



Sweet Home Central School District of Amherst and Tonawanda

Sweet Home Athletics Department
1901 Sweet Home Road • Amherst, New York 14228
(716) 250-1207

Christopher Schiumo
Athletic Director

Dear Parents/Guardians Requesting the NYS Athletic Placement Process,

All parents/guardians of 7th and 8th grade students must complete the **Athletic Placement Process Permission Form** in order to be considered for **J.V.** or **Varsity** competition. The Athletic Placement Process includes a comprehensive review of your child's emotional and physical maturity; as well as athletic abilities, physical fitness, and sport specific athletic skill in relationship to other student athletes at that level.

Step One: Coaches Recommendation: *A Sweet Home Coach provides a written recommendation for the student-athlete to proceed with the Athletic Placement Process.*

Step Two: Coach and Athletic Director Review: *The coach and athletic director will review the player recommendation. The Athletic Director will make a determination based on each individual athlete.*

Step Three: Parent Permission Form: *After an approval by the Athletic Director, the Parent Permission Form must be completed and filed through the Athletic Office. Students/parents can obtain the Athletic Placement Process Parent Permission form online at:*
<http://sweethome2.cyberschool.com/District/Department/2-Athletics>
please click on "Athletic Placement Process" or a copy of the form may be picked up from the Athletic Office at the High School.

Parents should be aware that APP program is designed for only Elite student-athletes. Apart of the application process, coaches are first asked to substantiate the child's exceptional status. Even if students are approved to try-out for JV and Varsity teams, they must be a starter and/or play a majority of the game time in order to remain on the JV or Varsity teams.

Parents and/or the student-athlete are asked to return the completed Parent Permission Form to the Athletic Office at Sweet Home High School. The Athletic Director will then review the application and a phone call and/or email will be made to the parents/guardians explaining the next steps for the Athletic Placement Process.

Sincerely,

Christopher Schiumo
Director of Health, Physical Education, & Athletics

Sweet Home CSD Athletic Offerings and Deadlines for APP Application:

Fall Sports:		Winter Sports:		Spring Sports:	
Boys	Girls	Boys	Girls	Boys	Girls
V. Football JV Football V. Soccer JV Soccer V. Volleyball JV Volleyball V. Cross Country V. Golf	V. Field Hockey JV Field Hockey V. Tennis V. Soccer JV Soccer V. Volleyball JV Volleyball V. Cross Country V. Golf V. Gymnastics V. Swimming V. Cheer JV Cheer	V. Basketball JV Basketball V. Indoor Track V. Bowling V. Ice Hockey JV Ice Hockey V. Swimming V. Wrestling JV Wrestling	V. Basketball JV Basketball V. Indoor Track V. Bowling V. Ice Hockey V. Cheer JV Cheer	V. Track & Field V. Baseball JV Baseball V. Lacrosse JV Lacrosse V. Tennis	V. Track & Field V. Softball JV Softball V. Lacrosse JV Lacrosse
Deadline: August 1st		Deadline: October 15th		Deadline: February 8th	

**Exception to the above deadlines are reserved only for new students to the Sweet Home CSD.*

NYS Athletic Placement Process: Physical Fitness Scores (Required for Athletic Placement Process)

If approved, your son/ daughter will be required to pass the NYS requirements listed below. The test requirements are no longer based on a specific sport. Each test is now based solely on your child's age according to the New York State guidelines.

SEX	AGE	Curl-Ups # in one min.	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	8:08	2	20
	15	48	10.0	8.0	43	7:59	2	20

**For Golf and Bowling please see the Special Try-out processes. Appendix G.*

**For Swimming the mile run may be substituted with a 500-yard swim.*