



**THE NYSPHSAA ATHLETIC PLACEMENT  
PROCESS**

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**AS ADMINISTERED BY:  
JAMES I. O'NEILL HIGH SCHOOL**

**James I. O'Neill High School**  
**Explanation and Philosophy of the**  
**Athletic Placement Process**

**James I. O'Neill High School** is proud to offer its students a wide of range of options for athletic involvement, including opportunities in our Modified Programs for those students in the *7<sup>th</sup> and 8<sup>th</sup> grade*. We encourage and expect the vast majority of our students in the 7<sup>th</sup> and 8<sup>th</sup> grades to compete at the Modified level. However, we recognize that there are student-athletes with the physical, social, and emotional ability and skill to potentially play at the Freshman, Junior Varsity, or Varsity level.

To be eligible to participate at the High School Freshman, Junior Varsity, or Varsity level, 7<sup>th</sup> or 8<sup>th</sup> grade students must pass the **Athletic Placement Process (A.P.P.)** as mandated by the **New York State Public High School Athletic Association (NYSPHSAA)**. \*Please note that this requirement has been established, and set forth by the **State of New York and *not* the Highland Falls-Fort Montgomery Central School District Board of Education.**

Successful completion of the **Athletic Placement Process (A.P.P. )** merely allows the 7<sup>th</sup> or 8<sup>th</sup> grade student-athlete an opportunity to try out for the high school team, and does *not* guarantee a spot on the final roster, but again, merely an opportunity to compete for a place on the roster. A student-athlete's placement on a team's roster will be determined by, and is at the discretion of, the **Head Coach**.

The Athletic Placement Process utilizes the President's Physical Fitness Test, and student-athletes will need to meet the 85<sup>th</sup> percentile level for their age in 4 out of 5 test components. This fitness test is designed to assess the student-athlete's *speed, agility, flexibility, upper body strength, and aerobic conditioning*. Please note, that by design, it is extremely difficult for a 7<sup>th</sup> or 8<sup>th</sup> grade student-athlete to qualify for High School level athletic placement. Most student-athletes in the 7<sup>th</sup> and 8<sup>th</sup> grade age range will not qualify. This statement is not meant as a deterrent to any student-athlete desiring to attempt high level athletic placement, but rather to provide proper perspective and context on the difficulty of the process and low probability of success for the majority of 7<sup>th</sup> or 8<sup>th</sup> grade student-athletes.

Parents are cautioned that even though the student-athlete may be physically prepared to compete at the High School level, it does not mean that he will be emotionally or socially prepared to cope with the stress of High School level competition or prepared to understand and cope with the social structure of older athletes. The administration and coaches at **James I. O'Neill** place a high priority on assimilating every student-athlete into the team structure, this does not necessarily mean younger student-athletes are comfortable in this environment. If the parent or student-athlete have any reservations about competing at the high school level, then it is highly recommended that student-athlete remain at the modified level, regardless of physical abilities.

The purpose of this statewide program is to determine the level of physical fitness student-athletes possess when compared to those older student-athletes against whom the competitions will take place at the high school level. If the student-athlete seeking to be a member of a Junior Varsity or Varsity high school team, completion of each step outlined below will be required. Please note, this program is designed for the *exceptional athlete*, the specific talent and conditioning level required will be well above the level of average athletes of a similar age.

The following steps must be completed in order for a 7th or 8th grade student to try out at the high school level:

1. **Parent/Guardian Permission:** All student-athletes who are to be evaluated must first obtain written parent/guardian permission, as provided on the final page of this document.
2. **Athletic Recommendation:** All student-athletes must receive a recommendation from a coach or Administrator vouching for the student-athlete's readiness. The Coach's Recommendation and Evaluation form is found in this packet.
3. **Sports Clearance:** A completion of all necessary forms through **FamilyID** and a current Physical Exam must be submitted to **FamilyID** and reviewed by the Nurses Office as well as the District Medical Director.
4. **Administrative Approval:** The Director of Athletics will assess the physical, emotional, social, and academic readiness of the student-athlete. Emphasis will be placed on the impact the increased demands of participation in high school sports will place on the student's academic performance as well as the likelihood that he will play in at least 50% of the games.
5. **Medical Clearance:** The *school nurse* in coordination with the *District Medical Director* will determine the student-athlete's physical maturity level and if it is appropriate for the student to compete at the higher level. The **James I. O'Neill High School** nurse, in coordination with the District Medical Director, will compare the physical size of the student in relation to that of the students against whom the student will compete as well as the *Tanner Scale* (see Appendix C and Appendix H) when making this decision.
6. **Sport Skill Evaluation:** The Varsity coaching Staff for that particular sport will need to complete an evaluation of the student-athlete.
7. **Physical Fitness Testing:** The student-athlete will need to meet the requirements set forth by the **New York State Public High School Athletic Association** and contained within the **Athletic Placement Process (A.P.P.)**. (see Appendix I and Appendix J). Please consult the Highland Falls-Fort Montgomery Central School District website for the date and time the **Athletic Placement Process** examination will be given, once steps 1-5 have been completed.
8. **Qualification Determination:** The results of the three evaluations (**medical, sport skill, and physical fitness**) will be evaluated by the *Athletic Director* for final approval. Only students who successfully complete the A.P.P. examination may participate in high school tryouts.

