



PAWLING CENTRAL SCHOOL DISTRICT



ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION

(Page 1 of 2)

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 (name):

may be eligible to participate in the sport of

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. 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 with a final review by the district medical director. The district does accept a history of menarche but must also include a Tanner Scale statement if from a private medical provider 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/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.

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,

John A. Bellucci

Athletic Director



PAWLING CENTRAL SCHOOL DISTRICT



ATHLETIC PLACEMENT PROCESS

PARENT/GUARDIAN PERMISSION

(Page 2 of 2)

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 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

ATHLETIC PLACEMENT PROCESS

PHYSICAL MATURITY FORM

THIS SECTION TO BE COMPLETED BY THE DIRECTOR OF PHYSICAL EDUCATION AND/OR ATHLETIC DIRECTOR:

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

Coach's Signature _____ Date _____

ATHLETIC PLACEMENT PROCESS

COACH'S SPORT SKILL EVALUATION

Page 1 of 2

INSTRUCTIONS FOR THE COACH

Coach _____ Sport & Level _____ / _____

Student's Name _____ Gender: M F Age _____

The above-named student has requested evaluation through the Athletic Placement Process. As the coach of the team for which they want to try out, your complete assessment of his/her skill level is an important factor in this process. Please complete and return this form as soon as possible to the Director of Physical Education and /or Athletic Director.

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?

_____ %

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 I 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 85th 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 _____

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 85th percentile

Signature _____ Date _____

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 ¹		1 Mile- Walk/Run min/sec*	Choose one ²	
				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

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

¹ Upper body strength can be measured by performing pull-ups, or right angle push-ups.

² Flexibility can be measured by performing the V-sit Reach or the Sit and Reach

INDIVIDUAL ATHLETIC PROFILE FOR MIXED COMPETITION

PLEASE TYPE OR PRINT

PART I: School Information Date: _____

District _____ Superintendent _____

City _____ Director of P.E. _____

School Physician _____

Family Physician _____

Physical Education Teacher _____

PART II: Pupil Information

Previous mixed competition ___ YES ___ NO
What sport and level? _____

Name _____
Sport and level being requested? _____

Age _____ Grade _____

PART III: Physical Education and Medical History

Is the pupil enrolled in regular physical education without restrictions?
___ YES ___ NO If NO, Explain _____

History of conditions, injuries or illness that would be restricting?
___ YES ___ NO If YES, Explain _____

PART IV: Physical Data

Weight _____ lbs Height _____ Feet _____ Inches Maturity Level (See Appendix B) _____

Body Type (check) Mesomorph: _____ Endomorph: _____
Ectomorph: _____ Comments: _____

PART V: Fitness Test Scores

Curl-Ups: _____ Upper Body (Pull-ups or Pushups) _____

Shuttle Run: _____ Flexibility: _____

Endurance:

1 mile run _____ Or 500 yard swim _____

PART VI: Panel Decision

Approved for try out: _____ YES _____ NO

Reason(s) _____

Panel Members:

School Physician (print or type name) _____

Signature _____

Physical Education Teacher (print or type name) _____

Signature _____

Family Physician (print or type name) _____
(or other appointee)

Signature _____

**FITNESS TEST FOR MIXED
COMPETITION**

Benchmarks as provided by the
Presidents Council Fitness Test at
the 50th percentile: See:
[https://www.presidentschallenge.org/
challenge/physical/benchmarks.shtml](https://www.presidentschallenge.org/challenge/physical/benchmarks.shtml)

The standards are based on the 50th percentile for a 13 year old (modified), 15 year old (freshman/JV), and a 16 year old (Varsity).

Gender	Level	Curl-Ups	Shuttle Run	Choose one ¹	Sit and Reach	1 mile walk/run	Choose one ²	Right Angle Push-Ups
				V-sit or			Pull-Ups or	
Male	Modified	42	10.2	+0.5	26	8:06	3	24
	Fresh/JV	45	9.7	+2.0	30	7:30	6	30
	Varsity	45	9.4	+3.0	30	7:10	7	30
Female	Modified	37	11.1	+3.5	31	10:23	1	11
	Fresh/JV	36	11.0	+5.0	36	9:58	1	15
	Varsity	35	10.9	+5.5	34	10:31	1	12

SWIMMING

The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the one mile run or the 500 yard swim.

SWIMMING TIMES REQUIRED FOR 500 YARD SWIM

BOYS

LEVEL	500 Yard Swim Time (min:sec)
Modified	9:15
Freshman	9:00
Junior Varsity	8:45
Varsity	8:30

GIRLS

LEVEL	500 Yard Swim Time (min:sec)
Modified	10:00
Freshman	9:45
Junior Varsity	9:30
Varsity	9:00

¹ Flexibility can be measured by performing the V-sit Reach or the Sit and Reach

² Upper body strength can be measured by performing pull-ups, or right angle push-ups.

PHYSICAL MATURITY CHART

Recommended Tanner Scores for the Athletic Placement Process

** Modified levels are used for mixed gender competition only*

Approved Sports	MALES				FEMALES			
	Modified*	Freshman	JV	Varsity	Modified*	Freshman	JV	Varsity
Archery	1	2	2	2	1	2	2	2
Badminton	1	2	3	4	1	2	3	4
Baseball	2	3	4	5	2	4	5	5
Basketball	2	3	4	5	2	4	5	5
Bowling	1	2	2	2	1	2	2	2
Competitive Cheerleading	2	3	4	5	2	4	5	5
Cross-Country	2	3	4	5	2	4	5	5
Fencing	1	2	3	4	1	2	3	4
Field Hockey	2	3	4	5	2	4	5	5
Football	2	3	4	5	2	4	5	5
Golf	1	2	2	2	1	2	2	2
Gymnastics	2	3	4	5	2	4	5	5
Ice Hockey	2	3	4	5	2	4	5	5
Lacrosse	2	3	4	5	2	4	5	5
Rifle	1	2	2	2	1	2	2	2
Skiing	2	3	4	5	2	4	5	5
Soccer	2	3	4	5	2	4	5	5
Softball	2	3	4	5	2	4	5	5
Swim/Diving	2	3	4	5	2	4	5	5
Tennis	2	3	4	5	2	4	5	5
Track & Field	2	3	4	5	2	4	5	5
Volleyball	2	3	4	5	2	4	5	5
Wrestling	2	3	4	5	2	4	5	5