

## Athletic Placement Process (APP)

For a middle school aged athlete to participate at a High School level they must go through the Athletic Placement Process (APP). The APP consists of a maturity screening, a sport skill evaluation, and parent permission. The Physical Maturity form is attached to this packet and must be filled out by the student athlete's doctor. Not only is this to ensure the student athlete is healthy enough to compete but to make sure their body is mature enough to be successful at the high school level. Your Primary Care Physician will use the Tanner Scale to determine the level of development the student athlete is at currently. Next the student athlete will need to get their Sport Skill Evaluation filled out by their Physical Education teacher. These tests are done during PE every year; Student athletes wishing to compete at the high school level need to complete 4 out of 5 of these competencies at the 85<sup>th</sup> percentile or better for their age. If the student athlete does not meet the standards for their age group, they will have to schedule time with their PE teacher to retest prior to submitting their APP packet for approval. Finally, Permission slips need to be filled out by the parent or legal guardian.

**All APP packets have to be reviewed by the school doctor and signed off on before the student athlete is allowed to participate**

\*The Athletic Trainer will meet with the School Medical Director prior to the start of High School sports to have the APP packets reviewed and approved.

### **APP Packet must be completed before Tryout**

1. Parent Permission (Form B)
2. Physical Maturity Form (Form C)
  - Section 1- filled out by Parent/Guardian
  - Section 2- filled out by Coach
  - Section 3- filled out by Primary Care Physician
  - Section 4- filled out by the School Medical Director
3. Physical fitness testing (Form E)
4. Physical Maturity Chart (Form H)
  - \*Recommend tanner score for Athletic Placement Process
5. Physical Fitness Chart (Form J)
  - \*Required for Athletic Placement Process

With questions about the Athletic Placement Process please contact Athletic Trainer Sean Leggett

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**ATHLETIC PLACEMENT PROCESS  
PHYSICAL MATURITY FORM**

**C**

<b>Section 1</b>	<p><b>THIS SECTION TO BE COMPLETED BY PARENT/GUARDIAN:</b></p> <p>Student's Name: _____ Grade: _____</p> <p>Home Address: _____</p> <p>_____</p> <p>Date of Birth: ____ / ____ / ____ Age: _____ Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female</p>
<b>Section 2</b>	<p><b>THIS SECTION TO BE COMPLETED BY COACH:</b></p> <p>Parental/Guardian Permission Form Received: <input type="checkbox"/> Yes Date Received: _____</p> <p>Desired Level: <input type="checkbox"/> Varsity <input type="checkbox"/> Jr. Varsity <input type="checkbox"/> Frosh <input type="checkbox"/> Modified</p> <p>Desired Sport: _____ <b>*Recommend Tanner Rating for this sport and level _____ (*See Appendix H)</b></p>
<b>Section 3</b>	<p><b>THIS SECTION TO BE COMPLETED BY PRIMARY CARE PHYSICIAN:</b></p> <p>TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT COMPLETED BY:</p> <p>Exam Date: _____ Private Medical Provider: _____</p> <p style="text-align: center;"><b>CIRCLE THE CURRENT DEVELOPMENTAL STATE OF THE STUDENTS, USING THE TANNER SCALE:</b></p> <p style="text-align: center; font-size: 1.2em;"><b>1                      2                      3                      4                      5</b></p>
<b>Section 4</b>	<p><b>THIS SECTION TO BE COMPLETED BY MEDICAL DIRECTOR:</b></p> <p>HEIGHT _____ WEIGHT _____</p> <p>CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS. (See Appendix H)</p> <p>Student is: <input type="checkbox"/> <b>cleared</b> <input type="checkbox"/> <b>not cleared</b> for the sport of: _____ at the following level: <input type="checkbox"/> Modified <input type="checkbox"/> Freshmen <input type="checkbox"/> Junior Varsity <input type="checkbox"/> Varsity</p> <p>SIGNED: _____ DATE: ____ / ____ / ____</p> <p style="text-align: center;"><i>(District Medical Director)</i></p>

