

## REGISTRATION FORM

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

**Elk River 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 \_\_\_\_\_

**Please call to reserve your time!  
(320) 857-2244**

For more information on SFBS, our coaches, philosophy & locations check out our website!  
[www.solidfoundationbaseball.com](http://www.solidfoundationbaseball.com)

### **DIRECTIONS TO THE Elk River Youth Baseball Association Training facility**

12671 Meadowvale Rd,  
Suite Q  
Elk River, MN 55330

*"Thank you for bringing Austin's passion back to the game."*

*"So grateful for your program as it really helps the boys gain confidence going into tryouts."*

*"My boys and my husband and I really like your program!!!"*

*"He did one session with you last year and he went from being a so-so hitter to being the best hitter on his rec league team."*

*"Again, thank you for all the time you spend in sharing your love for baseball with these kids!! It's pretty cool! "*

*"He has more confidence now than I have ever seen thanks to you and your program!"*

### **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)

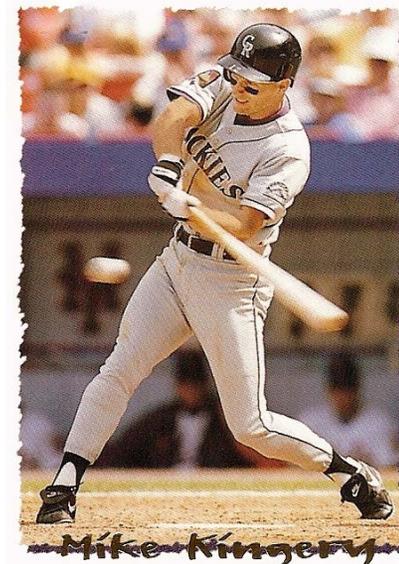


**Solid Foundation  
Baseball School**

Patient in teaching. Diligent in application. Enthusiastic in praise.

**SPRING TRAINING 2022**

**Elk River**



**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.

## Elk River Spring Training Instructional Sessions for 2022:

Instruction is offered:  
Mon & Wed. 4PM-9PM

### Session #1

**(Session #1 will be a 4 week session)**

Starting the week of Monday, January 3<sup>rd</sup>  
**through** the week of Monday, Jan. 24<sup>th</sup>

### Session #2

Starting the week of Monday, Jan 31<sup>st</sup>  
**through** the week of Monday, Mar. 7<sup>th</sup>

### Session #3

Starting the week of Monday, Mar 21<sup>st</sup>  
**through** the week of Monday, Apr. 25<sup>th</sup>

## PRICES

### PRIVATE LESSONS\*

\$75 1 hour lesson

### SMALL GROUP RATES\*

(each lesson is 1 hour)

6 lessons for a group of 2 students is  
\$240 per student = \$40 per hour  
(\$160 per student for session #1)

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

## 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 all sessions 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!

*"Thank you for all you have done for our boys these past few years, we really appreciate you and all you do for them."*

*"That was the best decision we ever made was to train with SFBS the last two years. I've never learned so much about baseball".*

*"I wanted to say thank you again... He looks and feels like a whole new hitter, and his confidence is at an all-time high. He can't wait for the season to start! The experience was truly priceless for him."*