

ATHLETIC PLACEMENT PROCESS (APP) FOR ARDSLEY ATHLETICS

June 2015

Below are the procedures necessary for an 8th grade student to compete for a Varsity/ JV Team. As per district policy, 7th graders will not be allowed to move up to compete for a Varsity/ JV team with the following exceptions: Golf, Bowling or Skiing.

A Parent/ Guardian must formally submit a written request to either the Athletic Director (Hank Roth) or member of the Middle School Physical Education staff. Once the request is approved, the steps are as follows:

- 1) Medical Clearance (Must be completed BEFORE the physical fitness portion of the process) - The student's personal physician will determine the student's physical maturity level (Tanner rating), and the district medical director will 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 (taken by their personal physician) and comparable physical size for the desired sport and level, the student may proceed with 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.
- 2) 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 component. For students trying out for swimming, 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.
- 3) A final evaluation completed by the Middle School Physical Education staff approving the student's social readiness and emotional maturity must be completed.
- 4) 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.