

## 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

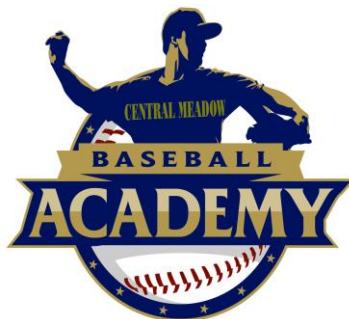
9. ANY CHRONIC DISEASE?

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 2025 BASEBALL & SOFTBALL ACADEMY FOR BOYS & GIRLS AGES 5 & UP**

**2 CONSECUTIVE WEEKS  
JULY 7<sup>th</sup> - 10<sup>th</sup> & JULY 14<sup>th</sup> - 17<sup>th</sup>**

**@**

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

**FOR MORE INFO: 516-241-8640**



[WWW.CENTRALMEADOW.COM](http://WWW.CENTRALMEADOW.COM)

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CMBA/CMSA HOSTED BY:

**TOM ABRUSCATO**

**2X NYS COACH OF THE YEAR  
5X LONG ISLAND COACH OF THE YEAR  
9X NASSAU COUNTY COACH OF THE YEAR  
24X LEAGUE COACH OF THE YEAR  
OVER 510 CAREER WINS  
ADELPHI UNIVERSITY**

**GIULIANA ABRUSCATO**

**UCONN  
2X BIG EAST CHAMPION  
NEWSDAY ALL LI  
SARAH CORNELL  
UNIVERSITY OF ALABAMA  
1<sup>ST</sup> TEAM ALL SEC  
2019 SEC PITCHER OF THE YEAR  
NY STATE GADORADE PLAYER OF THE YEAR**

**CMBA /CMSA 27th 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 250 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE. MOST IMPORTANTLY TO CMBA, WE HAVE PROUDLY GIVEN BACK JUST OVER \$175,000 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](http://www.centralmeadow.com)

**BASEBALL / SOFTBALL ACADEMY**

**JULY 7<sup>TH</sup>-10<sup>TH</sup> & JULY 14<sup>TH</sup>-17<sup>TH</sup>  
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

**2025 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 NY11590.**

**OR  
EMAIL COMPLETED REGISTRATION TO  
[CENTRALMEADOW@GMAIL.COM](mailto: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 7 / WEEK 2 [ ] JULY 14  
[ ] 2 WEEKS = 430**

**ATTENDING: [ ] BASEBALL [ ] SOFTBALL**

**FAMILY RATE  
[ ] 2 SIBLINGS 1 WEEK = 430  
[ ] 2 SIBLINGS 2 WEEKS = 775**

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

**PLEASE NOTE: THIS REGISTRATION FORM IS  
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**OUR CAMP IS 1/2 THE PRICE OF MOST CAMPS...  
TWICE THE INSTRUCTION!**