

Perry Central School District
Interscholastic Athletics Department
Athletic Placement Process



Learning, Leading, and Serving

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Preface

The Athletic Placement Process (APP) is a program for evaluating students who want to participate in sports at higher or lower levels, as approved by the Board of Regents as a part of the school eligibility rules in 1980, and is aligned with Learning Standards 1 and 2.

Commissioner's Regulation Section 135.4(c)(7)(ii)(a)(4) states:

A Board of Education may permit pupils in grades no lower than seventh to compete on any senior high school team or permit senior high pupils to compete on any teams in grades no lower than seventh, provided the pupils are placed at levels of competition appropriate to their physiological maturity, physical fitness, and skills in relation to other pupils on those teams in accordance with standards established by the Commissioner.

These standards state that students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, maintain personal health, and acquire the knowledge and ability to create and maintain a safe and healthy environment.

The New York State Education Department (NYSED) has collaborated with the New York State Athletic Administrators Association (NYSAAA), the New York State Public High School Athletic Association (NYSPHSAA), the Statewide School Health Services Center (SSHSC), district directors of school health services (commonly referred to as medical directors and previously known as school medical officers), and directors of physical education/athletics to promote physical education and interschool athletic competition statewide. This guide to the Athletic Placement Process is the result of that collaboration.

This document represents the shared belief of the NYSAAA, the NYSPHSAA, medical directors, directors of physical education/athletics, and the NYSED that physical education and interscholastic athletic competition are important to the development of the whole child and that students benefit when they can participate in such activities at a pace consistent with their physical and emotional maturity, size, fitness level, and athletic skill.

Schools, both public and private, competing in interscholastic sports under the jurisdiction of the Commissioner's Regulations may choose whether or not to adopt a policy permitting students in the 7th and 8th grades to try out for a high school team or permitting high school students to play at the modified level. If schools choose to have such a policy, the process outlined in this document is to be followed.

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons, beginning with entry into the ninth grade. However, by satisfying the requirements of the APP, a student may receive extended eligibility that permits:

- Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- Participation during six consecutive seasons in the approved sport after entry into the seventh grade.

THE INTENT OF THE APP IS TO PROVIDE A PROTOCOL FOR THOSE DISTRICTS THAT CHOOSE TO ALLOW STUDENTS IN GRADES 7 AND 8 TO MOVE UP; OR FOR STUDENTS IN GRADES 9-12 TO MOVE DOWN, ALLOWING THEM TO PARTICIPATE SAFELY AT AN APPROPRIATE LEVEL OF COMPETITION BASED UPON PHYSICAL AND EMOTIONAL READINESS AND ATHLETIC ABILITY RATHER THAN AGE AND GRADE ALONE.

Students do not mature at the same rate, and there can be tremendous developmental differences between students of the same age. The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for junior high students when no modified program is offered, or reward a student. Instead, it is aimed at the few select students who can benefit from such placement because of their level of readiness.

How to Use This Guide

The APP is a program that may be implemented at the discretion of local school districts. It is not mandated.

The APP is intended for use by student-athletes in grades 7 - 12 and directly relates to specific interschool sport categories and levels of competition as follows:

Intermediate

- Grades 7-8

Commencement

- Grades 9-12

Interscholastic Sports Categories:

Contact Sports

Basketball, baseball, field hockey, ice hockey, lacrosse, soccer, football, softball, volleyball, competitive cheerleading, and wrestling

Non-Contact Sports

Archery, bowling, cross-country, golf, gymnastics, rifle, swimming & diving, skiing, tennis, track & field, fencing, and badminton

Athletic Competition Levels:

- Modified
- Freshman
- Junior Varsity
- Varsity

The main body of this document is organized to assist the Medical Director and the Athletic Director in administering all aspects of the APP.

There is great diversity among student athletes throughout New York State. 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. In districts that allow the program, safety must be of paramount importance.

