

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

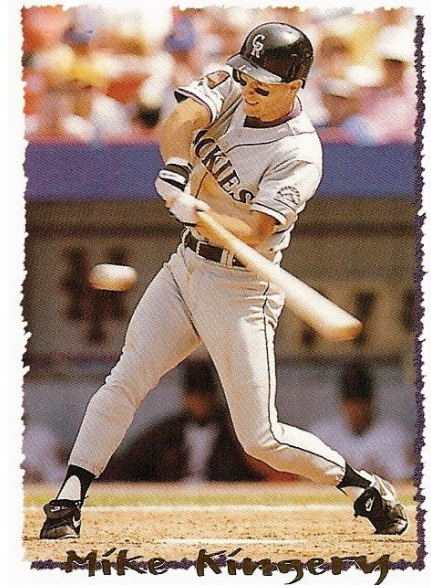


**Solid Foundation
Baseball School**

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

SPRING TRAINING 2026

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 2026:**

**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. 5th
through the week of Monday, Jan. 26th**

**Session #2
Starting the week of Monday, Feb. 2nd
through the week of Monday, Mar. 9th**

**Session #3
Starting the week of Monday, Mar. 23rd
through the week of Monday, Apr. 27th**

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

**PRICES
PRIVATE LESSONS***

\$75 per 1 hour lesson

SMALL GROUP RATES*

6 one hour lessons for 3 students is
\$180 per student

(\$120 per student for session #1)

6 one hour lessons for 2 students is
\$260 per student

(\$173 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!**

"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."

"The boys have learned so much and improved so much over the last 13 weeks and we intend to put the boys through the program again next year. Thanks again!!"

"Thanks, the boys are loving it!"