

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

Tom Abruscato's



**CENTRAL MEADOW
SOFTBALL ACADEMY**

HOSTED BY

Rachel Barry & Jamie Laird

**SUMMER 2019 SOFTBALL ACADEMY
FOR GIRLS 6 AND UP.
CENTRALLY LOCATED IN EAST MEADOW,
NASSAU COUNTY, NY**

**JULY 8TH - 11TH & JULY 15TH - 18TH
@**

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

FOR MORE INFORMATION:

WWW.CENTRALMEADOW.COM

516-241-8640

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**

JAMIE LAIRD

DOWLING UNIVERSITY

**CURRENT ASSISTANT COACH @ NYIT
2018 ASSISTANT HOLY TRINITY**

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 @ CHS

ADELPHI UNIVERSITY

SARAH CORNELL ALABAMA U.

ALEXA SALZMAN GENESEO U.

ALLY KOUTSIGIANNIS GENESEO U.

SELENA RUIZ CORTLAND U.

CRISTA SAN ANTONIO PROVIDENCE U.

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

OTHER COACHES BIO'S AND INFORMATION CAN BE VIEWED @

WWW.CENTRALMEADOW.COM

CMBA 21ST 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 21ST YEAR. SINCE 1999 OVER 180 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL / SOFTBALL 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.

WWW.CENTRALMEADOW.COM

SOFTBALL ACADEMY & SPECIALTY

9:00AM – 2:00PM

July 8th – July 11th & July 15^h - July 18th

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

12:30 - INSTRUCTIONAL GAME

1:50- REVIEW

2:00- 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 B Y CMBA.**

WWW.CENTRALMEADOW.COM

REGISTRATION FORM

PLEASE MAKE CHECK PAYABLE TO:

CMBA

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 = 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

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 JULY 15-18 EAST MEADOW

*******FAMILY RATE ALSO INCLUDES BASEBALL CAMPERS**