

REGISTRATION FORM

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

**St. Cloud 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 the BWC Complex

BWC Complex
21984 Rausch Lake Road
St. Cloud

From the Interstate 94/Hwy15 interchange, take Hwy 15 South towards Luxemburg/Kimball. Go approximately 2-3 miles and you'll see a Shell gas station on your left called Schmidy's. Take a right at that road, (County Road 47). You will go approx. 2 miles west on County Road 47 until you get to 88th Ave. Take a left, (go south) on 88th Ave. You will go about 2 1/2 miles on 88th Ave until you hit a stop sign which will be at a T in the road. This road will be Rausch Lake Road. Take a left on Rausch Lake Road and go into the second driveway. It will only be about 100 yards south of the 88th Ave/Rausch Lake Road intersection. You will then see a sign for Solid Foundation Baseball School.

Solid Foundation Baseball School, Inc.

51923 298th Street
Grove City, MN 56243

(320) 857-2244

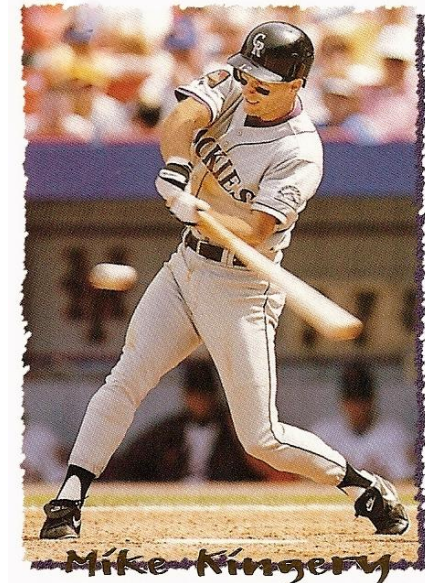
mike@solidfoundationbaseball.com
www.solidfoundationbaseball.com

SOLID FOUNDATION BASEBALL SCHOOL

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

SPRING TRAINING 2012

St. Cloud



**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 (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.

St. Cloud Spring Training
Instructional sessions

Instruction is offered:
Mon., Tues., Wed. & Thurs. 6-9PM
Saturdays (only Sessions 2 & 3)-
9AM-5PM

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 the
BWC Complex in St Cloud

PRICES

PRIVATE LESSONS*

\$60 1 hour lesson
\$35 ½ hour lesson

SMALL GROUP RATES*

6 one hour lessons – 3 students
\$135 per student = \$22.50 per hour
6 one hour lessons – 2 students
\$195 per student = \$32.50 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

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!

"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