

Horseheads Athletics



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Athletic Placement Process

New SED process to begin the 2015 -2016 school year

The SED Athletic Placement Process (APP) is a program for evaluating seventh and eighth grade students who want to participate in sports at a higher level.

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, allowing them to participate safely at an appropriate level of competition based on physical and emotional readiness and athletic ability rather than age and grade alone.

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:

- 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.

Selection Classification / New Athletic Placement Process

Selection Classification	Athletic Placement Process	Notes (APP)
Allows for waivers / Tanner Rating	No Waivers allowed	Pass 4 out of 5 components
Test components based on level and sport (V/JV/Mod)	Test components based on <u>age</u> and <u>tanner rating</u>	All 5 components tested regardless of sport
<p style="text-align: center;">Components:</p> <p style="text-align: center;">Shuttle Run, Long Jump, Flexed Arm hang, Curl Ups, 50 YD Dash, 1.5 Mile Run</p>	<p style="text-align: center;">Components:</p> <p style="text-align: center;">Shuttle Run, Curl Ups, Sit & Reach, 1 Mile Run, Pull-Ups or Push-Ups</p>	<p style="text-align: center;">Student – Athlete Choice:</p> <p style="text-align: center;">Swim can substitute 500 yd. swim for 1 mile run Pull-Ups vs Push Ups</p> <p style="text-align: center;">Golf and bowling skill evaluation</p>
Emphasis on Athletic Ability	Emphasis on Physical and Emotional Readiness along with Athletic Ability	
Tanner Scale was one component of the process (waivers were allowed)	Tanner Scale indicates level athlete may test for (No waivers allowed)	School Medical director approval
Age was not a consideration	Age indicates level of achievement on all tests	15 years old does not have to test

Athletic Placement Process Steps

District Policy:

- 1. Parent / Guardian Permission**
- 2. Sport Skill Evaluation – The sport coach will rely on past personal observations or detailed conversation with previous coach.**
- 3. Administrative Approval – The athletic administrator should confirm that the student is suitable for consideration.**
- 4. Medical Clearance – Must be completed before the physical fitness test. This includes Tanner Rating and stature being completed by the HCSD medical director or designee.**
- 5. Physical Fitness Testing- Must be done by a certified physical education teacher or athletic director.**
- 6. Qualification Determination. Only students who pass all parts of the APP are permitted to try out.**
- 7. Try Out – The student athlete is allowed to try out for the sport**
- 8. Recording – Athletic director will maintain records of students.**
- 9. Notification - League and opponent notification with the list of all scores.**

APP (District Policy)

- District Policy: Confirm that 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). If no such resolution exists, proper steps should be taken to ensure that the first requirement is met.
- Athletic Director needs to bring the new process to the Superintendent so the Board of Education can adopt the new process.
- District Policy – April 22, 2015.

APP (Parent / Guardian Permission)

- Step 1 Parent Guardian Permission: All students who are to be evaluated must first obtain written parent/guardian permission to undergo the evaluation process and participate in the program before any evaluation may begin
- This has not changed from the past practice.

APP (Sport Skill Evaluation)

- Step 2 Sport Skill Evaluation: The sport coach will rely on past personal observations and consider input from the student's former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sport coach may wish to observe the student in a physical education class. The athlete should be considered an impact player and would play at least 50% of the time.
- This is the same procedure as the past process. The coach will help determine the ability level of the student specific to that sport.

APP (Administrative Approval)

- Step 3 Administrative Approval: The athletic administrator should confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games; the student's academic performance, and 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.
- The athletic administrator now has to approve the student to proceed with the process based on student's readiness and ability. This step gives the AD the authority to stop the process if they feel it is not appropriate for the student to move up or down a level.

APP (Medical Clearance)

- 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 stature 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 stature for the desired sport and level, the student may proceed with step 6. If the student is determined to **not** have attained an appropriate physical maturity level for the desired sport and level, **the process stops**.
- The school medical director is responsible to complete this step. The school medical director must determine the physical maturity of the student and if it is appropriate for the student to compete at the higher level. The medical director will use information regarding the physical stature of the students they will be competing against, plus the Tanner Scale as a "guide" to make his/her decision. If the medical director does not approve the student based upon the student's physical maturity, then the process stops. The student does NOT have to meet the Tanner score exactly in order to be approved by the medical director. They must be "comparable" to that level athlete.

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

APP (Physical Fitness Test)

- Step 5 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 Presidents Physical Fitness Test has been selected as the test for this process, and the student must meet the 85th percentile level for their age in 4 out of 5 components.
- *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.*
- The directions on how to give the 5 components of the Presidential Physical Fitness Test are explained in the APP document. Waivers will no longer be granted by SED. The student must pass 4 out of the 5 tests that are given. The chart that is used in the APP document gives the score of the 85th percentile for each age level.

APP (Fitness Test)

- If a student was selectively classified during the 2014-2015 school year, they would not have to use the new process unless they change sports or levels.
- Any student going through the process for the first time in a sport must complete the new APP process starting with any sport in the Fall of 2015.
- Once a student meets the required 85th percentile for their age, they may try-out for any level in the HS sport that is appropriate for their skill and physical maturity.
- If the student wishes to try-out for a new sport, then physical fitness scores may be used based on the student's current age.
- If the student meets the 85th percentile in 4 out of 5 tests for their current age, then no retesting is required.
- Only area that the student does not meet the 85th percentile for their age must be retested during the process.
- Once the process has been completed for that season there will be no more medical clearance or fitness testing. The athlete must complete the process from the beginning of the season.

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	6:20	6	26
	12	50	9.8	4.0	31	6:26	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	7:11	10	37
	15	57	9.0	5.0	36	7:32	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

APP (Qualification Determination)

- Step 6 Qualification Determination: The results of the three evaluations will be sent to the Director of Physical Education/Athletics. Only students who pass all parts of the APP are permitted to try out.
- This process has not changed.

APP (Tryouts)

- Step 7 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, they must be in the top eight to make the team.
- Students must adhere to the NYSPHSAA try-outs regulations for 7th and 8th graders. If the student practices one day over the permitted try-out period for the specific sport, they are not permitted to go back to the modified level.

APP Records

- Step 8 Records: The Director Physical Education and/or 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; Sports Skill Evaluation.
- This has not changed from the past process.

APP (Notifications)

- Step 9 Notifications: A Notification List 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 Director of Physical Education and/or Athletic Director of competitor schools.
 - The Section 4 Office.
 - This has not changed from the past process.

Questions