**EAST GREENBUSH CENTRAL SCHOOLS**  
East Greenbush, New York 12061

Ryan T. Jones, Director  
Physical Education, Health and Athletics  
Columbia High School  
(518) 207-2080  
FAX 207-2089



**B**

**ATHLETIC PLACEMENT PROCESS**

Dear Parent/Guardian:

There is a New York State Education Department (NYSED) program that permits physically and emotionally appropriate students to try out for an athletic team that is outside of their grade placement. It is called the *Athletic Placement Process (APP)*.

Your child \_\_\_\_\_ may be eligible to participate in the sport of outside of his/her normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the APP.

This evaluation is a comprehensive evaluation of your child's emotional and physical maturity (including height and weight); as well as athletic abilities, physical fitness, and sport-specific athletic skill in relationship to other student athletes at that level.

Physical maturity is determined by a licensed health professional during a physical exam, using the Tanner Scale. The Tanner Scale requires the inspection of the entire body, including the breasts and genitals. The district does accept Tanner ratings from private medical providers, which then must be reviewed and approved by the school district's medical director. Upon passing the medical clearance, the student may proceed to the physical fitness and skill assessments. Students must pass all levels in order to meet the requirements of the APP.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive high school athletics during 7<sup>th</sup> and 8<sup>th</sup> grade(s), or compete at the modified level. Under normal circumstances, a student is eligible for senior high school athletic competition in a sport for only four consecutive seasons, beginning with the student's entry into the ninth grade. However, by meeting the Athletic Placement Process requirements established by NYSED, your child's eligibility can be extended to permit:

- a) participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) participation during six consecutive seasons in the approved sport after entry into the seventh grade.

It is important for you and your child to understand that, once the requirements are met and if he/she is accepted as a member of the team, he/she cannot return to a lower-level team (modified) in that sport in that season. Remember, at the higher level of play your child will be exposed to the social atmosphere that is common among older students in a high school environment. Therefore, it is important to take into account your child's ability to handle the additional demands.

Please feel free to contact me regarding this program or to discuss any aspect of your child's athletic placement. If you agree to allow your child's participation in this program, please sign and return the parental permission form to my office.

Sincerely,  
Ryan T Jones, Director  
Health, Physical Education and Athletics

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Physical Education, Health and Athletics  
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**B**

## ATHLETIC PLACEMENT PROCESS

### PARENT/GUARDIAN PERMISSION

Parent/Guardian Statement:

I have read the attached letter and I understand the purpose and eligibility implications of the Athletic Placement Process.

My son/daughter \_\_\_\_\_ has my permission to undergo the evaluation process and to participate in this program. I understand that the determination of physical maturity is a private examination involving inspection of breasts and genitals and will be done by a licensed health professional; then reviewed and approved by school district medical director. Upon passing the medical clearance, he/she may proceed to the physical fitness and skill assessments. I understand that passing the evaluation process does not guarantee my child a position on a team, but only permits them to try out.

\_\_\_\_\_  
Parent/Guardian Signature      Date

**E**

**ATHLETIC PLACEMENT PROCESS  
PHYSICAL FITNESS TESTING: SCORE FORM**

**INSTRUCTIONS FOR THE TESTER**

The student listed below has been approved to take the Physical Fitness Test. Please proceed with the testing as described in the **Physical Fitness Test Descriptions & Directions** in Appendix 1 of this document.

