

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

SUMMER 2018 SOFTBALL ACADEMY

FOR GIRLS 6 AND UP.

**CENTRALLY LOCATED IN EAST MEADOW,
NASSAU COUNTY, NY**

CELEBRATING 20 YEARS OF INSTRUCTION

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

@

**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

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 376-90 @ CHS
ADELPHI UNIVERSITY ALL N. EAST REGION

ALYSSA COLLETTI TAMPU U
ALEXA SALZMAN GENESEO U.
SARAH CORNELL HOFSTRA 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 20TH YEAR, CELEBRATING 20 YEARS

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 19TH YEAR. SINCE 1999 OVER 160 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL / SOFTBALL 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.

WWW.CENTRALMEADOW.COM

SOFTBALL ACADEMY & SPECIALTY

9:00AM – 2:00PM
July 9th – July 12th & July 16th - July 19th
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 BY 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 = 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 JULY 16-19 EAST MEADOW
*******FAMILY RATE ALSO INCLUDES BASEBALL CAMPERS**