The APP is to be used only when an individual athlete's athletic skills warrant moving to the commencement or intermediate sports competition level, and therefore, ideally, it should be initiated by the District's Athletic Director and physical education staff, who recognize the student's skill. The APP may be used either prior to the beginning of the season so that the student-athlete can participate in the try-out period or within the timelines specified by the NYSPHSAA Promotion Rule.

General Information

Physical education teachers, coaches, students, or parents/guardians may ask the Athletic Director to evaluate a student using the APP. Students will not be processed through the evaluation procedures without a request

from the Athletic Director and parent/guardian written permission. It is not the intent to evaluate all modified students, and evaluation should be considered only for those with the appropriate physical and emotional readiness and whose athletic abilities are outside of those of their age-related peers.

Transition from Selection Classification to Athletic Placement Process for 2015-2016

- Beginning in the fall season of 2015, the APP will be used to advance students to the high school athletic program.
 - Students in 7th grade will be evaluated through the APP.
- Students in 8th grade who have not been Selectively Classified for a sport in the previous year will be processed through the APP.
- Students in 8th grade who had been advanced to a higher level through the Selection Classification process in the previous year will not need to be re-evaluated if they remain at the same level of athletic competition in the same sport. If a student changes levels of the sport, the APP will be followed.

After the fall season of 2015, the following should be implemented:

If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to July 1, he or she is eligible to participate in high school athletics without undergoing the APP; only medical approval by the District Medical Director is required, as these students are already at an advanced age and would otherwise lose eligibility due to aging out.

A student who has undergone the APP does not need the procedure repeated if he/she achieved the required fitness, maturity, and comparable physical size scores for the desired sport and level, regardless of the school year in which the testing was completed.

If a student has undergone the APP evaluation procedure and participated in the 7th grade, the process would not have to be repeated in the 8th grade, provided they remain at the same level of athletic competition in the same sport. If the student changes levels or sports, their scores should be reviewed to see if they meet the desired level and sports requirements.

APP evaluation procedures must be repeated only if the scores do not meet the desired level and sport requirements.

If a student has attained an appropriate level of physical maturity and has a height and weight comparable to those of the proposed team members as determined by the Medical Director, they may proceed to the next level of skills assessment by the Athletic Director. If the Medical Director does not clear the student to participate in the desired sport and level, **he or she may not proceed further in the evaluation process.** Medical directors should not be pressured to change their decision. If a student is determined to be comparable with the physical size and maturity of the average age and sex of the students against whom they wish to compete but fails to meet more than one of the physical fitness test standards, or if a student fails to meet an appropriate sport skill level as determined by the coach, **he or she may not proceed any further in the evaluation process.**

In conclusion, the District Medical Director, Athletic Director, and ultimately the Board of Education ensure compliance with the APP. It is intended only for the student who is truly at a level of physical and emotional maturity, comparable physical size, fitness, and sport skill commensurate with the level of competition they wish to pursue.

An athlete may not be approved to participate by the Medical Director due to health impairment and/or the student's physical maturation level. Whenever there is a disagreement between a private healthcare provider and the District Medical Director, efforts should be made by both parties to come to an agreement for the health and safety of the student-athlete. In these cases, the primary concern should be allowing an athlete to safely participate to the fullest level of his or her potential, and neither the demands of parents, athletes, or coaches should confound that concern. However, Education Law, Section 3208(a) provides a due process procedure to students or their parents/guardians to petition the courts to relieve a school district's exclusion of the student from participating in an athletic program. In the event of such disqualification, school authorities should advise the parents and the student of the availability of this process. The court may then grant such a petition if it is satisfied that it is in the student's best interest and that it is reasonably safe for the student to participate in the athletic program.

Athletic Director

The Athletic Director has the responsibility of ensuring the APP is followed by all parties involved; that the Medical Director is included at appropriate times; and that the final determinations are sent to the parents, competing school districts, and section executives. Students who pass all parts of the APP are permitted to try out. There are no waivers. A student must meet the appropriate standards of physical and emotional maturity, size, fitness, and skill, in order to qualify.

