

## John Jay High School

Department of Athletics

### Advance Placement Process (APP)

The Advance Placement Process (APP) is a program that provides the criteria in which 8<sup>th</sup> 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.

8<sup>th</sup> grade students are eligible to participate in the following sports . . .

- **JV LEVEL ONLY**

- **Fall:** Field Hockey; Football; Soccer; Volleyball
- **Winter:** Boys & Girls Basketball
- **Spring:** Baseball; Boys & Girls Lacrosse; Softball

- **VARSITY OR JV LEVEL**

- **Fall:** Cross Country, Women's Swim & Dive; Women's Tennis
- **Winter:** Alpine Ski; Men's Swim & Dive; Winter Track; Wrestling
- **Spring:** Golf; Men's Tennis; Track & Field

The process for an 8<sup>th</sup> 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 8<sup>th</sup> grade student **MUST** have a coach's recommendation to begin the AP process. Open gyms will be scheduled for 8<sup>th</sup> 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 child's 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 85<sup>th</sup> 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 J – Physical Fitness: Scores

B

**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/does not accept Tanner ratings from private medical providers. The district does/does not 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/she will be allowed to try out for competitive high school athletics during 7<sup>th</sup> and/or 8<sup>th</sup> 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,

Christian McCarthy  
Director of Athletics

## **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 (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

## 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	3	4	2	3	4
Baseball	3	4	5	4	5	5
Basketball	3	4	5	4	5	5
Bowling	2	2	2	2	2	2
Competitive Cheerleading	3	4	5	4	5	5
Cross-Country	3	4	5	4	5	5
Fencing	2	3	4	2	3	4
Field Hockey	3	4	5	4	5	5
Football	3	4	5	4	5	5
Golf	2	2	2	2	2	2
Gymnastics	3	4	5	4	5	5
Ice Hockey	3	4	5	4	5	5
Lacrosse	3	4	5	4	5	5
Rifle	2	2	2	2	2	2
Skiing	3	4	5	4	5	5
Soccer	3	4	5	4	5	5
Softball	3	4	5	4	5	5
Swim/Diving	3	4	5	4	5	5
Tennis	3	4	5	4	5	5
Track & Field	3	4	5	4	5	5
Volleyball	3	4	5	4	5	5
Wrestling	3	4	5	4	5	5

## 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

\*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

**ATHLETIC PLACEMENT PROCESS**  
**Physical Fitness Scores**  
 Required for the Athletic Placement Process

**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 (see Appendix J) or the 500 yard swim.

SWIMMING TIMES REQUIRED FOR 500 YARD SWIM

**BOYS**

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

**GIRLS**

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