

REGISTRATION FORM

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

**Big Lake 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 check
out our website!
www.solidfoundationbaseball.com**

Attention Parents/Coaches/Students!!

We have acquired a state of the art pitching machine called the Pro Batter! The Pro Batter (www.probatter.com) that we have is the *only* one in the state of Minnesota that is available for public use (Professional PX2 baseball model)! The Pro Batter will be located at our beautiful *new* Big Lake location. The Pro Batter is a pitching machine that will give you the most real life game practice possible! The Pro Batter has a big video screen where you watch a Major League pitcher throw to you, the batter. The machine throws fastballs from 40-90 mph. It also throws sliders, curveballs and changeups without you having to go to the machine and make an adjustment. It is all run by computer and it is a great training tool! Coaches, this facility would be an awesome place to bring your team!

Directions to The Batter's Box

The facility is located off of hwy 10 and county rd. 81 at 19640 200th Ave NW Suite A6 Big Lake, Mn. 55309. It's a beige building with a maroon roof.

Solid Foundation Baseball School, Inc.

51923 298th Street
Grove City, MN 56243

(320) 857-2244

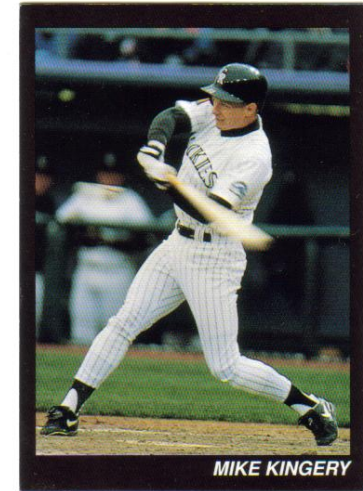
mike@solidfoundationbaseball.com
www.solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

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

SPRING TRAINING 2009

Big Lake



**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.

Spring Training '09 instructional sessions

Session #1

Starting the week of Monday, Jan. 5th **through** the week of Monday, Feb. 9th

Session #2

Starting the week of Monday, Feb. 16th **through** the week of Monday, Mar 23rd

Session #3

Starting the week of Monday, April 6th **through** the week of Monday, May 11th

Instruction is offered Mondays-Thursdays from 5-9pm

All sessions will be held at The Batter's Box in Big Lake

PRICES

PRIVATE LESSONS

\$70 1 hour lesson
(\$65 for 12+ lessons)
\$40 ½ hour lesson

SMALL GROUP RATES*

(each lesson 1 hour)

6 one hour lessons – 3 students
\$170 per student = \$28.33 per hour
6 one hour lessons – 2 students
\$240 per student = \$40.00

*Each student who registers for a Training Session receives a free SFBS t-shirt!

*Video analysis is available at an additional cost

\$\$\$\$\$SAVE!\$\$\$\$\$

Put your own group together and save! Sign up your group for 2 or more sessions and you save up to \$30 per student! (call (320) 857-2244 for details)

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

How do the Spring Training sessions work?

You reserve a day of the week and a time during that day where you receive instruction from a qualified SFBS instructor every week at that time for the entire session.

Do Sessions 1, 2 & 3 all cover the same things?

Each small group or private lesson is specific to that student(s) and covers what the player(s) want to improve on. Each subsequent lesson builds on what the instructor and student(s) have already covered. Since the lessons are private or semi-private (small group), the instructor is able to start each individual at the place best for them and work from there.

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

"Thanks for your great work."

"...It has been a super experience for him.."

"My son learned more in the last 6 weeks than he has learned in the last 3 years!"

"Thanks for your positive attitude and teaching style. I can see an increased level of confidence in Taylor each time you work with him."

"It turned my swing around 100%"

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