

**2015 ECAC Clinic  
Nassau Community College  
Garden City, NY  
July 25, 2015  
REGISTRATION FORM**

Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

Telephone(H)\_\_\_\_\_ (W)\_\_\_\_\_ (C)\_\_\_\_\_

Email\_\_\_\_\_

**Clinic Fee -- \$50 – Make Check Payable to: Bill Ward**

**Please mark in memo: "2015 Clinic Fee"**

**DO NOT SEND with your registration - Pay at the door day of the clinic**

**REMINDER: Bring your completed physical form**

**Please mail to: Mark Mesnick**

**107 East 24th Street**

**Huntington Station, NY 11746**

Any questions, please call Mark Mesnick at (917) 335-1927

[Print](#)[Close](#)

---

## Agenda - ECAC Clinic Nassau CC (7/25/15)

---

From: **William Mara** (wbmara@hotmail.com)  
Sent: Mon 7/06/15 6:08 AM  
To: William B Mara (wbmara@hotmail.com)

Date: Mon, 6 Jul 2015 00:04:10 -0400  
From: mmes964331@aol.com  
To: wbmara@hotmail.com  
Subject: Metro chapter agenda,,,,,,,,

**Good morning Bill,**

**Here is the agenda for our Metro chapter clinic being held on July 25th  
@ Nassau Community College, Garden City, NY**

**8-8:45 Sign in.  
Collect registration, medical forms and clinic fee. (cash or  
checks)**

**8:45 - 9:00 Welcome, introductions and opening comments.**

**9:00 - 10:30 Rule changes, film review, ECAC philosophies.**

**10:30 - 10:45 Break.**

**10:45 - 11:00 Pre exam questions.**

**11:00 - 12:00 Exam.**

**12:00 - 1:00 Lunch.**

**1:00 - 1:30 ECAC seven man mechanics**

**1:30 - 2:45 Breakout sessions.**

**2:45 - 3:00 Break.**

**3:00 - 4:00 Breakout reports. Final review.  
Questions/answers. Closing comments.**

**Respectfully,  
Mark Mesnick  
917.335.1927**

Nassau Community College – Building P, Athletic Complex  
1 Education Drive  
Garden City, NY 11530

#### CONNECTICUT

– Take 95 South into New York and follow signs to Throgs Neck Bridge and cross Throgs Neck Bridge to Cross Island Parkway south. Take Cross Island Parkway south to Grand Central Parkway east. Grand Central Parkway east becomes Northern State Parkway east (same parkway, different name). Take the Northern State Parkway east to the Meadowbrook Parkway south (Exit 31A/Jones Beach). Take the Meadowbrook Parkway south to Exit M4–Hempstead/Coliseum. Follow the sign for Charles Lindbergh Blvd. At the first traffic light, turn right onto Earle Ovington Blvd. You will then be in the NCC parking lot.

#### LONG ISLAND

##### LONG ISLAND EXPRESSWAY (495)

– to the Northern State Parkway. Northern State Parkway to the Meadowbrook Parkway South (Exit 31A/Jones Beach). Meadowbrook Parkway to Exit M4–Hempstead/Coliseum. Follow the sign for Charles Lindbergh Boulevard. At the first traffic light turn right, which leads into the NCC parking lot.

#### NORTHERN STATE PARKWAY

– Meadowbrook Parkway South (Exit 31A/Jones Beach). Meadowbrook Parkway to Exit M4–Hempstead/Coliseum. Follow the sign for Charles Lindbergh Boulevard. At the first traffic light turn right, which leads into the NCC parking lot.

#### MANHATTAN

–Queens Midtown Tunnel (34th Street & 2nd Avenue) to Long Island Expressway (L.I.E.) East (495). Take LIE East to Northern State Parkway East. Northern State Parkway East to Meadowbrook Parkway South (Exit 31A/Jones Beach). Meadowbrook Parkway to Exit M4–Hempstead/Coliseum. Follow the sign for Charles Lindbergh Boulevard. At the first traffic light turn right, which leads into the NCC

#### NEW JERSEY

##### GEORGE WASHINGTON BRIDGE

–to Cross Bronx Expressway to Throgs Neck Bridge. Take Cross Island Parkway south to Grand Central Parkway east. Grand Central Parkway east becomes Northern State Parkway east (same parkway, different name). Take the Northern State Parkway east to the Meadowbrook Parkway south (Exit 31A/Jones Beach). Take the Meadowbrook Parkway south to Exit M4–Hempstead/Coliseum. follow the sign for Charles Lindbergh Blvd. At the first traffic light, turn right onto Earle Ovington Blvd. You will then be in the NCC parking lot.

Upon entering the NCC parking lot, follow the signs for the George B. Costigan Physical Education Complex, Building "P". The clinic will be held in the lower level of the complex.