

REGISTRATION FORM

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Emergency Phone _____
Age _____ Grade _____
Parents Name _____
E-Mail _____

**St. Cloud Session #/Date/Time you
are signing up for:**

MEDICAL RELEASE

I hereby consent to any medical treatment necessary for my child in case of an emergency and waive any claim or cause of action of any nature arising as a result of, or in connection with the instruction of SFBS, Inc. and its employees or arising from his/her presence on or about the facility that SFBS Inc. is using. I accept full responsibility for any and all medical and/or related expenses.

Signature _____
Date _____

**For more information or to
register, call now!
(320) 857-2244**

**For more information on SFBS, our
coaches, philosophy, locations and
instruction check out our website!
www.solidfoundationbaseball.com**

Directions to the BWC Complex

BWC Complex
21984 Rausch Lake Road
St. Cloud

From the Interstate 94/Hwy15 interchange, take Hwy 15 South towards Luxemburg/Kimball. Go approximately 2-3 miles and you'll see a Shell gas station on your left called Schmidy's. Take a right at that road, (County Road 47). You will go approx. 2 miles west on County Road 47 until you get to 88th Ave. Take a left, (go south) on 88th Ave. You will go about 2 1/2 miles on 88th Ave until you hit a stop sign which will be at a T in the road. This road will be Rausch Lake Road. Take a left on Rausch Lake Road and go into the second driveway. It will only be about 100 yards south of the 88th Ave/Rausch Lake Road intersection. You will then see a sign for Solid Foundation Baseball School.

Solid Foundation Baseball School, Inc.

51923 298th Street
Grove City, MN 56243

(320) 857-2244

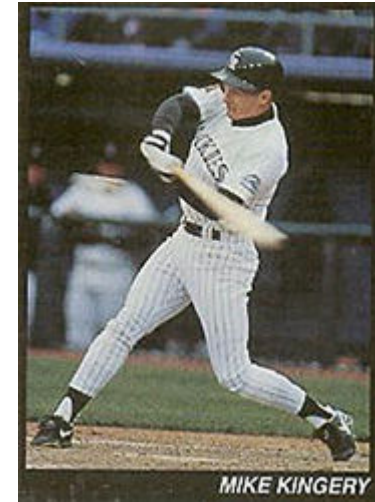
mike@solidfoundationbaseball.com
www.solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

PATIENT IN TEACHING. DILIGENT IN APPLICATION. ENTHUSIASTIC IN PRAISE.

SPRING TRAINING 2008

ST. CLOUD



**FOUNDED BY
MIKE KINGERY
Retired Major League
Baseball Player**

**Patient in teaching
Diligent in application
Enthusiastic in praise**

Are you looking for baseball instruction that caters to the needs of the individual player?

- The mission of Solid Foundation Baseball School is to train and lead each student to reach their full potential as a baseball player, an athlete, and a person.
- We accomplish this through private lessons and small group lessons that are fun, informative and personal.
- With the low student to teacher ratio (never more than 3:1!) we can properly train your player in the correct mechanics of hitting, throwing, pitching, infielding, outfielding, catching, and baserunning.
- At SFBS we do **not** use a cookie cutter approach for teaching each student. Through professional evaluation, each student is given techniques that will be player specific so they will be able to, through application, reach their highest potential.

Solid Foundation Baseball School, Inc. was founded in 1997 by Atwater, MN native and former Major League baseball player Mike Kingery. Mike has 17 years of professional baseball experience. As an outfielder, he played with the Kansas City Royals, Seattle Mariners, San Francisco Giants, Oakland A's, Colorado Rockies and Pittsburgh Pirates.

**PRICES
PRIVATE LESSONS***

\$60 1 hour lesson
\$35 ½ hour lesson

SMALL GROUP RATES*

6 one hour lessons – 3 students
\$135 per student = \$22.50 per hour

6 one hour lessons – 2 students
\$195 per student = \$32.50 per hour

***Each student who registers for 6 lessons receives a free SFBS t-shirt!**

***Video analysis is available for additional cost.**

Have lessons with Mike Kingery!

**Find out how by visiting
www.solidfoundationbaseball.com
or calling (320) 857-2244**

**Spring Training '08
instructional sessions:**

Session #1

Starting the week of Monday, Jan. 7th
through the week of Monday, Feb. 11th

Session #2

Starting the week of Monday, Feb. 18th
through the week of Monday, Mar. 24th

Session #3

Starting the week of Monday, April 7th
through the week of Monday, May 12th

**Instruction is offered Mon-Thurs
5PM-9PM and Saturday 8AM-4PM**

**All sessions will be held at the:
BWC Complex in St Cloud**

**Call now to reserve your preferred
time!! (320) 857-2244**

**LOOK AT WHAT PARENTS AND STUDENTS OF
SOLID FOUNDATION BASEBALL
SCHOOL ARE SAYING:**

"...you really have that special touch with these kids in your camps. They respect you and know that whatever you're teaching them is the right thing. You are gentle and kind and can get your point across without being demeaning. That is not an easy thing to do!"

"Best Baseball Camp."

"Scott really had lots of fun and learned lots. The small teaching ratio was great! We appreciated the personal contact, the supportive attitude. Wonderful experience!"

"Thanks again for providing access to a really top notch instructor. My son really came away with a lot, but more importantly had a great time doing so!"

"Grant and Derek improve every year as a direct result of your program, and as you know, I tell everyone who will listen about the quality of the instruction."

"Just plan on Matt as a regular. He has improved so much with your program. He is so much more confident. It is all because of Solid Foundation and your hard work. Thanks for everything you've done."

"I personally am very impressed with what you are doing. I understand it is a business, but your enthusiasm and sincerity make it very worthwhile for the young players that seek your assistance. Good work."

"I'm coming back for sure!"