

REGISTRATION FORM

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

**Prior Lake 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 Triple Play

Triple Play Sports
5832 Industrial Lane SE
Prior Lake, MN 55372

From 169:

From Bloomington take 169 South across the river bridge. Take the Savage exit, Hwy. 13. Take Hwy. 13 South to Prior Lake. At Cty. Rd. 21 turn left, go through Two stoplights and turn right on Adelman, turn left on Industrial Lane.

From Hwy 13 in Prior Lake:

Go East on Cty Rd 21/Eagle Creek Ave for about 1 mile. Take a right on Adelman Street.
Turn left on Industrial Lane SE

From 35W:

Take 35W to Lakewille's 185th Street exit. Go West for 5.5 miles to Prior Lake. 185th Street turns into Cty Rd 21/Eagle Creek Ave. Go left on Adelman Street. Take a left on Industrial Lane SE.

From Cty Rd 42 in Savage:

Go South on Cty Rd 27/Texas Ave for About 4 miles. Go right one Cty Rd 21/Eagle Creek Ave. Go left on Adelman Street. Take a left on Industrial Lane SE.

Solid Foundation Baseball School, Inc.

51923 298th Street
Grove City, MN 56243

(320) 857-2244

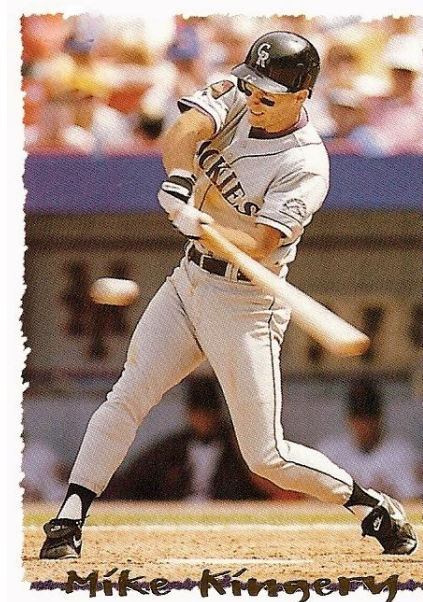
mike@solidfoundationbaseball.com
www.solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

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

SPRING TRAINING 2012

Prior Lake



**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.

Prior Lake Spring Training Instructional Sessions:

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

Session #1

Starting the week of Monday, Jan. 2nd
through the week of Monday, Feb. 6th

Session #2

Starting the week of Monday, Feb. 13th
through the week of Monday, Mar. 19th

Session #3

Starting the week of Monday, April 2nd
through the week of Monday, May 7th

**All sessions will be held at
Triple Play Sports in Prior Lake**

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!

Have lessons with Mike Kingery! Visit www.solidfoundationbaseball.com or call (320) 857-2244 for details

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.

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%"