



# Charter School for Applied Technologies

www.csat-k12.org

## ATHLETIC PLACEMENT PROCESS (APP)

### STEP BY STEP PROCESS FOR PARENTS AND STUDENT ATHLETES

1. Student picks up packet of information (which includes forms required to take the test) from the school nurse. This packet is also available on our website – [www.csat-k12.org](http://www.csat-k12.org)
2. Parent/Guardian reads page “A” and signs permission form (form B)
3. Physical maturity form (Tanner Scale) (form C) is completed by the student’s primary doctor. A Tanner score chart is enclosed in the packet. Evaluation of height, weight and muscle mass is also taken into consideration as part of the physical maturity process
4. Student gets skill evaluation (form D) completed by:
  - CSAT coach for the level and sport in which the student plans to try out.  
**OR**
  - CSAT physical education teacher who is knowledgeable of the student’s skill and fitness level.  
**OR**
  - A youth/club coach who is knowledgeable about the student’s skill level and has witnessed him/her participate against students of the age level in which they wish to compete.
5. Parts B, C, D must be completed at the time of the fitness test (see page “A”) on every student or they will not be allowed to participate in a fitness test.
6. Review and practice fitness testing procedures before taking the test.

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## ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION

A

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 a sport outside of his or 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 the district medical director during a physical exam, using the Tanner Scale, however, in addition to the Tanner Staging, it is required that the medical professional also take into consideration the height, weight and muscle mass of the student as compared to the other athletes he or she would compete with. 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. The district does accept a history of menarche for girls in place of a physical examination. 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 or she will be allowed to try out for competitive high school athletics during 7th and/or 8th grade(s), or compete at the modified level if in grades 9-12. 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.

**In order to advance to the physical fitness portion of the APP process, forms B, C, and D of this packet must be completed fully at the time of the test.**

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,

Lindsay Bergman  
Athletic Director

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## ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION

B

### 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 (name):

\_\_\_\_\_ 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 school health professional, and I give my permission for the examination. Upon approval of the district medical director, 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

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## ATHLETIC PLACEMENT PROCESS PHYSICAL MATURITY FORM

C

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Home Address \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender:  Male  Female

Parental/Guardian Permission Form Received:  Yes Date Received \_\_\_\_\_

Desired Level:  Varsity  Jr. Varsity  Frosh  Modified

Desired Sport: \***Recommended Tanner Rating for this sport and level** \_\_\_\_\_

*\* See Appendix H*

**SCREENING PROCEDURES- THIS SECTION TO BE COMPLETED BY THE DISTRICT MEDICAL DIRECTOR (OR BY PRIVATE MEDICAL PROVIDER FOR REVIEW BY THE DISTRICT MEDICAL DIRECTOR IF PERMITTED)**

A. TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT COMPLETED BY:

District Medical Director  Private Medical Provider

EXAM DATE: \_\_\_\_\_

PROVIDER NAME \_\_\_\_\_

**CIRCLE** THE CURRENT DEVELOPMENTAL STAGE OF THE STUDENT, USING THE TANNER SCALE:

**1 2 3 4 5**

B. ALTERNATIVE TO TANNER EXAMINATION FOR FEMALES ONLY (*If accepted by district*):

Onset of Menarche = Tanner Stage 5

C. HEIGHT: \_\_\_\_\_ (\_\_\_\_) %                      WEIGHT: \_\_\_\_\_ (\_\_\_\_) %

D. CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS. (*See Appendix H*)

Student is  **cleared**  **not cleared** for the sport of \_\_\_\_\_

at the following level:  Modified  Freshman  Junior Varsity  Varsity

SIGNED \_\_\_\_\_ DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

District Medical Director/Private Medical Provider

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## ATHLETIC PLACEMENT PROCESS COACH'S SPORT SKILL EVALUATION

D

Page 1 of 2

**INSTRUCTIONS FOR THE COACH-** This form is to be completed by a CSAT coach for the level and sport in which the student plans to try out **or** a CSAT physical education teacher who is knowledgeable of the student's skill and fitness level **or** a youth/club coach who is knowledgeable about the student's skill level and has witnessed him/her participate against students of the age level in which they wish to compete.

Coach \_\_\_\_\_

Sport & Level \_\_\_\_\_/\_\_\_\_\_

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

The above-named student has requested an evaluation through the Athletic Placement Process. Having coached this student-athlete in the past, your complete assessment of his/her skill level is an important factor in this process.

### NOTE:

*The number of students who are allowed to compete outside of their grade levels should be few and far between. The program is intended only for the athlete who has the physical maturity, physical fitness, and sport skills to be placed with other athletes outside of his/her grade level. Abuses in the program by decision makers who seek to satisfy the needs of the team, rather than considering the well-being of the student cannot be condoned. There are many potential physical and social/emotional pitfalls that must be avoided, and once a student is elevated, the decision is irreversible. Please keep in mind that, until you are notified by the director of physical education's office that the student has successfully completed the entire Interscholastic Athletic Placement Process, that student **may not attend** any practices.*

If you are familiar with the candidate, please write an evaluation of his/her skill level on the back of this sheet. Supporting information would be helpful in determining proper placement, so be specific. If you are not familiar with the candidate, you may wish to contact his/her former coaches for further assessment and/or schedule time to observe the student in a physical education class.

Which level team is the student trying out for?

Modified Freshman Junior Varsity Varsity

Which level of play would you recommend for this student?

Modified Freshman Junior Varsity Varsity

Compare this student's skills relative to other members of the team that the student is trying out for.

Below Average Average Above Average Superior

What percentage of playing time would you estimate he/she would receive at that level? \_\_\_\_\_ %

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## 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 (AAP)

\*= Non Contact

+ = Limited Contact

! = Contact

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## ATHLETIC PLACEMENT PROCESS PHYSICAL FITNESS TEST

### **Curl-ups**

This activity measures abdominal strength and endurance.

#### Test

- Have the student lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, the student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapula's (shoulder blades) touch the floor, for one curl-up.
- The time is for one minute.

### **Shuttle Run**

This activity measures speed and agility.

#### Test

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- Student starts behind the opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across the starting line.

### **One Mile Run/Walk**

This activity measures heart/lung endurance.

#### Test

- On a safe, one-mile distance, students begin running.
- Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

### **Pull-ups**

This activity measures upper body strength and endurance.

#### Test

- The student hangs from a horizontal bar at a height the student can hang from with arms fully extended and feet free from the floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to the starting position.

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- The student raises his/her body until chin clears the bar and then lowers his/her body to the full-hang starting position. The student performs as many correct pull-ups as possible.

## **Sit and Reach Testing**

### Test

- You'll need a specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet.
- The student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box.
- With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.
- Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along the measuring line. Scores are recorded to the nearest centimeter.

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## 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/sec*	Choose one <sup>2</sup>	
				V-sit Reach in inches	Sit & Reach in centimeters		Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
Males	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
Females	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

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