

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



CENTRAL MEADOW BASEBALL ACADEMY

CENTRAL MEADOW



BASEBALL ACADEMY

**SUMMER 2010 BASEBALL ACADEMY
AND SPECIALTY CAMP
FOR BOYS & GIRLS 6 AND UP**

JULY 12TH - 16TH & JULY 19TH - 23RD

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



**CENTRALLY LOCATED IN EAST MEADOW
NASSAU COUNTY, 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
3X LONG ISLAND COACH OF THE YEAR
4X NASSAU COUNTY COACH OF THE YEAR
10X LEAGUE COACH OF THE YEAR
OVERALL RECORD 243-52 @ CHS
ADELPHI UNIVERSITY

OUR STAFF:

KRIS KOZLOWSKI/LONG ISLAND DUCKS/TORONTO BLUE JAYS/FORDHAM U.

MIKE MEITTINIS/ HOFSTRA U.

TOM SICARI/ ADELPHI U.

NICK MIRRIONE/ ADELPHI U.

WIL PALMER/ HOFSTRA U.

JOSH CUOZZO/ MT. SAINT VINCENT U.

JOE BRUSH/ NASSAU CC

MATT WEINGARTNER/ FARMINGDALE U.

TIM KEINATH/ NEWARK BEARS/TAMPA BAY RAYS AND MANY MORE

CMBA 12TH 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 12TH YEAR. SINCE 1999 OVER 100 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY GIVEN BACK JUST OVER \$33,000 IN THE FORM OF SCHOLARSHIPS TO FORMER CAMPERS AND DIRECT DONATIONS TO THE LOCAL LITTLE LEAGUES.

2 CONSECUTIVE WEEKS

BASEBALL ACADEMY **SPECIALTY CAMP**
JULY 12-16 (9-1:30) JULY 12-16 (2-3:30)
JULY 19-23 (9-1:30) JULY 19-23 (2-3:30)

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

Certified First-Aid and Cpr 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)
12:00- INSTRUCTIONAL GAME
1:20- REVIEW
1:30- DISMISSAL

SPECIALTY CAMP SCHEDULE:

1:45- PLAYERS ARRIVE
2:00- POSITION BREAKDOWN
2:20- POSITION DRILL & PRACTICE
2:50- HITTING BREAKDOWN
3:00- HITTING DRILL & PRACTICE
3:30- 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.

REGISTRATION FORM

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 = 195.00
 2 WEEKS = 370.00

SPECIALTY CAMP
 1 WEEK = 99.00
 2 WEEKS = 198.00

DAY ACADEMY & SPECIALTY CAMP
 1 WEEK = 260.00
 2 WEEKS = 485.00

FAMILY RATE - DAY ACADEMY*****
 2 SIBLINGS 1 WEEK = 360.00
 2 SIBLINGS 2 WEEKS = 650.00

FAMILY RATE - DAY ACADEMY & SPECIALTY**
 2 SIBLINGS 1 WEEK = 480.00
 2 SIBLINGS 2 WEEKS = 860.00

*PLEASE SPECIFY WEEKS ATTENDING:
DAY ACADEMY SPECIALTY CAMP
 JULY 12-16 JULY 12-16
 JULY 19-23 JULY 19-23

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