

# Athletic Placement Process(APP) Steps

The APP was revised to assess a student's physical and emotional maturation, physical fitness, and sport skill, so that a student may be placed at a level of competition that should result in increased opportunity, a fairer competitive environment, minimized risk, and greater personal satisfaction.

1. NO athlete will enter the APP process unless formally assessed and recommended to be moved up a level by the coaching staff of a particular program. This evaluation can include evaluations from the previous season in modified sports and evaluation of the progression of the athlete. However, no 6<sup>th</sup> grader will be allowed to try out for JV sports until assessed at modified practice. This means that the first day of this athletes practice will be modified. Only returning JV or Varsity level players or players who has been evaluated by the coaching staff the previous season will be able to try out for JV or Varsity. Once this formal evaluation, guided by the parameters set forth by NYSPHSAA is submitted to the Athletic Coordinator
2. The school physician will determine the Tanner Rating and physical maturity of the student-athlete. This evaluation will take place on set days and times and will not be offered outside those times.
3. Committee convenes to examine:
  - \*\*Athlete's body of work in the desired sport
  - \*\* Maturity of the athlete
  - \*\* Social/emotional factors associated with advancement
  - \*\* Coach's opinion of player and need

The committee will consist of; when possible:

Nurses  
Administrators  
Athletic Coordinator  
Varsity Level Coach  
Physical Education Teachers

4. Testing will be done by a 3rd party physical education teacher at set times by the athletic department. If an athlete is not available to test or does not participate on the specific date of testing then the athlete will be deemed ineligible to participate at the advanced level they desire to participate at. The testing will be conducted in one or two days depending on the availability of the physical education teacher. The test is as follows:

1 mile run	Shuttle run
Stomach curl	Sit & Reach
Pull-ups/push-ups	

5. Athletes will be given **TWO** attempts to pass any part of the test they are deficient in.

If the student athlete fails more than one component of the test, they are ineligible to be advanced to the higher level of competition. Please note that entering the APP process is by coaches invite only.

If a student athlete is (1) formally invited and assessed by a coach, (2) passes the School Physicians evaluation, (3) passes the APP panel's evaluation and (4) passes 4 of the 5 components of the physical test they are then eligible to advance to the next level of play.