**\*\*PLEASE NOTE THAT THE ATHLETIC PLACEMENT PROCESS EXAMINATION WILL BE CONDUCTED IN A CLOSED ENVIRONMENT. ONLY THE STUDENT-ATHLETE, EXAMINER(S), AND SCHOOL ADMINISTRATOR ARE ALLOWED TO BE PRESENT.**

## PROCEDURES FOR THE DIRECTOR OF PHYSICAL EDUCATION AND ATHLETICS

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.

### IMPLEMENTATION STEPS

ALL STEPS MUST BE FOLLOWED, IN ORDER, FOR EACH APP REQUEST.

**Step 1 District Policy:** Confirm that the school district has approved a resolution to allow students to participate in the APP (and/or revise the language in existing "Selection/Classification" policies to include the new process). If no such resolution exists, proper steps should be taken to ensure that this first requirement is met.(see Appendix A-Sample Resolution).

**Step 2 Parent/Guardian Permission:** All students who are to be evaluated must first obtain written parent/guardian permission before any evaluation may begin (see Appendix B).

**Step 3 Administrative Approval:** The athletic administrator should confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games. Additionally, because of the increased time demands of participation at the high school level, the student's academic performance (as determined at the local level) should be at or above grade level. 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.

**Step 4 Medical Clearance:** (Must be completed BEFORE the physical fitness portion of the process- See appendix C and H) The student is assessed\* by the medical director to determine whether if he/she has reached a stage of physical development that will lessen the likelihood of the student being injured by participating in the level and sport desired. If a student has attained an appropriate level of physical maturity, and has a height and weight that are comparable to those of the proposed team members **as determined by the medical director**, the medical director approves the student to proceed to the next step in the process. If the student is not approved by the medical director to proceed **the process stops**.

**\*Please note:** *In the past Selection Classification Process, the Tanner scores were required scores, based exclusively on the Tanner staging of sexual development. The requirement meant the students must be at an identical level of development per the chart. This was not realistic as there is generally a range of ages playing at a high school competition level. Additionally, the Tanner scores were identical for both sexes. This did not accurately reflect the earlier age of development of adolescent females versus adolescent males, which made it more likely that a less physically mature female could be approved to play at a higher level against physically matured females, and therefore be at greater risk of injury. Therefore, the APP maturity assessment standards were revised as follows: **The medical director is instructed to take into consideration the height, weight, muscle mass, and Tanner rating as compared***



*to the other athletes he/she would compete with. This allows for a medical director to use their professional judgment taking into account the totality of the student's overall physical development when determining whether or not the student is of a comparable or similar level of physical maturity in relation to those they wish to compete with. These changes to the Selection Classification Process were made to lessen, but not eliminate, the chances of injury for a younger student competing with older students who tend to be larger and more physically mature.*

The Tanner scores on (chart H found in the APP document) are no longer required numbers, as was the case in the previous Selection Classification Process but, are now recommended numbers for the APP.

