

REGISTRATION FORM

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

**Kandiyohi 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 our Kandiyohi Facility

From Highway 12: go north on County Road 8. After crossing railroad tracks take the first left, this will be Atlantic Ave. Go approx. 3 blocks and you will see the old Kandiyohi school. We will be having the lessons in the gymnasium at the school.

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**

Solid Foundation Baseball School, Inc.

51923 298th Street
Grove City, MN 56243

(320) 857-2244

mike@solidfoundationbaseball.com

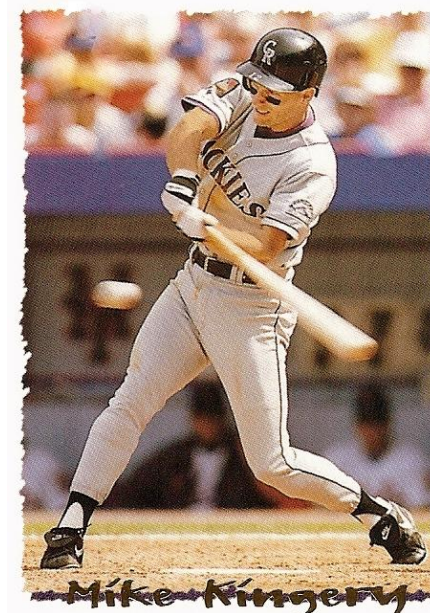
www.solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

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

SPRING TRAINING 2010

Kandiyohi



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

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

Are you looking for baseball & 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 lessons that are fun, informative and personal.
- With the low student to teacher ratio 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.

Kandiyohi Spring Training instructional sessions

**Instruction is offered:
Mon., Tues., Wed. & Thurs. 5-9PM**

Session #1

Starting the week of Monday, Jan. 4th
through the week of Monday, Feb. 8th

Session #2

Starting the week of Monday, Feb. 15th
through the week of Monday, Mar. 22nd

Session #3

Starting the week of Monday, April 5th
through the week of Monday, May 10th

**All sessions will be held at the
Gymnasium in the old school in
Kandiyohi**

PRICES

PRIVATE LESSONS*

\$60 1 hour lesson
\$35 ½ hour lesson

SMALL GROUP RATES*

6 one hour lessons – 3 students
\$115 per student
6 one hour lessons – 2 students
\$165 per student

Throwing/Conditioning Program*
8 one hour lessons – \$115 per student
(includes elastic tubing)

*Each student who registers for a training and/or Conditioning session receives a free SFBS t-shirt!

\$\$SAVE\$\$

Sign up for a training session and a throwing/conditioning session and save 10% off of the regular price!!

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.

Solid Foundation Baseball School, Inc. is now offering a Throwing/Conditioning Program!!

This program is designed to increase arm strength, flexibility, and stamina while preventing injuries! It has been used for 4 years with baseball players from Ridgewater College. Athletes have had fewer injuries and increased throwing speeds.

Each one-hour session will include:

- Elastic tubing series
- Medicine ball wall series & medicine ball throwing series
- Weighted ball throws
- Throwing mechanics with a baseball
- Mound work

Sessions are twice a week for 4 weeks