Implementation Steps

ALL STEPS MUST BE FOLLOWED, IN ORDER, FOR EACH APP REQUEST.

Step 1 District Policy: Confirm the school district has approved a resolution to allow students to participate in the APP (and/or revise the language in existing "Selection/ Classification" policies to include the new process - see Appendix A).

Step 2 Parent/Guardian Permission: All students, who are to be evaluated, must first obtain written parent/guardian permission before any evaluation may begin (see Appendix B).

Step 3 Administrative Approval: The athletic administrator should confirm the student is suitable for consideration, including the likelihood that the student would play at least 50% of the games. Additionally, because of the increased time demands of participation at the high school level, the student's academic performance (as determined at the local level) should be at or above grade level. Furthermore, the administration should assess the student's emotional readiness to socialize with high school-aged students. If the student is not academically or socially ready, the student should not proceed through the APP.

Step 4 Medical Clearance: (Must be completed BEFORE the physical fitness portion of the process) The District Medical Director will determine a student's physical maturity level, and compare the physical size of the student in relation to that of the students against whom the student wishes to compete. If the student is determined to have attained the appropriate physical maturity level and comparable physical size for the desired sport and level (see Appendix C and H), the student may proceed with step 5. **The process stops** if the student is determined **not** to have attained an appropriate physical maturity level for the desired sport and level.

Important Note on the Physical Maturity Examination: *For the Medical Director, determining the physical maturity level of the student is an important step in the APP process.*

This is done to ensure the student has attained a level of physical development at which the chances of the growth plate or overuse injury are minimized. Since the growth plate is the weakest area of the growing skeleton, weaker than the nearby ligaments and tendons that connect bones to other bones and muscles, injury to a growth plate can lead to a serious and potentially permanent injury to a joint or long bone. While growth plate injuries are usually caused by an acute event such as a fall or a blow to a limb, they can also result from overuse, such as when a gymnast practices for hours on the uneven bars, a runner runs long distances, or a baseball pitcher spends hours perfecting a curve ball. Growth plate trauma and other overuse injuries may occur in competitive sports such as football, basketball, softball, track & field, and gymnastics. The likelihood increases when students are doing a single sport year-round without substantial rest; therefore, caution must be exercised in determining the physical maturity of students at this age level. Developmental staging reduces but does not eliminate the risks of injury to a younger student moving up to sports activities involving more developmentally mature students. Since all growth plates might not be fully matured by the time a student reaches Tanner 5, care must be exercised in determining the physical maturity of athletes. The size of the student in relation to the other athletes is also a critical component in determining the risk of injury. It is always best to err on the side of caution and keep a student at the age-appropriate level of play in order to safeguard the student. There will be many more years for the student to advance in athletics, and success is more likely if he or she does not suffer from permanent injuries.

Step 5 Sports Skill Evaluation: The sports coach will rely on past personal observations and may consider input from the student's former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sports coach may wish to observe the student in a physical education class (see Appendix E).

Step 6 Physical Fitness Testing: This must be done by a certified physical education teacher who is not a coach of the sport for which the student will be trying out. The President's Physical Fitness Test has been selected as the test for this process, and the student must meet the 85th percentile level for his/her age in 4 out of 5 test components (see Appendix F, J, and K). For students trying out for swimming, see Appendix J for an alternate fitness test to the 1-mile walk/run. Students trying out for swimming may choose to either do the 1-mile walk/run or the 500-yard swim.

Exception to the physical fitness test requirement: Students who desire to try out for bowling or golf teams are not required to complete the physical fitness testing.

Step 7 Qualification Determination: The results of the three evaluations will be sent to the Athletic Director. Only students who pass all parts of the APP are permitted to try out.

Step 8 Try-Outs: The student is allowed to try out for the sport and level requested, or the student must return to the modified level of competition. For students trying out for bowling or golf, see instructions for tryouts for these sports in Appendix H.

Step 9 Records: The Athletic Director must maintain all records of students who have successfully completed the APP. Items to be kept in the student's file are Parent/Guardian Permission and Result letters; Maturity Evaluation and Medical Director Form; Physical Fitness results; Coach's Sports Skill Evaluation.

