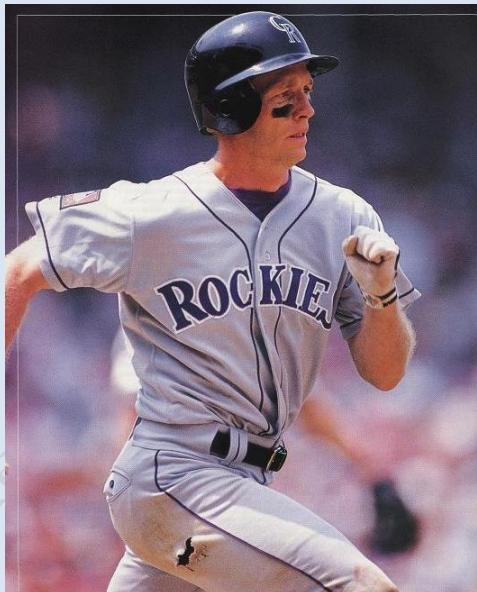




Mike Kingery

Mike Kingery played professional baseball for 17 years. He had stints with the Kansas City Royals, Seattle Mariners, San Francisco Giants, Oakland A's, Colorado Rockies and Pittsburgh Pirates. During his career, he nearly won the National League batting title before the strike shortened the season in 1994 (he was batting .349 at the time). He played alongside All-Star outfielders including Bo Jackson, Ken Griffey Jr., Dante Bichette, and Larry Walker.

Mike was born in St. James, Minnesota. Mike was a highly decorated athlete when he graduated from Atwater High School in 1979, winning All-State awards in football, baseball, and track and field. He was signed as a free agent out of high school by the Kansas City Royals. He progressed through the Royals' minor league system and eventually earned a starting spot in right field in 1986. However, he was traded to the Seattle Mariners, where he played centerfield, only to give way to the Kingery family traveled with Mike through the baseball years. They settled in Minnesota after Mike's retirement from the Pittsburgh Pirates in 1996.



One year later, Mike created Solid Foundation Baseball School, Inc. It was in answer to strong demand from local baseball teams and players. The mission of Solid Foundation Baseball School is to train and lead each student to reach their full potential as a baseball player, an athlete, and a person.

Mike is a well received motivational speaker. Using his life experiences in baseball and the experience of raising a large family, he relates valuable insights and engages any audience with his good nature and humor.

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