

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

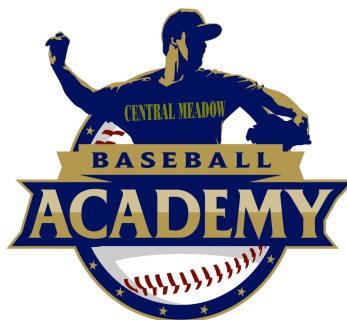
9. ANY CHRONIC DISEASE?

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

FOR ALL CAMP INFORMATION

www.centralmeadow.com

Tom Abruscato's



BASEBALL & SOFTBALL ACADEMY

**SUMMER 2021 BASEBALL &
SOFTBALL ACADEMY FOR BOYS & GIRLS**

**2 CONSECUTIVE WEEKS!
JULY 5-8 & JULY 12-15**

@

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

FOR MORE INFO:

WWW.CENTRALMEADOW.COM
CENTRALMEADOW@GMAIL.COM



OR 516-241-8640

www.centralmeadow.com

CMBA/CMSA HOSTED BY:

BASEBALL / SOFTBALL ACADEMY

TOM ABRUSCATO

2X NYS COACH OF THE YEAR
4X LONG ISLAND COACH OF THE YEAR
6X NASSAU COUNTY COACH OF THE YEAR
18X LEAGUE COACH OF THE YEAR
OVER 400 CAREER WINS
ADELPHI UNIVERSITY

RACHEL BARRY

CORTLAND UNIVERSITY
2014 NYS CHAMPION, 2015 & 16 LI CHAMPION
2015 & 2016 NC & LI COACH OF THE YEAR

SARAH CORNELL

UNIVERSITY OF ALABAMA
1ST TEAM ALL SEC
2019 SEC PITCHER OF THE YEAR
NY STATE GADORADE PLAYER OF THE YEAR

CMBA /CMSA 23RD 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 23RD YEAR. SINCE 1999 OVER 210 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE. MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY GIVEN BACK JUST OVER \$115,000 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

JULY 5-8 & JULY 12-15
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

2021 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 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 TBA.

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: CMBA
MAIL CHECK & FORM TO:

CMBA
PO BOX 10679.
WESTBURY NY 11590.

NAME: _____

AGE: _____

ADDRESS: _____

E-MAIL ADDRESS _____

PHONE: _____

EMERGENCY #: _____

PARENT/GUARDIAN: _____

CHECK APPROPRIATE BOX:

DAY ACADEMY

1 WEEK = 210 JULY 5-8 JULY 12-15

2 WEEKS = 399 BASEBALL [] SOFTBALL [] BOTH

PLEASE SPECIFY ALL WEEKS ATTENDING

FAMILY RATE - DAY ACADEMY

2 SIBLINGS 1 WEEK = 399

2 SIBLINGS 2 WEEKS = 725

OTHER DISCOUNTS:

GROUP: 4 OR MORE PLAYERS FROM 1 TEAM - \$10.00
******PLEASE PROVIDE TEAM NAME AND COACH**

MULTIPLE SIBLINGS PLEASE CALL/CONTACT TOM ABRUSCATO FOR PRICE

1 DISCOUNT PER REGISTRATION, CANNOT BE COMBINED

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