



# *ATHLETIC PLACEMENT Process*

JR HS ATHLETES

HIGH SCHOOL TEAMS

*UPDATED 2022.*

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# **Athletic Placement Packet**

**Revised – 11/2024**



**Wappingers Central School District  
Department of Physical Education and Interscholastic  
NYS Athletic Placement Process**

Athletic Placement is a New York State Education process and program by which student athletes at the seventh and eighth grade may be screened to safely participate at an appropriate level of competition, based on their readiness rather than age and grade. This program is not intended for all students. All steps and guidelines must be followed in order for the student to be eligible for high school competition. Completion of this process only ensures the student an opportunity to try-out for the team, not an automatic selection on the team.

The following packet takes the parents and the student-athlete through the screening process that NYS and the Wappingers Central School District requires. This screening process must be completed by the date determined by the Athletic Director prior to the first day of the regular season at the High School level. The screening may begin at any time prior to that start. The actual fitness-testing component is given three times a school year, just prior to the start of each of the three interscholastic seasons (August, November and February). The fitness testing is the last process to be completed. **All other steps must be completed in order for the student to take this portion of the process.**

While this program provides select student-athletes an opportunity to demonstrate their physical maturation, fitness and advanced skill, it is not the only criteria. It must be understood that the philosophy and commitment level at the High School is different than those at the Modified level of competition. In addition, there are environmental, social and psychological considerations that need to be addressed as well.

Academically, the student must be in good standing with an overall average of seventy percent with **no** failures. Additionally a student may not leave school early or try to alter their academic schedule for practice purposes. The student may be dismissed early for away games only. District transportation will be provided for all away contests. It is important for the student and the parents to understand that once the requirements are met and the student is accepted as a member of the team, the student cannot return to a lower level (modified) in that sport.

Any questions or concerns regarding this process for **Van Wyck JHS students** may be addressed to the Athletic Director for Physical Education and Interscholastic at (845) 897-6700 Ext 30096, or for **Wappingers JHS** students the Assistant Athletic Director for Physical Education and Interscholastic @ 845-298-5100 Ext 31096.



**Wappingers Central School District  
Athletic Placement Checklist  
For  
Interscholastic Athletic Programs**

This is a formal checklist to be used by the parents to ensure all required steps are taken on behalf of the student-athlete. Each of these steps must be successfully completed to qualify the student to participate in the high school athletic program. This process should be started as early as possible so that all deadlines can be met in a timely manner.

<b>What steps</b>	<b>When</b>	<b>To or With Whom – VWJHS</b>	<b>To or With Whom - WJHS</b>
<b>Parent/Guardian permission form Attachment B</b>	Prior to fitness test – date determined by Athletic Director	<b>V.W. J. H. S. STUDENTS</b> Mr. Kurt Jesman, Athletic Director Ms. Maureen Myers, Athletic Administrator John Jay H.S. 2012 Rt. 52 Hopewell Jct., NY 12533	<b>W.J.H.S. STUDENTS</b> Mr. Kurt Jesman, Athletic Director Mr. Michael Corsano, Athletic Administrator Roy C. Ketcham H.S. 99 Myers Corners Rd. Wappingers Falls, NY 12590
<b>Sports Physical w/ the Maturity Form C</b>	Prior to fitness test – date determined by Athletic Director	To be completed by student’s pediatrician or at Health Quest and returned to the school nurse of the building the student is currently attending. This should also be uploaded onto Family ID	To be completed by student’s pediatrician or at Health Quest and returned to the school nurse of the building the student is currently attending. This should also be uploaded onto Family ID
<b>Sport Skill Evaluation Form D Filled out by district (WCSD) approved coach</b>	Prior to fitness test – date determined by Athletic Director	<b>V.W. J. H. S. STUDENTS</b> Mr. Kurt Jesman, Athletic Director Ms. Maureen Myers, Athletic Administrator John Jay H.S. 2012 Rt. 52 Hopewell Jct., NY 12533	<b>W.J.H.S. STUDENTS</b> Mr. Kurt Jesman Athletic Director Mr. Michael Corsano, Athletic Administrator Roy C. Ketcham H.S. 99 Myers Corners Rd. Wappingers Falls, NY 12590
<b>Administrative Approval Filled out by Administrator at your child’s school</b>	Prior to fitness test – date determined by Athletic Director	<b>V.W. J. H. S. STUDENTS</b> Mr. Kurt Jesman Athletic Director Ms. Maureen Myers, Athletic Administrator John Jay H.S. 2012 Rt. 52 Hopewell Jct., NY 12533	<b>W.J.H.S. STUDENTS</b> Mr. Kurt Jesman Athletic Director Mr. Michael Corsano, Athletic Administrator Roy C. Ketcham H.S. 99 Myers Corners Rd. Wappingers Falls, NY 12590

