

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

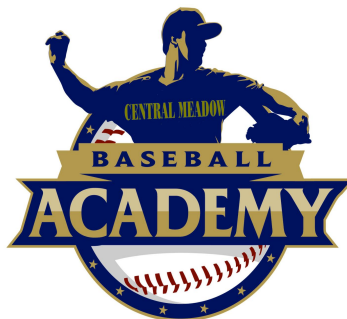
9. ANY CHRONIC DISEASE?

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 2024 BASEBALL &
SOFTBALL ACADEMY FOR BOYS & GIRLS
AGES 5 & UP**

3RD WEEK!

AUGUST 19th AUGUST 22nd

@

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

FOR MORE INFO: 516-241-8640



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

8X NASSAU COUNTY COACH OF THE YEAR

22X LEAGUE COACH OF THE YEAR

OVER 510 CAREER WINS

ADELPHI UNIVERSITY

GIULIANA ABRUSCATO

UCONN

2X BIG EAST CHAMPION

SARAH CORNELL

UNIVERSITY OF ALABAMA

1ST TEAM ALL SEC

2019 SEC PITCHER OF THE YEAR

NY STATE GADORADE PLAYER OF THE YEAR

CMBA /CMSA 26th 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 \$160,000 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 19TH - AUGUST 22ND

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

2024 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 = 425

3RD WEEK = 195 (IF ATTENDING ALL 3 WEEKS ONLY)
200 (IF ATTENDING FOR A 2ND WEEK)

BASEBALL SOFTBALL

FAMILY RATE

2 SIBLINGS 1 WEEK = 425

2 SIBLINGS 2 WEEKS = 760

2 SIBLINGS 3 WEEKS = 360 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!