

SARATOGA SPRINGS HIGH SCHOOL

ATHLETIC PLACEMENT PROCESS

The procedures for students in 7th and 8th grade interested in participating on an interscholastic athletic team at the High School level are as follows:

Prior to tryouts, students will have to complete the following:

Step 1 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 2 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. 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, 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 3 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 4. If the student is determined to **not** have attained an appropriate physical maturity level for the desired sport and level, **the process stops.**

Step 4 Sport Skill Evaluation: The sport 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 sport coach may wish to observe the student in a physical education class (see Appendix D).

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 President's 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 test components (see Appendix E). For students trying out for swimming, there is 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 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 (Steps 3, 4 & 5) are permitted to try out.**

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, there are special tryout instructions for these sports in Appendix G.

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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 may be eligible to participate in a High School sport 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 private medical providers. The district does 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 @ 587-6690 ext. 3304 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 attached parental permission form (Appendix B) to my office.

Sincerely,

Peter M. Sheehan
Director of Physical Education, Health & Athletics

SARATOGA SPRINGS HIGH SCHOOL**ATHLETIC PLACEMENT PROCESS****PARENT/GUARDIAN PERMISSION****PARENT/GUARDIAN STATEMENT (Page 2 of 2)**

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

C

SARATOGA SPRINGS HIGH SCHOOL

**ATHLETIC PLACEMENT PROCESS
PHYSICAL MATURITY FORM**

Student's Name _____ Grade _____

Home Address _____

Date of Birth ____/____/____ Age _____ Gender: Male Female

Parental/Guardian Permission Form Received: Yes Date Received _____

Sport _____ 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.

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:

Onset of Menarche = Tanner Stage 5 Date: _____

C. HEIGHT _____ WEIGHT _____

**D. CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE ATHLETIC OFFICE.
(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

SARATOGA SPRINGS HIGH SCHOOL

**ATHLETIC PLACEMENT PROCESS
PHYSICAL MATURITY CHART**

Recommended Tanner Scores for the Athletic Placement Process

MALES				FEMALES		
Approved Sports	<i>Freshmen</i>	<i>JV</i>	<i>Varsity</i>	Freshmen	JV	Varsity
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
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
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

D

SARATOGA SPRINGS HIGH SCHOOL

ATHLETIC PLACEMENT PROCESS **COACH'S SPORT SKILL EVALUATION** (Page 1 of 2)

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 Director of Physical Education and /or Athletic Director.

NOTE:

- *The number of students who are allowed to compete outside of their grade levels should be few and far between. The program is intended only for the athlete who has the physical maturity, physical fitness, and sport skills to be placed with other athletes outside of 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. There are many potential physical and social/emotional pitfalls that must be avoided, and once a student is elevated, the decision is irreversible.*
- *Please keep in mind that, until you are notified by the director of physical education's office 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 sheet provided (Form D). 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.

D

SARATOGA SPRINGS HIGH SCHOOL

**ATHLETIC PLACEMENT PROCESS
COACH'S SPORT SKILL EVALUATION *(Page 2 of 2)***

Coach _____ Sport _____

Student's Name _____ Gender: M F Age _____

Which level team is the student trying out for?

Modified Freshman Junior Varsity Varsity

Which level of play would you recommend for this student?

Modified Freshman 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? _____ %

List or provide documentation (coaches' evaluations, previous playing statistics, etc.), of any evidence of sport skills in respect to playing at the proposed level (Modified, Freshmen, Junior Varsity or Varsity level).

Coach's Signature _____ Date _____

SARATOGA SPRINGS HIGH SCHOOL
ATHLETIC PLACEMENT PROCESS
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 as described in the **Physical Fitness Test Descriptions & Directions** in Appendix I of the Athletic Placement Process Document (can be found online if needed).

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 Director of Physical Education and/or 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 up to the number of times defined by your APP district policy. Only the best scores should be recorded. *For Swimming see, Appendix J page 2. 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 with 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 _____ Grade _____ Age _____

Gender: M F Desired Sport _____ Desired Level _____

- SHUTTLE RUN (nearest tenth) 1/10 seconds _____
- V-SIT REACH
Or SIT & REACH (feet and inches to nearest inch) _____
- 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

Test Administered By _____ Date _____

Signature _____ Date _____



SARATOGA SPRINGS HIGH SCHOOL

ATHLETIC PLACEMENT PROCESS **SPECIAL TRY-OUT PROCESSES**

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 at least 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.