Step 10 Notifications: A Notification List (see Appendix G) of the scores of all athletes who have successfully completed the process and have been approved through the APP after the try-out period has been completed must be sent to:

- The athletic director of competitor schools
- Athletic governing board or section office

Checklist

ATHLETIC PLACEMENT PROCESS CHECKLIST

STUDENT NAME: _____ **GRADE:** _____

PARENTS/GUARDIANS

- Correspondence sent out DATE _____
- Discussions took place DATE _____
- Permission slip returned DATE _____
- Final determination letter sent out DATE _____

DISTRICT MEDICAL DIRECTOR (SMD)

- Maturity form sent out DATE _____
- Evaluation returned DATE _____

The process stops if the medical director does not approve the student

COACH'S SPORT SKILL EVALUATION

- Correspondence sent out DATE _____
- Evaluation returned DATE _____

The process stops if desired sport skill level is not considered appropriate for the desired level of competition

PHYSICAL FITNESS TEST

- Correspondence sent out DATE _____
- Test results returned DATE _____

The process stops if the student fails more than one component of the fitness test

TRY-OUT EVALUATION

- Correspondence sent out DATE _____
- Evaluation returned DATE _____

NOTIFICATIONS SENT

- TO SCHOOLS DATE _____
- TO SECTION DATE _____

District Medical Director

The Director of School Health Services, commonly referred to as the Medical Director, (also known as the Medical Officer, or the school or District Medical Director) must approve a student's participation in interscholastic athletics [8NYCRR 135.1(7)(i)]. The Medical Director, who is a physician, or a nurse practitioner employed by the district has the responsibility of ensuring all students who enter into the school's interscholastic sport program are physically able to participate in the sport of their choosing. Special attention must be given to students in grades 7 and 8 who wish to move up to a higher level of competition. Students in grades 9-12 may qualify to move to a lower level of competition. This section will provide guidance for making the decision to allow younger students the opportunity to play at a higher level, or older students to play at a lower level, provided they have the physical maturity, comparable physical size, fitness levels, and sport skill to do so safely and with success. Prior to being sent to the Medical Director, students are required to have written parent/guardian permission to participate in the APP, approval by administration to move to the desired level, and a recommendation from the athletic administrator.

Implementation

The Medical Director will determine:

- The physical maturity level of the student in relation to the sport and level in which they wish to participate (see Appendix C and I), using the Tanner Scale
- The size, in height and weight, of the student in relation to the size of the average age and sex of the students against whom they wish to compete

The Medical Director will consider the height, weight, muscle mass, and Tanner rating compared to the other athletes he/she would compete with. For physical development and maturity, the Medical Director will use the Tanner Rating Scale and compare the student's developmental level to the average Tanner level of students playing the sport at the desired level. The Medical Director may conduct the Tanner Rating examination him/herself with the prior informed consent of the parent/guardian and of the student. The school will make provisions that allow for a private, dignified, chaperoned examination, with a parent/guardian present if he/she and the student so desire. Alternatively, the Medical Director may decide to use the Tanner rating provided by a private medical provider. Additionally, for girls giving a history of having gone through menarche for a minimum of twelve (12) months, assigning a Tanner rating of five may also be done at the professional judgment and discretion of the Medical Director if the history given is consistent with the observation of body appearance while clothed.

For physical size comparability, the Medical Director will have access to the current height and weight of the student and compare that with the size of the average age, and sex of the students against whom they wish to compete. The following growth charts from the Centers for Disease Control and Prevention are used for consistency.

Boys: <http://www.cdc.gov/growthcharts/data/set2clinical/cj411071.pdf>

Girls: <http://www.cdc.gov/growthcharts/data/set2clinical/cj411072.pdf>

The Medical Director will clear the student to continue the APP if:

- The student is at an appropriate physical maturity* level by Tanner Scale for the desired level and sport; and
- The student is physically comparable with the average age and sex of the students against whom the student will compete.

