

Advance Placement Process (APP)

The Advance Placement Process (APP) is a program that provides the criteria in which 8th grade students can be assessed to determine their ability to try out for high school level teams in accordance with district policy.

The purpose of APP is not to fill roster spots on teams, rather, it is aimed at the few, select students who can benefit so that 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.

If your child has successfully passed the fitness requirements of the AP process for the fall season of the current school year, they will not have to complete the fitness portion of the test as long as their fall scores meet the requirements of the winter sport they are interested in trying out for. If the winter sport's requirements are higher, the student will have to complete the physical fitness portion to meet the necessary requirements.

8th grade students are eligible to participate in the following sports . . .

VARSITY OR JV LEVEL

- **Fall:** Cross Country, Field Hockey; Football; Men's Soccer; Women's Soccer; Women's Swim & Dive; Women's Tennis; Volleyball
- **Winter:** Alpine Ski; Men's Basketball; Women's Basketball; Ice Hockey; Men's Swim & Dive; Winter Track; Wrestling
- **Spring:** Baseball; Golf; Men's Lacrosse; Women's Lacrosse; Softball; Men's Tennis; Track & Field

The process for an 8th grade student to be eligible for APP must be completed in the following order:

1. **Permission Form** from parent/guardian for the student to begin the evaluation process (attached) submitted to the Athletic office.
2. **Coaches Recommendation** – the 8th grade student **MUST** have a coach's recommendation to begin the AP process. Open gyms will be scheduled for 8th grade students interested in trying out for high school sports for coaches to familiarize themselves with the student-athletes.
3. **Administrative Approval:** All applications will be evaluated by the Athletic Director's office to begin the AP process. Administrative approval is required to advance in the process.
4. **Maturation Physical** to be completed by your personal physician or the school's medical director and submitted to the Athletic Office (Physical Maturity Form C). The district medical director will determine a student-athlete physical readiness in relation to that of the students against whom the student wishes to compete.

5. **Physical Fitness Testing** The physical fitness test will be administered by one of our certified physical education teachers who is not the coach of the sport for which the student will be trying out. Students must score in the 85th percentile level for their age in 4 out of 5 test components. Students will have **ONE** opportunity to take each component. There will not be retesting of failed portions of the fitness test.
6. **Final Approval** The APP committee will make a final determination of qualification based on the above data. Only students who have passed all parts of the APP are permitted to try out.
7. **Tryouts** Student athletes can only be selected to the roster in the likelihood that they would play in at least 50% of games. If a student athlete is not selected to the team's roster at the conclusion of tryouts, he/she will have the opportunity to try out at the modified level at their regularly scheduled time.

If you feel your child could benefit from this program, or need more information, please contact the Athletic Office.

Attachments:

- Appendix B – Parent/Guardian Permission (2 pages)
- Appendix C – Physical Maturity Form
- Appendix H – Physical Maturity Chart
- Appendix G – Special Tryout Process - Bowling
- Appendix J – Physical Fitness: Scores