

## REGISTRATION FORM

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

**Kandiyohi 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 \_\_\_\_\_

**Please call to reserve your time!  
(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 our Kandiyohi Facility:

628 Atlantic Ave.  
Kandiyohi, MN 56251  
From Highway 12: go north on County Road 8. After crossing railroad tracks take the first left, this will be Atlantic Ave. Go approx. 3 blocks and you will see the old Kandiyohi school. We will be having the lessons in the gymnasium at the school.

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

*"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."*

*"Solid Foundation Baseball is a special place and my son as well as I, are rewarded by the positive experiences."*

*"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."*

### **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)

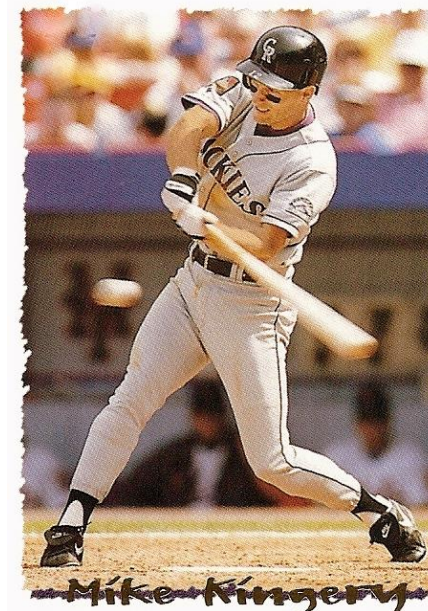


**Solid Foundation  
Baseball School**

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

**SPRING TRAINING 2025**

**Kandiyohi**



**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.

**Kandiyohi Spring Training Instructional Sessions for 2025:**

**Instruction is offered:  
Mon, Tues., Wed. & Thurs. 4PM-9PM**

**Session #1  
(Session #1 will be a 4 week session)  
Starting the week of Monday, Jan 6<sup>th</sup>  
through the week of Monday, Jan. 27<sup>th</sup>**

**Session #2  
Starting the week of Monday, Feb 3<sup>rd</sup>  
through the week of Monday, Mar. 10<sup>th</sup>**

**Session #3  
Starting the week of Monday, Mar 24<sup>th</sup>  
through the week of Monday, Apr. 28<sup>th</sup>**

**All sessions will be held at the  
Gymnasium in the old school in Kandiyohi**

**PRICES  
PRIVATE LESSONS\*  
\$70 per 1 hour lesson**

**SMALL GROUP RATES\*  
6 one hour lessons for 3 students is  
\$175 per student  
(\$117 per student for session #1)  
6 one hour lessons for 2 students is  
\$250 per student  
(\$167 per student for session #1)**

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

**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 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.

*"Thanks again for all your hard work with the boys! Caden looks forward to his lesson every week!"*

*"My son Trevor has benefited greatly from your school and we are hoping beyond words he can continue with your program."*

*"So grateful for your program as it really helps the boys gain confidence going into tryouts. I truly believe it was the biggest reason Jake made the AAA team last year."*