The process stops if a student is not at a comparable physical maturity level or physical size in relation to the average age and sex of the students against whom he or she desires to compete, as determined by the Medical Director. The Medical Director does not need to do anything more than return that information to the Athletic Director (see Appendix C). In cases where the Medical Director's determination differs from that of a private medical provider, there should be communication between the two to determine the best decision for the student in question. If there can be no consensus between the medical director and the private provider, the Medical Director's determination is final. It is advisable the Medical Director complete his or her own examination of the student in such cases.

Maturity Assessment

- The role of the medical director is essentially the same in the revised process, as the medical director continues to determine the physical maturity of the student. However, in the past Selection Classification Process, the Tanner scores were required scores based exclusively on the Tanner staging of sexual development. The requirement meant the students must be at an identical level of development per the chart. This was not realistic as there is generally a range of ages playing at a high school competition level. Additionally, the Tanner scores were identical for both sexes. This did not accurately reflect the earlier age of development of adolescent females versus adolescent males, which made it more likely that a less physically mature female could be approved to play at a higher level against physically mature females and therefore be at greater risk of injury. Therefore, the APP maturity assessment standards were revised as follows: The medical director is instructed to take into consideration the height, weight, muscle mass, and Tanner rating as compared to the other athletes he/she would compete with. This allows a physician to use their professional judgment taking into account the totality of the student's overall physical development when determining whether or not the student is of a comparable or similar level of physical maturity in relation to those they wish to compete with. These changes to the Selection Classification Process were made to lessen, but not eliminate, the chances of injury for a younger student competing with older students who tend to be larger and more physically mature. This change is based on recommendations from multiple physicians and medical professionals.
- The Tanner scores on (chart H found in the APP document) are no longer required numbers, as was the case in the previous Selection Classification Process but are now recommended numbers for the APP. Please note: The recommended Tanner scores are based on the average Tanner score of the average aged male or female that typically competes at those levels. Tanner scores are higher for females compared to males at the same levels, which more accurately reflects the earlier ages that females achieve physical maturity.

****Important Note on the Physical Maturity Examination:*** For the Medical Director, determining the physical maturity level of the student is an important step in the APP. This is done to ensure that the student has attained a level of physical development at which the chances of growth plate or overuse injury are minimized. Since the growth plate is the weakest area of the growing skeleton, weaker than the nearby ligaments and tendons that connect bones to other bones and muscles, injury to a growth plate can lead to a serious and potentially permanent injury to a joint or long bone. While growth plate injuries are usually caused by an acute event, such as a fall or a blow to a limb, they can also result from overuse, such as when a gymnast practices for hours on the uneven bars, a runner runs long distances, or a baseball pitcher spends hours perfecting a curve ball. Growth plate trauma and other overuse injuries may occur in competitive sports such as football, basketball, softball, track & field, and gymnastics. The likelihood increases when students are doing a single sport year-round without substantial rest; therefore, caution must be exercised in determining the physical maturity of students at this age level. Developmental staging reduces but does not eliminate the risks of injury to a younger student moving up to sports activities involving larger and more developmentally mature students. Since all growth plates might not be fully matured by the time a student reaches Tanner 5, care must be exercised in determining the physical maturity of athletes. It is always best to err on the side of caution and keep a student at the age-appropriate level of play in order to safeguard the student.

Appendix

A - Perry Central School District Board Resolution

WHEREAS, Section 135.4(c) (7) (ii) (a) (4) of the Regulations of the Commissioner of Education provides for a Board of Education to permit pupils in grades no lower than seventh grade to compete on interscholastic athletic teams organized for senior high school pupils, or senior high school pupils to compete on interscholastic athletic teams organized for pupils in the seventh and eighth grades; and

WHEREAS, these pupils are to be allowed to compete at levels that are appropriate to their physical maturity, physical fitness, and sport skills in relationship to other pupils in accordance with the standards established by the Commissioner of Education; and

WHEREAS, the State Education Department issues the competition standards for these pupils to compete under a program called Athletic Placement Process;

THEREFORE BE IT RESOLVED that the Perry Central School District Board of Education shall permit pupils to compete after successfully completing the Athletic Placement Process for the requested sport and level.

