

# ATHLETIC PLACEMENT PROCESS

## NOTIFICATION OF QUALIFIED ATHLETES

**TO:** ☐ Executive Director, Section \_\_\_\_\_ Date \_\_\_\_\_

☐ Opponent School Districts

**FROM:** \_\_\_\_\_ SCHOOL \_\_\_\_\_  
Director of PE/Athletics

**SUBJECT:** APP Qualified Students: ☐ Fall ☐ Winter ☐ Spring

This is 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) <b>Or</b> 500 yard swim (b)	Upper Body** Pull-ups(a) <b>Or</b> Right angle push-ups (b)	Flexibility** * V- sit reach (a) <b>Or</b> Sit & reach (b)

\* 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.

\*\*\* Flexibility can be tested using either the V- sit reach or sit & reach.

*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)*

\_\_\_\_YES\_\_\_\_NO If YES, Explain \_\_\_\_\_