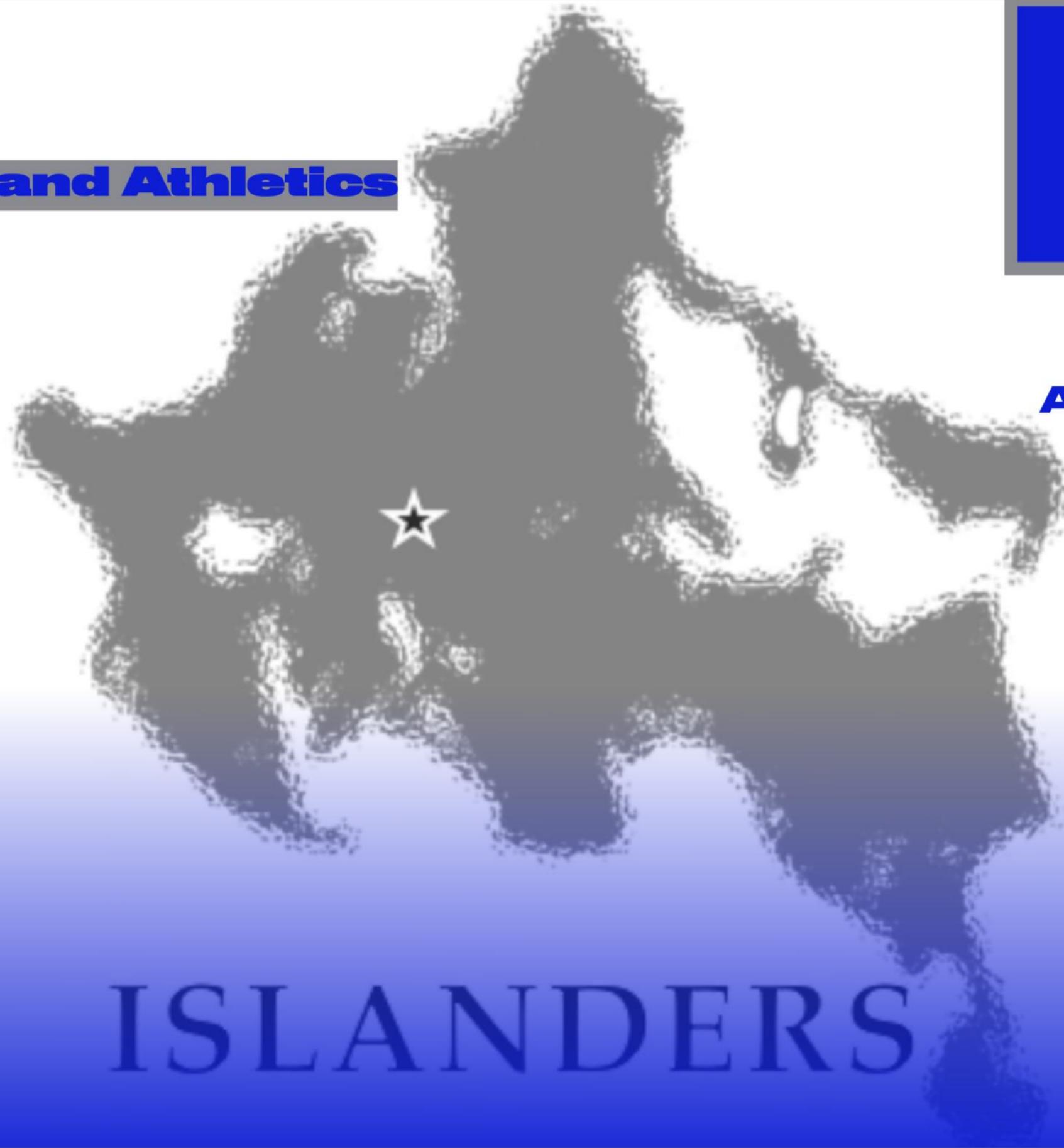


Shelter Island Athletics

WELCOME TO THE PROGRAM

**7TH GRADE PARENT
ATHLETICS ORIENTATION**



ISLANDERS

Seasons

- Fall
 - Junior High Boys Cross Country
 - Junior High Girls Cross Country
 - Junior High Boys Soccer
- Early Winter
 - JH Boys Basketball
 - JH Girls Volleyball
- Late Winter
 - JH Girls Basketball
- Spring
 - Junior High Boys Track
 - Junior High Girls Track
 - Junior High Baseball
 - Junior High Softball

What do I need to play?

- Current Sports Physical
 - Sports physicals are valid for 1 calendar year
- Online Registration- Final Forms
 - Can be accessed via the [athletic webpage](#)
- Successful Completion of APP Process- Only if attempting to play a JV or Varsity Sport

What is APP?

- The Advanced Placement Process is a pathway via NYSED for students in grades 7 and 8 to play a sport at the high school level.
- The test is designed for the exceptional athlete and is not easy to pass.
- There are 3 components
 - Additional Doctor Physical inclusive of a maturity Tanner Scale Assessment
 - Physical Fitness Exam (Must pass 4 of 5 components)
 - Trial Period and Evaluation

High School Sports Available via the APP Process

- Fall
 - Boys and Girls Cross Country
 - Golf (Does not require fitness test, but must be a competent golfer)
 - Girls Volleyball
 - Boys Soccer
- Winter
 - Boys and Girls Basketball
- Spring
 - Baseball
 - Softball
 - Boys and Girls Spring Track

How can I support my student athlete?

- Help to make his/her experience positive by encouraging responsibility and self advocacy.
- Be a positive presence at contests.
- Encourage them to develop proper exercise, nutrition and sleeping habits.
- Help them to develop time management skills.
- Use proper lines of communication.
- Encourage attending all practices and games, exhibiting teamwork and maximum effort

Questions

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