Adopted March 23, 2015

B - Parent/Guardian Permission Form

Dear Parent/Guardian:

A New York State Education Department (NYSED) program permits physically and emotionally appropriate students to try out for an athletic team outside their grade placement. It is called the Athletic Placement Process (APP). Your child (name): _____ may be eligible to participate in the sport of _____ outside 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.

Using the Tanner Scale, the District Medical Director determines physical maturity during a physical exam. The Tanner Scale requires the inspection of the entire body, including the breasts and genitals. The District will accept Tanner ratings from private medical providers. For female students, Tanner rating determinations may include a discussion of the onset of menarche during physical examinations. The student may proceed to the physical fitness and skill assessments after passing the medical clearance. Students must pass all levels to meet the APP's requirements.

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 ninth grade.

However, by meeting the Athletic Placement Process requirements established by NYSED, your child's eligibility can be extended to permit:

- Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- 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 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 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 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,
Daryl McLaughlin
Superintendent of Schools

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 the inspection of breasts and genitals and will be done by a licensed school health professional. I give my permission for the examination. For female students, Tanner rating determinations may include a discussion of the onset of menarche during physical examinations. 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

C - Physical Maturity Form

THIS SECTION TO BE COMPLETED BY THE 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 JV Modified
Desired Sport: _____
***Recommended Tanner Rating for this sport and level** _____
**See Appendix H*

SCREENING PROCEDURES – COMPLETED BY

DISTRICT MEDICAL DIRECTOR OR PRIMARY CARE PROVIDER (PLEASE CIRCLE ONE)

(THE DISTRICT MEDICAL DIRECTOR WILL REVIEW A PRIVATE MEDICAL PROVIDER'S TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT. THE DISTRICT MEDICAL DIRECTOR WILL MAKE THE FINAL DECISION ON A STUDENT'S PHYSICAL MATURITY RATING.)

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

1 2 3 4 5

FEMALES ONLY – DATE OF ONSET OF MENARCHE _____ / _____ / _____

HEIGHT _____ WEIGHT _____

SIGNED _____ DATE _____ / _____ / _____

Family Physician (If applicable)

DISTRICT MEDICAL DIRECTOR'S RECOMMENDATION

Student is a Tanner Level _____

SIGNED _____ DATE _____ / _____ / _____

District Medical Director

(RETURN TO THE ATHLETIC DIRECTOR)

D – Health Certificate/Appraisal Form

NYSED requires an annual physical exam for new entrants, students in Grades K, 2, 4, 7, and 10, sports, working permits, and triennially for the Committee on Special Education (CSE).

HEALTH CERTIFICATE/APPRaisal FORM

Name: _____ Date of Birth: _____ School: _____ Gender: M F Grade: _____

Immunization record attached Sickle Cell Screen: Positive Negative Not Done Date: _____

No immunizations given today PPD: Positive Negative Not Done Date: _____

Immunizations given since last Health Appraisal: Elevated Lead: Yes No Not Done Date: _____

Dental Referral Yes No Not Done Date: _____

Significant Medical/Surgical History: See attached _____

Allergies: LIFE THREATENING Food: _____ Insect: _____ Other: _____

Seasonal Medication: _____

PHYSICAL EXAM

Height: _____ Weight: _____ Blood Pressure: _____ Date of Exam: _____

Body Mass Index: _____

Referral

Weight Status Category (BMI Percentile)	Vision – without glasses/contact lenses	R	L	
<input type="checkbox"/> less than 5th <input type="checkbox"/> 5th through 49th <input type="checkbox"/> 50th through 84th	Vision – with glasses/contact lenses	R	L	
<input type="checkbox"/> 85th through 94th <input type="checkbox"/> 95th through 98th <input type="checkbox"/> 99th and higher	Vision – Near Point	R	L	
	Hearing <input type="checkbox"/> Pass 20 db sc both ears or:	R	L	

