

## 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 2022 BASEBALL &  
SOFTBALL ACADEMY FOR BOYS & GIRLS  
AGES 5 & UP**

**3<sup>RD</sup> WEEK!**

**AUGUST 22<sup>ND</sup>-AUGUST 25<sup>TH</sup>**

**@**

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

**FOR MORE INFO: 516-241-8640**



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

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**CMBA/CMSA HOSTED BY:**

**TOM ABRUSCATO**

2X NYS COACH OF THE YEAR  
4X LONG ISLAND COACH OF THE YEAR  
6X NASSAU COUNTY COACH OF THE YEAR  
20X LEAGUE COACH OF THE YEAR  
OVER 450 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 24th 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 24th YEAR. SINCE 1999 OVER 225 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE. MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY GIVEN BACK JUST OVER \$135,000 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)

**BASEBALL / SOFTBALL ACADEMY**

**AUGUST 22<sup>ND</sup> – AUGUST 25<sup>TH</sup>**  
**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

**2022 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 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 NY11590.**

**NAME:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**E-MAIL ADDRESS** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMERGENCY #:** \_\_\_\_\_

**PARENT/GUARDIAN:** \_\_\_\_\_

**CHECK APPROPRIATE BOX:**

**DAY ACADEMY**

1 WEEK = 210

2 WEEKS = 399

3<sup>RD</sup> WEEK = 180 (IF ATTENDING ALL 3 WEEKS ONLY)  
200 (IF ATTENDING FOR A 2<sup>ND</sup> WEEK)

**FAMILY RATE – DAY ACADEMY**

2 SIBLINGS 1 WEEK = 399

2 SIBLINGS 2 WEEKS = 725

2 SIBLINGS 3 WEEKS = 325 FOR THE WEEK IF THIS IS THE 3<sup>RD</sup> WEEK ATTENDING.

**MULTIPLE SIBLINGS PLEASE CALL/CONTACT TOM ABRUSCATO FOR PRICE**

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