

## **KEY APP Talking points & procedures**

The director of physical education/athletics has the responsibility of ensuring that the APP is followed by all parties involved; that the medical director is included at appropriate times; and that the final determinations are sent to the parents, competing school districts, and section executives. Students who pass all parts of the APP are permitted to try out. There are no waivers. A student must meet the appropriate standards of physical and emotional maturity, size, fitness, and skill, in order to qualify.

**Step 6 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, I, and J). For students trying out for swimming, see Appendix J for 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 7 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.**

**Step 8 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, see instructions for try outs for these sports in Appendix G.

**Step 9 Records:** The physical education director 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; Coach's Sport Skill Evaluation.

**Step 10 Notifications:** A Notification List (see Appendix F) 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 physical education director and/or athletic director of competitor schools
- Athletic governing board or section office

### **Section E**

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 this document

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 an alternative portion of the fitness test. 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 Physical Education and/or Athletic Director's office as soon as the test is completed.

**PHYSICAL FITNESS TEST SCORES:**

Student's Name \_\_\_\_\_ Gender:  M  F Age \_\_\_\_\_  
Desired Sport \_\_\_\_\_ Desired Level \_\_\_\_\_  
Test Administered By \_\_\_\_\_ Date \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

*NYSED Athletic Placement Process Last Updated December 2014 20*

85<sup>th</sup> Percentile      Height Weight and Tanner and our school Doctor makes a recommendation.