

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

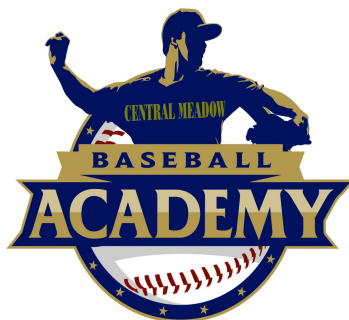
9. ANY CHRONIC DISEASE?

☐ YES ☐ NO

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

OR

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



WWW.CENTRALMEADOW.COM

TOM ABRUSCATO'S

CMBA/CMSA



BASEBALL & SOFTBALL

ACADEMY

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

3RD WEEK!

AUGUST 17th AUGUST 20th

@

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

FOR MORE INFO: 516-241-8640



WWW.CENTRALMEADOW.COM

CMBA/CMSA HOSTED BY:
TOM ABRUSCATO

**Nassau County Hall of Fame Inductee
2X NYS COACH OF THE YEAR
5X LONG ISLAND COACH OF THE YEAR
8X NASSAU COUNTY COACH OF THE YEAR
23X LEAGUE COACH OF THE YEAR
OVER 530 CAREER WINS
ADELPHI UNIVERSITY**

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 28th YEAR. SINCE 1999 OVER 265 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE. MOST IMPORTANTLY TO CMBA, WE HAVE PROUDLY GIVEN BACK JUST OVER \$200,000 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.....
TO REGISTER AT THE HAUPPAUGE LOCATION

www.centralmeadow.com

BASEBALL / SOFTBALL ACADEMY

**AUGUST 17TH - AUGUST 20th
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
☐ 2 WEEKS = 435
☐ 3RD WEEK = 205 (IF ATTENDING ALL 3 WEEKS ONLY)
210 (IF ATTENDING FOR A 2ND WEEK)

☐ BASEBALL ☐ SOFTBALL

FAMILY RATE

☐ 2 SIBLINGS 1 WEEK = 435
☐ 2 SIBLINGS 2 WEEKS = 780
☐ 2 SIBLINGS 3 WEEKS = 380 FOR THE WEEK IF THIS IS
THE 3RD WEEK ATTENDING.

**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!**