

MEDICAL HISTORY

1. ANY INJURIES REQUIRING MEDICAL ATTENTION?

YES NO

2. TAKING ANY MEDICINE OR UNDER PHYSICIAN'S CARE AT THIS TIME?

YES NO

3. ANY FEELING OF FAINTNESS, DIZZINESS OR FATIGUE AFTER HEAVY EXERTION?

YES NO

4. WEARS GLASSES OR CONTACT LENSES?

YES NO

5. A SURGICAL OPERATION OR FRACTURE?

YES NO

6. TREATED IN A HOSPITAL OR EMERGENCY ROOM?

YES NO

7. ANY REASON WHY THIS PERSON CANNOT PARTICIPATE IN ANY SPORT?

YES NO

8. ANY KNOWN ALLERGIES?

YES NO

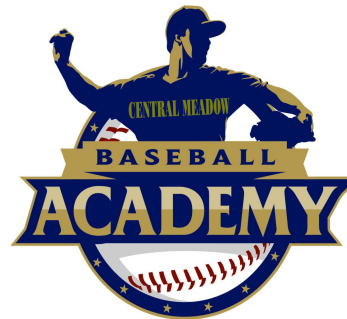
9. ANY CHRONIC DISEASE?

YES NO

***IF YES TO ANY OF THE ABOVE QUESTIONS, PLEASE DESCRIBE BELOW:**

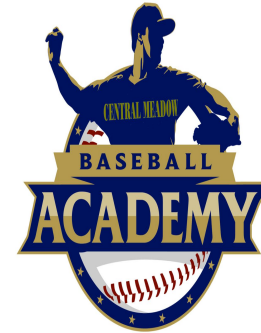
OR

*** OTHER ISSUES CMBA SHOULD BE AWARE OF, PLEASE DESCRIBE:**



TOM ABRUSCATO'S

CMBA/CMSA



**BASEBALL & SOFTBALL
ACADEMY**

**SUMMER 2026 BASEBALL &
SOFTBALL ACADEMY FOR BOYS & GIRLS
AGES 5 & UP**

**2 CONSECUTIVE WEEKS
JULY 6TH-9TH & JULY 13TH-16TH**

@

**EAST MEADOW COMPLEX,
MERRICK AVE. EAST MEADOW, NY**

**FOR MORE INFO: 516-241-8640
WWW.CENTRALMEADOW.COM**



CMBA/CMSA HOSTED BY:

TOM ABRUSCATO

2X NYS COACH OF THE YEAR

5X LONG ISLAND COACH OF THE YEAR

8X NASSAU COUNTY COACH OF THE YEAR

22X LEAGUE COACH OF THE YEAR

OVER 530 CAREER WINS

ADELPHI UNIVERSITY

ALEX ABANAVAS

OLD WESTBURY COLLEGE

HEAD COACH CLARKE HS

LONG ISLAND CHAMPION

GIULIANA ABRUSCATO

UCONN

2X BIG EAST CHAMPION

CMBA /CMSA 28th YEAR

THE CENTRAL MEADOW BASEBALL ACADEMY STARTED IN THE SUMMER OF 1999 BY TOM ABRUSCATO AND RICH HOWARD WITH THE IDEA OF PROVIDING THE LOCAL LITTLE LEAGUES WITH PROFESSIONAL, AFFORDABLE INSTRUCTION. WE ARE PROUD TO BE IN OUR 25th YEAR. SINCE 1999 OVER 240 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE.

MOST IMPORTANTLY TO CMBA, WE HAVE PROUDLY GIVEN BACK JUST OVER \$180,000 IN THE FORM OF SCHOLARSHIPS TO FORMER CAMPERS AND DIRECT DONATIONS TO LOCAL LITTLE LEAGUES.

PLEASE NOTE: THIS REGISTRATION FORM IS FOR THE EAST MEADOW LOCATION ONLY.....

www.centralmeadow.com



BASEBALL & SOFTBALL ACADEMY

JULY 6-9 & JULY 13-16
4 DAY WEEK (9:00-1:00) MONDAY-THURSDAY

@

EAST MEADOW BASEBALL / SOFTBALL

COMPLEX, MERRICK AVENUE

EAST MEADOW , NY

Certified First-Aid / CPR and AED staff on site

@ all times

2026 DAILY SCHEDULE 9:00 - 1:00

8:45- PLAYERS ARRIVE**

9:00- STRETCH/FORM RUN-SPEED WORK

9:15- THROW/MECHANICAL PRINCIPLES

9:30- WATER

9:35- SKILL LECTURE
(DIFFERENT ASPECT EACH DAY)

10:00-BREAK INTO TEAM GROUPS
(PRACTICE SKILL)

11:00- SNACK/LUNCH BREAK

11:15- SKILL LECTURE/POSITION
BREAKDOWN

11:30- BREAK INTO TEAM GROUPS
PRACTICE SKILL

11:45- SPECIALTY SESSION / PRIMARY
POSITION/INSTRUCTIONAL GAME

1:00 - REVIEW / DISMISSAL

INDOOR SITE TBA. SNACK STAND open for purchase.

ALL CAMPERS SHOULD BRING A SNACK, WATER AND EQUIPMENT. CMBA/CMSA WILL PROVIDE EQUIPMENT UPON REQUEST, AS NEEDED.

REGISTRATION FORM (EAST MEADOW LOCATION ONLY)

PLEASE MAKE CHECK PAYABLE TO: YBSA
MAIL CHECK & FORM TO:

CMBA
PO BOX 10679.
WESTBURY NY 11590.

OR

EMAIL COMPLETED REGISTRATION TO
CENTRALMEADOW@GMAIL.COM & PAY BY ZELLE
TO 516-241-8640

NAME: _____

AGE: _____

ADDRESS: _____

E-MAIL ADDRESS _____

PHONE: _____

EMERGENCY #: _____

PARENT/GUARDIAN: _____

CHECK APPROPRIATE BOX:
[] 1 WEEK = 225 WEEK 1 [] JULY 6 WEEK 2 [] JULY 13
[] 2 WEEKS = 435

ATTENDING : [] BASEBALL [] SOFTBALL

FAMILY RATE
[] 2 SIBLINGS 1 WEEK = 435
[] 2 SIBLINGS 2 WEEKS = 780

3 OR MORE SIBLINGS PLEASE CALL/CONTACT
TOM ABRUSCATO FOR PRICE

PLEASE NOTE: THIS REGISTRATION FORM IS
FOR THE EAST MEADOW LOCATION ONLY.

**OUR CAMP IS 1/2 THE PRICE OF MOST CAMPS...
TWICE THE INSTRUCTION!**