EXAM ENTIRELY NORMAL Tanner: I II III IV V Scoliosis: Negative Positive:

FEMALES ONLY: Date of onset of menarche ____/____/____

Specify any abnormality (use reverse of form if needed): _____

MEDICATIONS

Medications (list all): None Additional medications listed on reverse of form

Name: _____ Dosage/Time: _____

Name: _____ Dosage/Time: _____

If AM dose is missed at home: _____

I assess this student to be self-directed Yes No Student may self-carry and self-administer medication Yes No

Note: Nurse will also assess self-direction for the school setting. Please advise parents to send in additional medication in the event that emergency sheltering is necessary at school or if the morning medication has not been given.

PHYSICAL EDUCATION/SPORTS/PLAYGROUND/WORK QUALIFICATION/CSE CONSIDERATION

Free from contagions & physically qualified for all physical education, sports, playground, work & school activities OR only as checked:

___ Limited contact: cheerlead, gymnastics, ski, volleyball, cross-country, handball, fence, baseball, floor hockey, softball.

___ Non-contact: badminton, bowl, golf, swim, table tennis, tennis, archery, riflery, weight train, crew, dance, track, run, walk, rope jump.

Specify medical accommodations needed for school: None

Known or suspected disability: Please monitor

Restrictions: Please monitor

Protective equipment required: Athletic Cup Sport goggles/impact resistant eyewear Other:

Specify current diseases: Asthma Diabetes: Type 1 Type 2 Hyperlipidemia Hypertension

Other: _____

Provider's Signature: _____ Phone: _____

Provider's Name/Address: _____ Fax: _____

Parent Signature: _____ Date: (Stamp below)

This exam complies with NYSED requirements above and is valid for twelve months, with the exception of any illness or injury lasting more than five days that will require review by private healthcare provider and the school medical director

E - Coach's Skill Evaluation Form

(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 Athletic Director.

NOTE:

*The number of students allowed to compete outside their grade levels should be few and far between. The program is intended only for the athlete with the physical maturity, physical fitness, and sports skills to be placed with other athletes outside 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. Many potential physical and social/emotional pitfalls must be avoided, and once a student is elevated, the decision is irreversible. Please keep in mind that until the athletic director's office notifies you 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 Junior Varsity Varsity

Which level of play would you recommend for this student?

Modified 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?

_____ %

F - 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 described in the Physical Fitness Test Descriptions & Directions in Appendix I.

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 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. Only the best scores will be recorded. *For Swimming, see Appendix J 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 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 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 _____

SIT & REACH (to nearest centimeter) _____

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 _____

G - Notification of Qualified Athletes

TO: Executive Director, Section V

Date _____

Opponent School Districts

FROM: **Daryl McLaughlin**
 Superintendent of Schools

SCHOOL **Perry CSD**

SUBJECT: APP Qualified Students: Fall Winter Spring

This is an official notification that the following student(s) successfully completed the requirements for Athletic Placement Process per the revised 2014 guideline.

ATHLETIC PLACEMENT PROCESS				PHYSICAL FITNESS SCORES				
NAME	GRADE	SPORT	LEVEL	Curl Ups	Shuttle Run	Endurance * 1 Mile Walk/Run (a) Or 500-yard swim (b)	Upper Body** Pull-ups (a) Or Right angle push-ups	Flexibility Sit & reach

- Alternative 500-yard swim is only for students who desire to try out for swimming.
- Upper body strength can be tested using either pull-ups or right-angle push-ups.

Note: Include the subscript of test completed in the score box. (e.g. if completed 2 pull-ups, then report the score as a-2. a is the subscript for pull-ups, and 2 is the number of pull-ups completed)

H - Special Try-out Processes: Bowling & Golf

BOWLING

Any 7th or 8th-grade student may be given the opportunity to try out for a junior varsity or varsity bowling team. At the completion of the try-out sessions, which must include nine games bowled over a three-day period, if the individual's bowling average puts him/her in the top eight of your bowlers, he/she is eligible for the team.

