

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

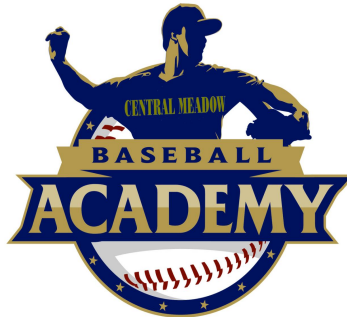
9. ANY CHRONIC DISEASE?

YES NO

***IF YES TO ANY OF THE ABOVE QUESTIONS, PLEASE DESCRIBE BELOW:**

OR

*** OTHER ISSUES CMBA SHOULD BE AWARE OF, PLEASE DESCRIBE:**



**CMBA/CMSA
BASEBALL & SOFTBALL
ACADEMY**

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

**2 CONSECUTIVE WEEKS!
JULY 8-11 & JULY 15-18**

@

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

**FOR MORE INFO: 516-241-8640
WWW.CENTRALMEADOW.COM
CENTRALMEADOW@GMAIL.COM**



CMBA/CMSA HOSTED BY:

TOM ABRUSCATO

2X NYS COACH OF THE YEAR
4X LONG ISLAND COACH OF THE YEAR
7X NASSAU COUNTY COACH OF THE YEAR
22X LEAGUE COACH OF THE YEAR
OVER 490 CAREER VARSITY WINS
ADELPHI UNIVERSITY

GIULIANA ABRUSCATO

UCONN
2022 & 2023 BIG EAST CHAMPION
2024 UCONN CAPTAIN

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 GATORADE PLAYER OF THE YEAR
STAFF SUBJECT TO CHANGE, SEE FULL COACHING STAFF @
CENTRALMEADOW.COM

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 26th YEAR. SINCE 1999
OVER 247 FORMER CAMPERS HAVE GONE ON TO
PLAY BASEBALL IN COLLEGE.
MOST IMPORTANTLY TO US ,WE HAVE PROUDLY
GIVEN BACK JUST OVER \$156,000 IN THE FORM OF
SCHOLARSHIPS TO FORMER CAMPERS AND
DIRECT DONATIONS TO LOCAL LITTLE LEAGUES.

www.centralmeadow.com

BASEBALL / SOFTBALL ACADEMY

JULY 8-11 & JULY 15-18
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 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 2024 (EAST MEADOW
LOCATTON)

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 5162418640

NAME: _____

AGE: _____

ADDRESS: _____

E-MAIL ADDRESS _____

PHONE: _____

EMERGENCY #:

PARENT/GUARDIAN:

CHECK APPROPRIATE BOX:

1 WEEK = 225 JULY 8-11 JULY 15-18
 2 WEEKS = 425 BASEBALL SOFTBALL BOTH

PLEASE SPECIFY ALL WEEKS ATTENDING

FAMILY RATE - DAY ACADEMY

2 SIBLINGS 1 WEEK = 425
 2 SIBLINGS 2 WEEKS = 760

OTHER DISCOUNTS:

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