<b>Physical Fitness Testing (President's Physical Fitness Test)</b>	Scheduled 3 times a year – August for Fall sports, November for Winter Sports and February for Spring Sports	<b>V.W. J. H. S. STUDENTS</b> Mr. Kurt Jesman Athletic Director Ms. Maureen Myers, Athletic Administrator John Jay H.S. 2012 Rt. 52 Hopewell Jct., NY 12533	<b>W.J.H.S. STUDENTS</b> Mr. Kurt Jesman Athletic Director Mr. Michael Corsano, Athletic Administrator Roy C. Ketcham H.S. 99 Myers Corners Rd. Wappingers Falls, NY 12590
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- Parent/Guardian Permission Form B completed and forwarded to the Athletic Director as listed above depending on which junior high your student attends.
- An academic profile of the student submitted with the Parent/Guardian Permission form. This should be the last available report card.
- A sports physical by the **student's private physician** with the **maturation component** (form C) completed and forwarded to the Athletic Director as listed above depending on which junior high your student attends.
- Sport Skill Evaluation Form D. To be completed by a district approved coach of that sport and forwarded to the Athletic Director's office.
- Administrative Approval Form – signed by the appropriate building and grade level Assistant Principal and forwarded to the respective Athletic Director's office.

Physical Fitness Testing. This test is only given after the Athletic Director has reviewed all of the previous information and determines that the athlete has the potential to successfully participate at a higher level of athletic competition. This test can be taken a season prior to or season of the specific sport of your athletic. This is the President's Physical Fitness Test which has been selected by the State as the test for this process, the student must meet the 85<sup>th</sup> percentile level for their age in 4 out of 5 test components. The test is administered by the Athletic Director or designee. All required tests and benchmarks must be taken and passed in order for the student-athlete to be passed onto try-outs. This is the last step to be taken. All other requirements must be met to take this test. The test is given four times a year...in June (Current 7<sup>th</sup> grader that are going into 8<sup>th</sup> grade), August, November and March. Dates will be provided to you by the Athletic Department. Students must meet the NYS APP standards for their age and gender at the start of that particular sport season.

Upon completion of all of the above tasks, the coach at the corresponding high school will be notified of the student's eligibility to participate in the try-out process for the team.

Any questions on any of the above steps for **Van Wyck JHS** students may be addressed to the Athletic Director for Physical Education and Interscholastic at (845) 897-6700 Ext 30096, or for **Wappingers JHS** students to the Assistant Athletic Director for Physical Education and Interscholastic @ 845-298-5100 Ext 31096.



## **FORMS TO BE COMPLETED BY PARENT BEFORE BRINGING TO ATHLETIC OFFICE:**

- 1. Administrative Approval by Junior High Administrator**
- 2. Two Page Parent Permission Slip**
- 3. Two Page Coach's Evaluation by WCSD Approved Coach**

**All paperwork is to be given to the Athletic Directors office at John Jay or Roy C Ketcham HS depending on which Junior High you attend.**

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**Department of Physical Education and Interscholastic  
NYS Athletic Placement Process**

**Administrative Approval Form**

**Due to time demands of participation of sports at the high school level, the student's academic performance (as determined at the local level) should be at or above grade level with no failing grades. 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.**

=====

Student's Name: \_\_\_\_\_

School Attends: VW \_\_\_\_\_ WJH \_\_\_\_\_

Student ID # : \_\_\_\_\_ Grade: \_\_\_\_\_

Sport: \_\_\_\_\_ Level: \_\_\_\_\_

Building/Grade Level ADMINISTRATIVE APPROVAL (To be completed by the Principal, Asst. Principal – The signature is **NOT REQUIRED** student entering **7<sup>th</sup> grade** for **Fall** Season Sports.)

This is to verify that the student indicated above is in good academic standing, taking a minimum of five courses in addition to Physical Education at their grade level and have an overall average of at least 70% with **NO** failing grades using the most recent quarter's grades available, conducts himself/herself as a good school citizen and, if selected, should be allowed to participate on the high school team indicated above.

