

REGISTRATION FORM

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

Coon Rapids Strength, Conditioning & Skills 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**

**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.

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

"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!"

"He really seemed to benefit from last year's strength and agility training. He went from a second baseman with a great glove, average arm to a shortstop with a strong arm. He went from fast to really fast and he became a slugger at the plate instead of a lead off hitter. Batting in the 2 or 3 spots. Thanks! Those are results that we couldn't have gotten on our own. We are planning on him being in all three sessions again. And he has been looking forward to it all season."

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

**Solid Foundation Baseball
School, Inc.**

51923 298th Street
Grove City, MN 56243

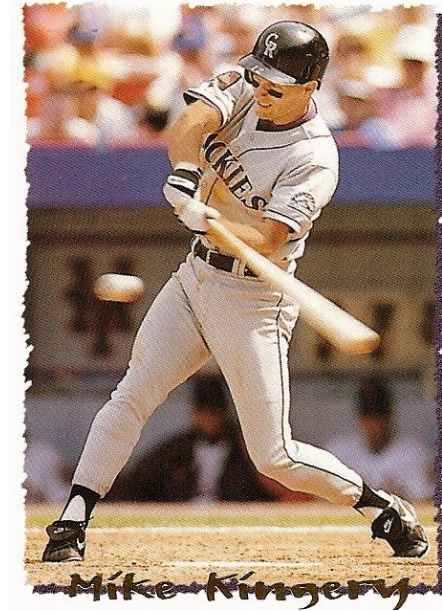
(320) 857-2244

mike@solidfoundationbaseball.com
www.solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

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

**Strength, Conditioning & Skills
Training 2011
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 & 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.

Coon Rapids Strength & Conditioning Training Instructional Sessions

**Instruction is offered:
Mon., & Wed. from 7-8:30pm**

Session #1

Starting the week of Monday, Dec. 13th
through the week of Monday, Jan. 10th

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

Session #2

Starting the week of Monday, Jan. 17th
through the week of Monday, Feb. 7th

Session #3

Starting the week of Monday, Feb. 14th
through the week of Monday, Mar. 7th

PRICES

Strength/Conditioning/Skills Enhancement Program

Eight 1 ½ hour lessons= 12 hrs
9 students with a 3:1 student/teacher ratio for the skills training portion
\$260 per student per 12-hr session

This training is only available for the first 9 people to sign up!!

Sign up for more than one session and save!\$\$

*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

Solid Foundation Baseball School, Inc. is now offering a

Throwing/Conditioning/Skills Enhancement Program!!

This program is designed to increase arm and body strength, flexibility, stamina and running speed 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 1.5 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
 - Position throwing mechanics
 - Plyometrics
 - Ladder drills
 - Core strengthening exercises
 - Hitting instruction

Sessions are twice a week for 4 weeks

How do the Strength, Conditioning and Skills sessions work?

You reserve 2 days of the week and a 1.5 hour time slot during those days where you receive instruction along with strength and conditioning training from a qualified SFBS instructor every week at that time for the entire 4 week session.

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

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