

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

CENTRAL MEADOW



SOFTBALL ACADEMY

SUMMER 2010 SOFTBALL ACADEMY

FOR GIRLS 6 AND UP.

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

****** JULY 19TH - 23RD ******

@

**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:

ASHLEY LANE
HOFSTRA UNIVERSITY
3X ALL-AMERICAN
3X CAA 1ST TEAM PLAYER OF THE YEAR
CAREER LEADER IN HR/RBI/WALKS

CHRISSEY DEMOTT
SACRED HEART UNIVERSITY
ALL-STATE COLLEGIATE PITCHER
NASSAU COUNTY COACH OF THE YEAR

ANNA TORTORICI
16 YEAR COACHING CAREER
2 UNDEFEATED SEASONS
CERTIFIED PERSONAL TRAINER SPEED AND
CONDITIONING COACH

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 ALL N. EAST REGION

CMBA 12TH 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 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.

WWW.CENTRALMEADOW.COM

SOFTBALL ACADEMY

9:00AM - 1:30PM
July 19th – July 23rd

@
EAST MEADOW BASEBALL/SOFTBALL
COMPLEX, MERRICK AVE.
EAST MEADOW, NY

Certified First-Aid and Cpr staff on site @ all times

SOFTBALL ACADEMY SCHEDULE:

8:45 – PLAYER S ARRIV E
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 - LUNC H BREAK
11:15- SKILL LECTURE/POSITION BREAKDOWN
11:30- BREAK INTO TEAM GROUPS (Practice skill)
12:00 - INSTRUCTIONA L GAME
1:20- REVIEW
1:30- DISMISSAL

~ON THE FIRST DAY OF EACH SESSION,
PLEAS E ARRIV E ½ HOU R EARLIE R FOR
REGISTRATION

~RAIN SITE FOR CM BA IS BARNUM WOODS,
MO RE INFORMATION WILL BE GIVEN ON
OPENING DAYS.

WATER WILL BE PROVIDED FOR ALL
PLAYERS. LITTLE LEAGUE SPONSORED
SNACK STAND WILL ALSO BE AVAILABLE.
LUNCH WIL L NOT B E PROVIDE D B Y CMB A.

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 = 195.00

[] 1 WEEK 2 SIBLINGS= 360.00

If you are registering siblings for both
the softball and baseball academy,
please note the discounts on the
baseball registration form.

WWW.CENTRALMEADOW.COM