

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

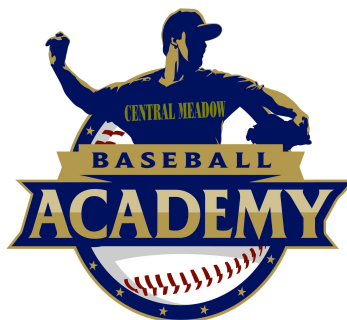
9. ANY CHRONIC DISEASE?

YES NO

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

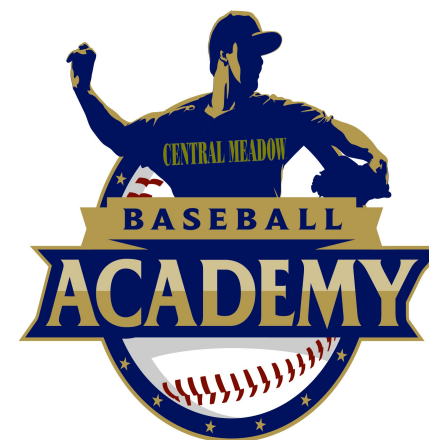
OR

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



WWW.CENTRALMEADOW.COM

Tom Abruscato's



***CENTRAL MEADOW
BASEBALL ACADEMY
SUMMER 2019 BASEBALL ACADEMY
AND SPECIALTY CAMP
FOR BOYS & GIRLS 6 AND UP***

JULY 8TH – 11TH & JULY 15TH - 18TH

@

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



FOR MORE INFO:

WWW.CENTRALMEADOW.COM
CENTRALMEADOW@OPTONLINE.NET

OR 516-241-8640

CMBA HOSTED BY:

TOM ABRUSCATO

2X NYS COACH OF THE YEAR
4X LONG ISLAND COACH OF THE YEAR
5X NASSAU COUNTY COACH OF THE YEAR
17X LEAGUE COACH OF THE YEAR
OVER 400 CAREER WINS
ADELPHI UNIVERSITY

OUR STAFF:

JOE FUSCO / NYIT
JOE ROCHE / FARMINGDALE
JOE BARRACATO / PACE U.
MIKE MEITINIS / HOFSTRA U
JOSH CUOZZO/ MT. SAINT VINCENT U.
CHRIS MATTEO / CORTLAND U.
CHRIS APPELL / DOWLING U.
MATT ROBINSON/ KINGS U
BRIAN CUNNINGHAM / PURCHASE
BRIAN SUNDBERG / PACE U.
****STAFF SUBJECT TO CHANGE****

CMBA 21ST YEAR

THE CENTRAL MEADOW BASEBALL 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 21ST YEAR. SINCE 1999 OVER 180 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE. MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY GIVEN BACK JUST OVER \$100,000 IN THE FORM OF SCHOLARSHIPS TO FORMER CAMPERS AND DIRECT DONATIONS TO THE LOCAL LITTLE LEAGUES.

PLEASE NOTE: THIS REGISTRATION FORM IS FOR THE EAST MEADOW LOCATION ONLY.....
TO REGISTER AT THE HAUPPAUGE LOCATION YOU MUST GO TO :
www.centralmeadow.com

BASEBALL ACADEMY

JULY 8TH – 11TH & JULY 15TH – 18TH
4 DAY WEEK (9:00-2:00) MONDAY-THURSDAY

@

EAST MEADOW BASEBALL
COMPLEX, MERRICK AVENUE
EAST MEADOW , NY

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

BASEBALL 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
12:30- INSTRUCTIONAL GAME
1:50- REVIEW OF DAYS GOALS / SKILLS
2:00 - DISMISSAL

SPECIALTY CAMP IS INCORPORATED INTO THE DAY SESSION

~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.

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www.centralmeadow.com

REGISTRATION FORM (EAST MEADOW LOCATION ONLY)

PLEASE MAKE CHECK PAYABLE TO: CMBA
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 = 205

2 WEEKS = 389

FAMILY RATE – DAY ACADEMY

2 SIBLINGS 1 WEEK = 389

2 SIBLINGS 2 WEEKS = 739

OTHER DISCOUNTS:

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

*PLEASE PROVIDE TEAM NAME AND COACH

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

JULY 8-11 EAST MEADOW JUNE 27 HAUPPAUGE

JULY 15-18 EAST MEADOW

****FAMILY RATE ALSO INCLUDES SOFTBALL CAMPERS****

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