

## 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 CMSA SHOULD BE AWARE OF, PLEASE DESCRIBE:**



CENTRAL MEADOW SOFTBALL ACADEMY

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

**Tom Abruscato's**



**SOFTBALL ACADEMY**

**HOSTED BY**

**Rachel Barry** WITH

**GUEST PITCHING INSTRUCTOR**

**SARAH CORNELL**

**SUMMER 2020 SOFTBALL ACADEMY  
EAST MEADOW, NY**

**JULY 6TH - 9TH & JULY 13TH - 16TH  
@**

**EAST MEADOW  
BASEBALL/SOFTBALL COMPLEX  
MERRICK AVE. EASTMEADOW, NY**

**FOR MORE INFORMATION:**

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

516-241-8640

[CENTRALMEADOW@OPTONLINE.NET](mailto:CENTRALMEADOW@OPTONLINE.NET)

**SOFTBALL ACADEMY HOSTED BY:**

**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 SEC**

**2019 SEC PITCHER OF THE YEAR**

**NY STATE GATORADE PLAYER OF THE YEAR**

**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 @ CHS**

**ADELPHI UNIVERSITY**

**ALEXA SALZMAN GENESEO U.**

**ALLY KOUTSIGIANNIS GENESEO U.**

**SELENA RUIZ CORTLAND U.**

**GIULIANA ABRUSCATO BINGHAMTON U.**

**\*\*STAFF SUBJECT TO CHANGE\*\***

**OTHER COACHES BIO'S AND INFORMATION CAN BE VIEWED @**

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

**CMBA 22ND YEAR**

THE CENTRAL MEADOW BASEBALL/SOFTBALL ACADEMY STARTED IN THE SUMMER OF 1999 BY TOM ABRUSCATO AND RICH HOWARD WITH THE IDEA OF PROVIDING THE EAST MEADOW AND CENTRAL NASSAU LITTLE LEAGUES WITH PROFESSIONAL, AFFORDABLE BASEBALL INSTRUCTION. WE ARE PROUD TO BE IN OUR 22ND YEAR. SINCE 1999 OVER 190 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL / SOFTBALL IN COLLEGE.

MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY GIVEN BACK JUST OVER \$110,000 IN THE FORM OF SCHOLARSHIPS TO FORMER CAMPERS AND DIRECT DONATIONS TO THE LOCAL LITTLE LEAGUES.

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

**SOFTBALL ACADEMY & SPECIALTY**

**9:00AM – 1:30PM**

**July 6th – July 9th & July 13h - July 16th**

**4 day week Monday – Thursday**

**@**

**EAST MEADOW BASEBALL/SOFTBALL**

**COMPLEX, MERRICK AVE.**

**EAST MEADOW, NY**

**Certified First-Aid /Cpr/ AED staff on site @ all times**

**SOFTBALL ACADEMY SCHEDULE:**

**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 - LUNCH BREAK**

**11:15- SKILL LECTURE/POSITION BREAKDOWN**

**11:30- BREAK INTO TEAM GROUPS (Practice skill)**

**11:45- SPECIALTY SESSION / PRIMARY POSITION**

**12:15 - INSTRUCTIONAL GAME**

**1:30- REVIEW/DISMISSAL**

**~ON THE FIRST DAY OF EACH SESSION,  
PLEASE ARRIVE ½ HOUR EARLIER FOR  
REGISTRATION**

**~RAIN SITE FOR CMBA IS BARNUM WOODS,  
MORE INFORMATION WILL BE GIVEN ON  
OPENING DAYS.**

**WATER WILL BE PROVIDED FOR ALL PLAYERS.  
LITTLE LEAGUE SPONSORED SNACK STAND WILL ALSO BE  
AVAILABLE. LUNCH WILL NOT BE PROVIDED BY CMBA.**

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

**REGISTRATION FORM**

PLEASE MAKE CHECK PAYABLE TO:

**YBSA**

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 = 215

2 WEEKS = 395

**FAMILY RATE – DAY ACADEMY**

2 SIBLINGS 1 WEEK = 395

2 SIBLINGS 2 WEEKS = 739

**OTHER DISCOUNTS:**

GROUP: 4 OR MORE PLAYERS FROM 1 TEAM - \$15.00

MULTIPLE WEEKS AND SIBLINGS PLEASE

CALL/CONTACT TOM ABRUSCATO FOR PRICE

**1 DISCOUNT PER REGISTRATION, CAN NOT BE COMBINED**

**\*PLEASE SPECIFY WEEKS ATTENDING:**

**DAY ACADEMY & SPECIALTY  HAUPPAUGE JUNE 29**

JULY 6-9  JULY 13-16 EAST MEADOW

**\*\*\*FAMILY RATE CAN INCLUDE BASEBALL CAMPERS**