GOLF

Any 7th or 8th-grade student may be given the opportunity to try out for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes golfed over a three-day period (the first three days of the individual's tryout when the course is accessible), if the individual's golf average puts him/her in the top 8 of your golfers, he/she is eligible for the team.

RIFLE

Any 7th or 8th-grade student may be given the opportunity to try out for a varsity rifle team. At the completion of the tryout sessions, which must include shooting at all three (3) positions over a three-day period (the first three days of the individual's tryout), if the individual's cumulative scoring average puts him/her in the top eight (8) of your shooters, he/she is eligible for the team.

I - Physical Maturity Chart

Tanner Scores for the Athletic Placement Process

MALES				FEMALES		
Approved Sports	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	4	3	4	5
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

J - Physical Fitness Test: Instructions

Curl-ups

This activity measures abdominal strength and endurance.

Here's what you do:

- 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 scapulae (shoulder blades) touch the floor, for one curl-up.
- To start, a timer calls out the signal "Ready? Go!" and begins timing the student for one minute. The student stops on the word "Stop."

Tips

Instruct helpers to count aloud the number of repetitions.

Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.

Shuttle Run

This activity measures speed and agility.

Here's what you do:

- 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.

Tips

Be sure the participants understand the importance of running through the finish line. Participants should perform this activity on a gym floor or other appropriate surface.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

One-Mile Run/Walk

This activity measures heart/lung endurance.

Here's what you do:

- On a safe, one-mile distance, students begin running on the count "Ready? Go!"
- Walking may be interspersed with running. However, the students should be encouraged to cover the distance as quickly as possible.

Tips

Use a large enough running area so that no more than eight laps are necessary to complete a mile. Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time.

Scoring

Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time and sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Pull-ups

This activity measures upper body strength and endurance. Pull-ups

Here's what you do:

- 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 the body) or an underhand grip (palms facing toward the body). Small students may be lifted to the starting position.
- The student raises his/her body until the 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.

Tips

Spend as little time hanging from the bar beforehand as possible because the extra time on the bar may reduce the number of pull-ups performed. Discourage any leg kicking or body swinging, as this may also decrease the number of repetitions.

Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

Right Angle Push-ups

Here's what you do:

- The student starts in push-up position, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

Tips

As with the pull-up, spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

Scoring

Record only those push-ups done with proper form and in rhythm. Right Angle Push-ups Rationale Right angle push-ups are a good indicator of the range of strength/endurance found in kids, whereas some kids are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

Sit and Reach

Here's what you do:

- 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.

Tips

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

Sit and Reach Rules

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.

K - Physical Fitness Test: Scores

Required for the Athletic Placement Process

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	Sit & Reach (in centimeters)	1-Mile Walk/Run Min/sec**	Choose One*	
						Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
MALES	11	47	10.0	31	7:32	6	26
	12	50	9.8	31	7:11	7	30
	13	53	9.5	31	6:50	7	35
	14	56	9.1	33	6:26	10	37
	15	57	9.0	36	6:20	11	40
FEMALES	11	42	10.5	34	9:02	3	19
	12	45	10.4	36	8:23	2	20
	13	46	10.2	38	8:13	2	21
	14	47	10.1	40	7:59	2	20
	15	48	10.0	43	8:08	2	20

SWIMMING

The physical fitness test's swimming endurance component allows the athlete to choose which endurance test he/she prefers. The athlete must choose either the one-mile run (see Appendix J) or the 500-yard swim.

SWIMMING TIMES REQUIRED FOR 500-YARD SWIM

BOYS

GIRLS

LEVEL	500-Yard Swim Time (Min: sec)	LEVEL	500-Yard Swim Time (Min: sec)
Modified	9:15	Modified	10:00
Freshman	9:00	Freshman	9:45
JV	8:45	JV	9:30
Varsity	8:30	Varsity	9:00