

### **Athletic Placement Process for Interschool Athletic Program – Parent/Guardian Information**

The Pine Bush Central School District is subject to the New York State Education Department's Athletic Placement Process (previously known as the Selection Classification Process) for athletics. The APP is intended only for those students who are truly at a level of physical and emotional maturity, comparable physical size, fitness and sport skill that is appropriate with the level they wish to pursue. The intent of the Athletic Placement Process (APP) is to provide for students in grades 7 through 12 an instrument that allows them to participate safely at an appropriate level of competition based upon readiness, rather than age and grade. Students do not mature at the same rate and there can be a tremendous range of development differences between students of the same age. The APP is not used to fill positions on teams, provide additional experience, provide a place for junior high students when no modified program is offered, or to reward a student. Instead, it is aimed at the few selected students who can benefit from such placement because of their grade level of readiness. Middle school students who participate on a high school team are not permitted to return to the modified level of that sport.

If your child is mature and an exceptional athlete and is interested in trying out for a high school sport team, please review the steps and process timeline for this program:

1. **Parent/Guardian Permission:** All students who are to be evaluated must first obtain written parent/guardian permission before any evaluation may begin. The students can obtain the permission form from their building nurse.
  
2. **Coaching Recommendation:** Request consideration from the sport's head varsity coach for a signed letter of recommendation. If you are unsure of the head coach, please call the athletic office to obtain their name and email address. The coach may wish to include your child's physical education teacher in this process if he/she is not familiar with your child. If this recommendation is **not** obtained, or the coach determines that your child should stay at the modified level, **the process stops.**
  
3. **Medical Clearance:** Once the parent/guardian permission form and the coaching recommendation form are returned, the District Medical Director or the student's primary care provider will determine the 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. Contact the middle school nurse's office to find out when physicals are being held at your child's school. If the student is determined to have attained the appropriate physical maturity level and comparable size for the desired sport and level, the student may proceed to the next step. If the student is determined to **not** have attained an appropriate physical maturity level for the desired sport and level, **the process stops.**

**4. Physical Fitness Testing:** Once all forms (parent/guardian permission form, medical director’s form and the coaching recommendation form) are received by the Director of Health, Physical Education and Athletics, a phone call from the athletic office will be made to make an appointment for the physical fitness testing. The President’s Physical Fitness test will be administered to the child, the student must meet the threshold set forth by the NYS Education Department (see chart below for test details). If the student does **not** meet the requirements of this test based on their age, **the process stops.**

**5. Qualifications Determination/Try Outs:** Only students that have passed **all areas of the APP are permitted to try out for a high school team.** The students will try out for the sport and level requested. Students who do not make the team, or decide not to complete the tryout session, must return to the modified level of competition.

**APP – PHYSICAL TESTING REQUIREMENTS**

SEX	AGE	CURL UPS (# IN ONE MINUTE)	SHUTTLE RUN (IN SECONDS)	SIT & REACH (IN CENTIMETERS)	1 MILE RUN (MIN/SEC)	PULL UPS # COMPLETED	CHOOSE ONE RIGHT ANKLE PUSH UPS # EVERY 3 SECONDS
<b>MALES</b>	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
<b>FEMALES</b>	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



# PINE BUSH CENTRAL SCHOOL DISTRICT

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**Tim O. Mains, Superintendent of Schools**

Donna Geidel, Assistant Superintendent for Instruction

Michael Pacella, Assistant Superintendent for Business

## **ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION**

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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 accept Tanner ratings from primary care providers. If your child is evaluated by a primary care provider, please have the provider fill out the attached Physical Maturity Form and return it to the Athletic Director. The district 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 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 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,

Michael Gillespie  
Director of Physical Education, Health and Athletics



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## ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION

I have read the attached letter and I understand the purpose and eligibility implications of the Athletic Placement Process.

### **Please select Option A or B**

(return to the School Nurse)

#### **A. District Medical Provider Exam**

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

#### **B. Primary Care Provider Medical Exam**

My son/daughter (name): \_\_\_\_\_ will undergo the evaluation process with our primary care provider. 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 health care provider. 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

Revised May, 2016

To be completed by the student's physician and submitted to the Athletic Department with the Parent Request form for APP testing.

## ATHLETIC PLACEMENT PROCESS Physical Maturity Form

### THIS SECTION TO BE COMPLETED BY THE PARENT/GUARDIAN OR ATHLETIC DIRECTOR

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Home Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Gender  Male  Female

### SCREENING PROCEDURES – THIS SECTION TO BE COMPLETED BY PCP OR DISTRICT MEDICAL DIRECTOR

(Pine Bush Central School District permits the private medical provider to complete this section for review by district medical director)

TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT COMPLETED BY:

District Medical Director

Primary Care Provider

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

1                      2                      3                      4                      5

Alternative to Tanner Examination for Females Only:  Onset of Menarche = Tanner Stage 5

Height \_\_\_\_\_ Weight \_\_\_\_\_

Student is  **cleared**  **not cleared** for the sport of: \_\_\_\_\_

at the following level:  Modified  Junior Varsity  Varsity

Exam Date: \_\_\_\_\_ Provider Name: \_\_\_\_\_

Provider Signature: \_\_\_\_\_

### TO BE COMPLETED BY THE MEDICAL DIRECTOR

Parent/Guardian Permission Form Received: Yes Date Rec'd: \_\_\_\_\_ Desired Sport: \_\_\_\_\_

Desired Level:  Varsity  Jr. Varsity  Modified \*Recommended Tanner Rating for sport/level \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

District Medical Director