

## 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

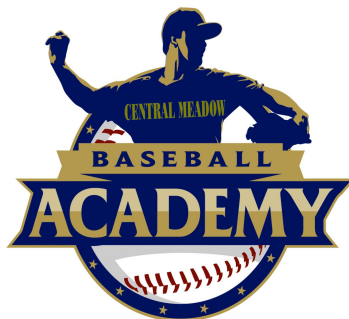
9. ANY CHRONIC DISEASE?

☐ 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 2025 BASEBALL &  
SOFTBALL ACADEMY FOR BOYS & GIRLS  
AGES 5 & UP**

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

**AUGUST 18th AUGUST 21st**

**@**

**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**

**5X LONG ISLAND COACH OF THE YEAR**

**8X NASSAU COUNTY COACH OF THE YEAR**

**22X LEAGUE COACH OF THE YEAR**

**OVER 510 CAREER WINS**

**ADELPHI UNIVERSITY**

GIULIANA ABRUSCATO

**UConn**

**2X BIG EAST CHAMPION**

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 27th 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 27th YEAR. SINCE 1999 OVER 240 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE.

MOST IMPORTANTLY TO CMBA, WE HAVE PROUDLY GIVEN BACK JUST OVER \$190,000 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 18TH – AUGUST 21st  
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/LUNCH 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 NY 11590.

OR

**EMAIL COMPLETED REGISTRATION TO  
[CENTRALMEADOW@GMAIL.COM](mailto:CENTRALMEADOW@GMAIL.COM) & PAY BY ZELLE  
TO 516-241-8640**

**NAME:** \_\_\_\_\_  
**AGE:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_

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

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

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

**CHECK APPROPRIATE BOX:**

☐ 1 WEEK = 225  
☐ 2 WEEKS = 430  
☐ 3<sup>RD</sup> WEEK = 200 (IF ATTENDING ALL 3 WEEKS ONLY)  
205 (IF ATTENDING FOR A 2<sup>ND</sup> WEEK)

☐ BASEBALL ☐ SOFTBALL

**FAMILY RATE**

☐ 2 SIBLINGS 1 WEEK = 430  
☐ 2 SIBLINGS 2 WEEKS = 775  
☐ 2 SIBLINGS 3 WEEKS = 380 FOR THE WEEK IF THIS IS THE 3<sup>RD</sup> WEEK ATTENDING.

**3 OR MORE SIBLINGS PLEASE CALL/CONTACT  
TOM ABRUSCATO FOR PRICE**

**PLEASE NOTE: THIS REGISTRATION FORM IS  
FOR THE EAST MEADOW LOCATION ONLY.**

**OUR CAMP IS 1/2 THE PRICE OF MOST CAMPS...  
TWICE THE INSTRUCTION!**