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_____

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

Directions to the BWC Complex

BWC Complex
21952 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 Casey'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.

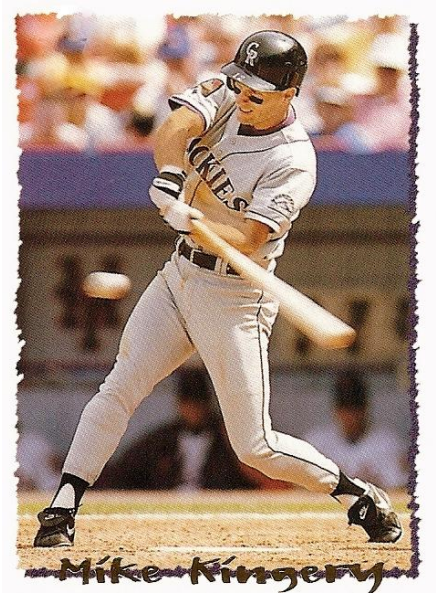
Solid Foundation Baseball School, Inc.
51923 298th Street
Grove City, MN 56243
(320) 857-2244
mike@solidfoundationbaseball.com
www.solidfoundationbaseball.com

Solid Foundation Baseball School

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

SPRING TRAINING 2027

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 for 2027:

Instruction is offered:
Mon, Tues., Wed., Thurs, 4PM-9PM
Saturdays- 9AM-3PM

Session #1
(Session #1 will be a 4 week session)
Starting the week of Monday, Jan. 4th
through the week of Monday, Jan. 25th

Session #2
Starting the week of Monday, Feb. 1st
through the week of Monday, Mar. 8th

Session #3
Starting the week of Monday, Mar. 22nd
through the week of Monday, Apr. 26th

All sessions will be held at the BWC Complex, rural St Cloud

PRICES
PRIVATE LESSONS*
$80 per 1 hour lesson

SMALL GROUP RATES*
6 one hour lessons for 3 students is $190 per student
($127 per student for session #1)

6 one hour lessons for 2 students is $270 per student
($180 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.

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

"As both a parent and a baseball board member, I could not be more impressed."

"He is so excited and more confident about baseball now!
Thank you for your program!!!"