

## 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

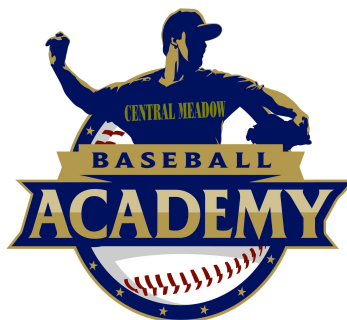
9. ANY CHRONIC DISEASE?

YES  NO

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

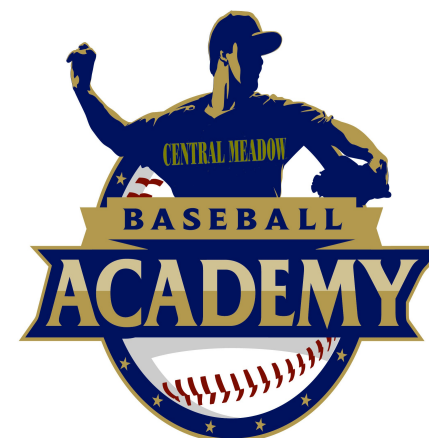
**OR**

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



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

***Tom Abruscato's***



**CELEBRATING 20 YEARS**

***CENTRAL MEADOW***

***BASEBALL ACADEMY***

**SUMMER 2018 BASEBALL ACADEMY**

**AND SPECIALTY CAMP**

**FOR BOYS & GIRLS 6 AND UP**

**JULY 9TH – 12TH & JULY 16TH - 19TH**

**@**

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



**FOR MORE INFO:**

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

[CENTRALMEADOW@OPTONLINE.NET](mailto:CENTRALMEADOW@OPTONLINE.NET)

**OR 516-241-8640**

CMBA HOSTED BY:

**BASEBALL ACADEMY & SPECIALTY**

**REGISTRATION FORM** (EAST MEADOW LOCATION ONLY)

**TOM ABRUSCATO**

2X NYS COACH OF THE YEAR  
4X LONG ISLAND COACH OF THE YEAR  
5X NASSAU COUNTY COACH OF THE YEAR  
16X LEAGUE COACH OF THE YEAR  
OVERALL RECORD 392-95@ CHS  
ADELPHI UNIVERSITY

**OUR STAFF:**

**ANTHONY SERRAPICA / FAIRFIELD U.**  
**MIKE RAYOLA / ADELPHI U.**  
**JOE FUSCO / NYIT**  
**JOE ROCHE / FARMINGDALE**  
**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 20<sup>TH</sup> YEAR celebrating 20 years**

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 19<sup>TH</sup> YEAR. SINCE 1999 OVER 160 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE. MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY GIVEN BACK JUST OVER \$89,000 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](http://www.centralmeadow.com)

**JULY 9TH – 12TH & JULY 16TH – 19TH**  
**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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**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 = 199  
 2 WEEKS = 379

**FAMILY RATE – DAY ACADEMY & SPECIALTY**  
 2 SIBLINGS 1 WEEK = 379  
 2 SIBLINGS 2 WEEKS = 729

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 9-12 EAST MEADOW  JUNE 26-29 HAUPPAUGE  
 JULY 16-19 EAST MEADOW  JULY 3-7 HAUPPAUGE

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

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