1. Read the instructions for administering the five items carefully. **If you are the coach of the sport that the athlete wants to participate in, you may not be the tester.** Notify the Director of Physical Education and/or Athletic Director that a new tester must be assigned.
2. The test can be given in any time frame and in any order. Any of the five items may be retested up to the number of times defined by your APP district policy. Only the best scores should be recorded. *For swimming see, Appendix J page 2, for an alternative portion of the fitness test. For bowling and golf students are not required to complete a physical fitness test.*
3. Encourage the student to do his/her best on each test item. Before commencing with the test, inform the student of the minimum qualification requirement for each component. **They MUST score in the 85<sup>th</sup> percentile for their age.**
4. Return this score sheet to the Physical Education and/or Athletic Director's office as soon as the test is completed.

PHYSICAL FITNESS TEST SCORES:

Student's Name \_\_\_\_\_ Gender  M  F Age \_\_\_\_\_

Desired Sport \_\_\_\_\_ Desired Level \_\_\_\_\_

Test Administered By \_\_\_\_\_ Date \_\_\_\_\_

SHUTTLE RUN (nearest tenth) 1/10 seconds /10 seconds \_\_\_\_\_

V-SIT REACH Or SIT & REACH (feet and inches to nearest inch) \_\_\_\_\_

PULL UPS (# completed) or RIGHT ANGLE PUSH-UPS (#completed every 3 seconds) \_\_\_\_\_

STOMACH CURLS (one for each completed movement) number \_\_\_\_\_

ONE MILE RUN/500 YARD SWIM (minutes and nearest second) \_\_\_\_\_

Final Assessment: Student passed did not pass at or better than the 85<sup>th</sup> percentile

Signature \_\_\_\_\_ Date \_\_\_\_\_

## ATHLETIC PLACEMENT PROCESS

### PHYSICAL MATURITY CHART

Recommended Tanner Scores for the Athletic Placement Process

Approved Sports	MALES			FEMALES		
	Freshman	JV	Varsity	Freshman	JV	Varsity
Archery *	2	2	2	2	2	2
Badminton *	2	2	2	2	2	2
Baseball +	2	3	3	3	4	4
Basketball !	2	3	4	3	4	5
Bowling *	2	2	2	2	2	2
Competitive Cheerleading !	2	3	4	3	4	5
Cross-Country *	2	3	3	3	4	4
Fencing +	2	2	2	2	2	2
Field Hockey !	2	3	4	3	4	5
Football !	2	3	4	3	4	5
Golf *	2	2	2	2	2	2
Gymnastics !	2	3	3	3	4	4
Ice Hockey !	2	3	4	3	4	5
Lacrosse !	2	3	4	3	4	5
Rifle *	2	2	2	2	2	2
Skiing (Downhill) !	2	3	4	3	4	5
Soccer !	2	3	4	3	4	5
Softball +	2	3	3	3	4	4
Swim*/Diving !	2	3	3	3	4	4
Tennis *	2	3	3	3	4	4
Track & Field *	2	3	3	3	4	4
Volleyball +	2	3	3	3	4	4
Wrestling !	2	3	4	3	4	5

### Classification of Sports According to contact (APP)

\* = Non-Contact

+ = Limited Contact

! = Contact

## ATHLETIC PLACEMENT PROCESS

### Physical Fitness: Scores Required for the Athletic Placement Process

Sex	Age	Curl-Ups # in one minute	Shuttle Run in seconds	Choose One <sup>1</sup>		1 Mile- Walk/Run min/esc*	Choose One <sup>2</sup>	
				V-sit Reach in inches	Sit & Reach in centimeters		Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
<b>Males</b>	11	47	10.0	4.0	31	7:32	6	26
	12	50	9.8	4.0	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9.0	5.0	36	6:20	11	40
<b>Females</b>	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7.0	36	8:23	2	20
	13	46	10.2	7.0	38	8:13	2	21
	14	47	10.1	8.0	40	7:59	2	20
	15	48	10.0	8.0	43	8:08	2	20

\*For swimming, see next page for alternative 500 yard swim scores.

<sup>1</sup> Upper body strength can be measured by performing pull-ups, or right angle push-ups. <sup>2</sup>  
Flexibility can be measured by performing the V-sit Reach or the Sit and Reach