

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

## ***CENTRAL MEADOW***



***SOFTBALL ACADEMY***  
***SUMMER 2012 SOFTBALL ACADEMY***  
***FOR GIRLS 6 AND UP.***  
***CENTRALLY LOCATED IN EAST MEADOW,***  
***NASSAU COUNTY, NY***

***\*\*\* JULY 16TH - 20TH \*\*\****

@

**EAST MEADOW**  
**BASEBALL/SOFTBALL COMPLEX**  
**MERRICK AVE. EASTMEADOW, NY**

**FOR MORE INFORMATION:**

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

**516-241-8640**

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

**SOFTBALL ACADEMY HOSTED BY:**

**SOFTBALL ACADEMY**

**REGISTRATION FORM**

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

**9:00AM - 1:30PM**  
**July 16th – July 20th**

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

PLEASE MAKE CHECK PAYABLE TO:

**CMBA**

MAIL CHECK & FORM TO: CMBA  
PO BOX 10679. WESTBURY NY  
11590

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

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

**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

**TOM ABRUSCATO**  
**2X NYS COACH OF THE YEAR**  
**3X LONG ISLAND COACH OF THE YEAR**  
**4X NASSAU COUNTY COACH OF THE YEAR**  
**12X LEAGUE COACH OF THE YEAR**  
**OVERALL RECORD 276-62 @ CHS**  
**ADELPHI UNIVERSITY ALL N. EAST REGION**

~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.  
LUNC H WIL L NOT B E PROVIDE D B Y CMB A.

**CMBA 14<sup>TH</sup> 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 12<sup>TH</sup> YEAR. SINCE 1999 OVER 100  
FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL /  
SOFTBALL IN COLLEGE  
MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY  
GIVEN BACK JUST OVER \$41,000 IN THE FORM OF  
SCHOLARSHIPS TO FORMER CAMPERS AND DIRECT  
DONATIONS TO THE LOCAL LITTLE LEAGUES.

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL  
ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMERGENCY #: \_\_\_\_\_

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

CHECK APPROPRIATE BOX:

DAY ACADEMY:

1 WEEK = 199.00

1 WEEK 2 SIBLINGS= 365.00

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

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