgeWV.com/programs