\_\_\_\_\_  
Telephone: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of Administrator)

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**ATHLETIC PLACEMENT PROCESS  
PARENT/GUARDIAN PERMISSION  
Part 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 (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 private doctor 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 a history of menarche for girls in place of a physical examination. Upon approval of the district medical director, 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 7<sup>th</sup> and/or 8<sup>th</sup> grade(s). 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, you child's eligibility can be extended to permit:

- A. Participation during five consecutive seasons in the approved sport after entry into 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 consider your child's ability to handle the additional demands.

Please feel free to contact us 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 parent permission to the athletic office.

Sincerely,

*The Athletic Department*



**ATHLETIC PLACEMENT PROCESS  
PARENT/GUARDIAN PERMISSION  
Part 2 of 2**

**PARENT/GUARDIAN STATEMENT**

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. 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



**COACH'S SPORT SKILL EVALUATION  
Part 1 of 2**

**INSTRUCTIONS FOR THE COACH**

COACH: \_\_\_\_\_ SPORT & LEVEL: \_\_\_\_\_

Students Name: \_\_\_\_\_ M / F Age: \_\_\_\_\_

The above-named student has requested evaluation through the Athletic Placement Process. As the coach that has been approved by WCSD of the sport they want to try out for, 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 Athletic Office.

**NOTE:**

*The number of students who are allowed to compete outside of the 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 back of this sheet, 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.

Which level team is the student trying out for?

- 1.Modified                      2.Freshman                      3.Junior Varsity                      4.Varsity

Which level of play would you recommend for this student?

- 1.Modified                      2.Freshman                      3.Junior Varsity                      4.Varsity

Compare this student's skills relative to other members of the team that the student is trying out for.

- 1.Below Average                      2.Average                      3.Above Average                      4.Superior

What percentage of playing time would you estimate he/she would receive at that level?

\_\_\_\_\_ %





PHYSICAL MATURITY FORM

Student Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Gr. \_\_\_\_\_
Gender: M/F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_
Desired Sport: \_\_\_\_\_ Recommended Tanner rating for this sport: \_\_\_\_\_
Desired Level: Varsity Junior Varsity Freshman

SCREENING PROCEDURES

This section is to be completed by a private medical provider for review by the district physician.

1. Tanner score and height/weight assessment completed by:
HealthQuest Physician/Associate Private medical provider

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

Circle the current developmental stage of the student using the Tanner Scale:

1 2 3 4 5

2. Alternative to Tanner examination for females only: Onset of menarche = Tanner Stage 5

3. Height \_\_\_\_\_ Weight \_\_\_\_\_

4. Check the appropriate boxes below and return this form to the Nurses office at Junior High.

Student is cleared / not cleared for the sport: \_\_\_\_\_ at the following
Level: Varsity Junior Varsity Freshman

Private Provider Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

WCSD Medical Director / Associate Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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## PHYSICAL MATURITY CHART

### Recommended Tanner Scores for the Athletic Placement Process

Approved Sport	MALES			FEMALES		
	Freshman	Junior Varsity	Varsity	Freshman	Junior Varsity	Varsity
Baseball	3	4	5	4	5	5
Basketball	3	4	5	4	5	5
Bowling	2	2	2	2	2	2
Cheerleading	2	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
Lacrosse	3	4	5	4	5	5
Soccer	3	4	5	4	5	5
Softball	3	4	5	4	5	5
Swimming	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

SEX	AGE	CURL-UPS # in 1minute	SHUTTLE RUN in seconds	CHOOSE ONE		1 MILE WALK/RUN min/sec	CHOOSE ONE	
				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	7:32	6	26
	12	50	9.8	4.0	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9.0	5.0	36	6:20	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

## **SWIMMING**

The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the one mile run or the 500-yard swim.

### **SWIMMING TIMES REQUIRED FOR 500 YARD SWIM**

BOYS	
LEVEL	
Freshman	9:00
Junior Varsity	8:45
Varsity	8:30

GIRLS	
LEVEL	
Freshman	9:45
Junior Varsity	9:30
Varsity	9:00

## **BOWLING**

Any 7<sup>th</sup> or 8<sup>th</sup> 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 7<sup>th</sup> or 8<sup>th</sup> grade student may be given the opportunity to try out for a junior varsity or varsity golf team. At the completion of the try-out sessions, which must include 18 hole 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.