

REGISTRATION FORM

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

**Hanover 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, specifically the Paul & Dee Ruter premises. 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**

DIRECTIONS TO THE RUTER COMPLEX 12124 8th St NE Hanover, MN 55341

Directions from St Michael:
Take County Rd 19 South to Hanover, Take a left on 5th St., take a left on River Rd (at the T in the road) and go to 8th St. Take a right and go to the only farm on 8th St. The farm will be on the left. (approx. ½ mile from River Rd)

Directions from Maple Grove:
Take County Rd 30 to North 19 to Hanover. Take a right on 5th St., take a left at the T in the road (River Rd) and go to 8th St. Take a right and go to the only farm on 8th St. The farm will be on the left. (approx. ½ mile from River Rd) (Complex is approx. 12-15 minutes from the Wal-Mart in Maple Grove.)

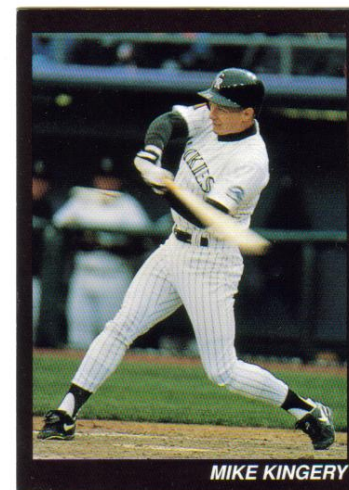
Directions from Buffalo:
Take HWY 34 to County Rd 19, take a right. Take a left on 5th St., take a left at the T in the road (River Rd) and go to 8th St. Take a right and go to the only farm on 8th St. The farm will be on the left. (approx. ½ mile from River Rd)

Solid Foundation Baseball School, Inc.
51923 298th Street
Grove City, MN 56243
(320) 857-2244
mike@solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

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

**SPRING TRAINING 2009
Hanover**



**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, Tuesdays and Thursdays from 5-9pm and Saturdays from 10AM-2PM

All sessions will be held at the Ruter Complex in Hanover

PRICES

PRIVATE LESSONS

\$65 1 hour lesson

\$35 ½ hour lesson

SMALL GROUP RATES*

(each lesson 1 hour)

6 lessons - 3 students

\$160 per student = \$26.67 per hour

6 lessons – 2 students

\$230 per student = \$38.33 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

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