

## 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

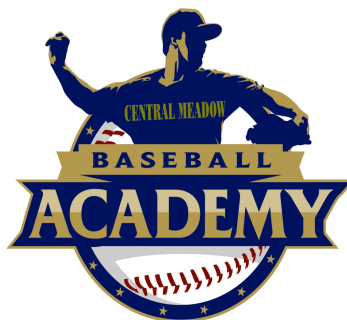
9. ANY CHRONIC DISEASE?

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

**FOR ALL CAMP INFORMATION**

[www.centralmeadow.com](http://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](http://WWW.CENTRALMEADOW.COM)  
[CENTRALMEADOW@GMAIL.COM](mailto:CENTRALMEADOW@GMAIL.COM)



OR 516-241-8640

[www.centralmeadow.com](http://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**  
**1<sup>ST</sup> 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](http://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: 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 = 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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