

REGISTRATION FORM

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

Coon Rapids 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**

**All Coon Rapids lessons will be held at
Grand Slam Sports
2941 Coon Rapids Blvd NW.
Coon Rapids, MN 55433**

Driving Directions

From Hwy 10 exit on Round Lake Blvd. Go south on Round Lake Blvd. for 1.5 miles. Take a left on Coon Rapids Blvd. Go 1.1 miles and Grand Slam Sports will be on your left.

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 is located at our beautiful *new* Coon Rapids 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 is an awesome place to bring your team!

Solid Foundation Baseball School, Inc.

51923 298th Street
Grove City, MN 56243

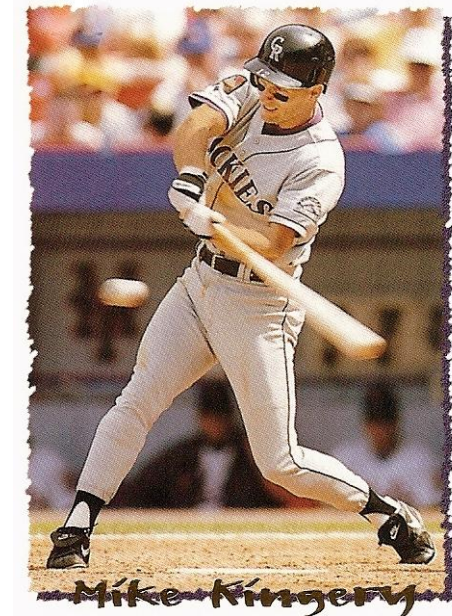
(320) 857-2244

mike@solidfoundationbaseball.com
www.solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

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

**Spring Training 2010
Coon Rapids**



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

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

Are you looking for baseball and softball 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/softball player, an athlete, and a person.
- We accomplish this through private lessons and small group sessions 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.

Coon Rapids Spring Training instructional sessions:

Instruction is offered:

**Mon., Tues. Wed. & Thurs. 6-9PM
Saturdays 9AM-1PM**

Session #1

Starting the week of Monday, Dec. 7th
through the week of Monday, Jan. 25th

There will be no lessons the weeks of Dec. 21st & 28th

Session #2

Starting the week of Monday, Feb. 1st
through the week of Monday, Mar 8th

Session #3

Starting the week of Monday, March 22nd
through the week of Monday, April 26th

PRICES

PRIVATE LESSONS

\$75 1 hour lesson

\$40 ½ hour lesson

SMALL GROUP RATES*

(each lesson 1 hour)

6 one hour lessons - 3 students

\$190 per student

6 one hour lessons – 2 students

\$260 per student

Sign up for 2 or 3 sessions and save!\$\$

*Each student who registers for a 6 week session also receives an SFBS t-shirt!

Have lessons with Mike Kingery! Find out how by going to

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.

What do the sessions cover?

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!

"I'm coming back for sure!"

"Could NOT have even happened without all that he learned thru you guys... Thanks again!"

"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