

## REGISTRATION FORM

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

**Burnsville Session #/Date/Time  
you are signing up for:**

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### 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](http://www.solidfoundationbaseball.com)**

## DIRECTIONS TO VELOCITY

Burnsville Fieldhouse  
(formerly Velocity Sports Performance)  
14350 Rosemount Drive  
Burnsville, MN

From 35E and 35W take County Road 42 west in Burnsville. Go until you hit Rosemount/Judicial Road (the small street sign says Rosemount but the big street sign will say Judicial Road.) Take a left and in approx. ¼ mile Velocity will be on your right hand side.

**Solid Foundation Baseball  
School, Inc.**

51923 298th Street  
Grove City, MN 56243

**(320) 857-2244**

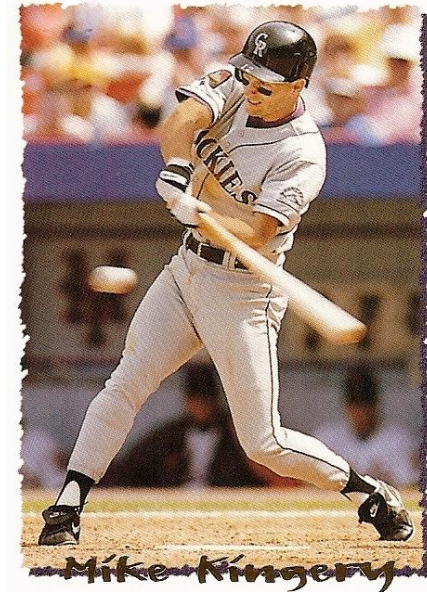
[mike@solidfoundationbaseball.com](mailto:mike@solidfoundationbaseball.com)  
[www.solidfoundationbaseball.com](http://www.solidfoundationbaseball.com)

# SOLID FOUNDATION BASEBALL SCHOOL

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

**SPRING TRAINING 2011**

**Burnsville**



**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 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.

**Burnsville Spring Training instructional sessions:**

**Session #1**

Instruction is offered:

Tuesdays 6-9pm

Starting Tues., Dec. 14<sup>th</sup>

**through** Tues., Jan 25<sup>th</sup>

**No lessons on December 28<sup>th</sup>**

**Session #2**

Instruction is offered:

Mon. & Tues. 6-9pm

Starting Mon. & Tues., Jan. 31<sup>st</sup> & Feb. 1<sup>st</sup>

**through** Mon. & Tues., March 7<sup>th</sup> & 8<sup>th</sup>

Sessions will be held at:

Burnsville Fieldhouse

(in Burnsville)

**PRICES**

PRIVATE LESSONS

\$75 1 hour lesson

(\$70 per hour for 12 or more lessons)

\$40 ½ hour lesson

SMALL GROUP RATES\*

(each lesson 1 hour)

6 lessons - 3 students

\$190 per student = \$31.67 per hour

6 lessons – 2 students

\$260 per student = \$43.33 per hour

\*Each student who registers for a training session receives a free SFBS t-shirt!

**Sign up for both sessions and save!\$\$**

**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 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!**

*"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**