*For the medical director, determining the physical maturity level of the student is an important step in the APP process. This is done to ensure that the student has attained a level of physical development at which the chances of growth plate or overuse injury is minimized. Since the growth plate is the weakest area of the growing skeleton, weaker than the nearby ligaments and tendons that connect bones to other bones and muscles, injury to a growth plate can lead to a serious and potentially permanent injury to a joint or long bone. While growth plate injuries are usually caused by an acute event such as a fall or a blow to a limb, they can also result from overuse, such as when a gymnast practices for hours on the uneven bars, a runner runs long distances, or a baseball pitcher spends hours perfecting a curve ball. Growth plate trauma and other overuse injuries may occur in competitive sports such as football, basketball, softball, track & field, and gymnastics. The likelihood increases when students are doing a single sport year round without substantial rest; therefore, caution must be exercised in determining the physical maturity of students at this age level. Developmental staging reduces, but does not eliminate, the risks of injury to a younger student moving up to sport activities involving more developmentally mature students. Since all growth plates might not be fully matured by the time a student reaches Tanner 5, care must be exercised in determining the physical maturity of athletes. The size of the student in relation to the other athletes is also a critical component in determining the risk of injury. **It is always best to err on the side of caution and keep a student at the age-appropriate level of play in order to safeguard the student. There will be many more years for the student to advance in athletics, and success is more likely if he or she does not suffer from permanent injuries.***

**Step 5 Sport Skill Evaluation:** The sport coach will rely on past personal observations and may consider input from the student's former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sport coach may wish to observe the student in a physical education class (see Appendix D).

**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 85<sup>th</sup> 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



James I. O'Neill High School  
21 Morgan Road  
Highland Falls, New York 10928

Department of Athletics  
Brooks W. Alexander- Director of Athletics  
Office: 845.446.9575 Ext. 2880  
Email: [brooks.alexander@hffmcsd.org](mailto:brooks.alexander@hffmcsd.org)

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**ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION  
PARENT/GUARDIAN STATEMENT**

I have read the attached letter and I understand the purpose and eligibility implications of the Athletic Placement Process.

My **son or daughter** (name): \_\_\_\_\_ has my permission to undergo the evaluation process and to participate in this program. I understand that the determination of physical maturity is a private examination involving inspection of breasts and genitals and will be done by a licensed school health professional, and I give my permission for the examination. Upon approval of the district medical director, 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.

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**Parent/Guardian Signature**

**Date**

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**Parent/Guardian Name (Please Print)**

**Date**

# ATHLETIC PLACEMENT PROCESS

## PHYSICAL MATURITY FORM

THIS SECTION TO BE COMPLETED BY THE DIRECTOR OF PHYSICAL EDUCATION AND/OR ATHLETIC DIRECTOR:

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Home Address \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender:  Male  Female

Parental/Guardian Permission Form Received:  Yes Date Received \_\_\_\_\_

Desired Level:  Varsity  Jr. Varsity  Frosh  Modified

Desired Sport: \_\_\_\_\_ \*Recommended Tanner Rating for this sport and level \_\_\_\_\_ \* See Appendix H

**SCREENING PROCEDURES- THIS SECTION TO BE COMPLETED BY THE DISTRICT MEDICAL DIRECTOR (OR BY PRIVATE MEDICAL PROVIDER FOR REVIEW BY THE DISTRICT MEDICAL DIRECTOR IF PERMITTED)**

A. TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT COMPLETED BY:

District Medical Director  Private Medical Provider

EXAM DATE: \_\_\_\_\_

PROVIDER NAME \_\_\_\_\_

**CIRCLE THE CURRENT DEVELOPMENTAL STAGE OF THE STUDENT, USING THE TANNER SCALE:**

1                      2                      3                      4                      5

B. ALTERNATIVE TO TANNER EXAMINATION FOR FEMALES ONLY (If accepted by district):

Onset of Menarche = Tanner Stage 5

C. HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

D. CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS. (See Appendix H)

Student is  approved  not approved for the sport of: \_\_\_\_\_

at the following level:  Modified  Freshman  Junior Varsity  Varsity

SIGNED \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
District Medical Director

## ATHLETIC PLACEMENT PROCESS

### COACH'S SPORT SKILL EVALUATION

Page 1 of 2

#### INSTRUCTIONS FOR THE COACH

Coach \_\_\_\_\_ Sport & Level \_\_\_\_\_ / \_\_\_\_\_

Student's Name \_\_\_\_\_ Gender:  M  F Age \_\_\_\_\_

The above-named student has requested evaluation through the Athletic Placement Process. As the coach of the team for which they want to try out, 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 Director of Physical Education and /or Athletic Director.

#### **NOTE:**

*The number of students who are allowed to compete outside of their 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?

Modified  Freshman  Junior Varsity  Varsity

Which level of play would you recommend for this student?

Modified  Freshman  Junior Varsity  Varsity

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

Below Average  Average  Above Average  Superior

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

\_\_\_\_\_ %





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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 \_\_\_\_\_ may be eligible to participate in the sport  
(Student/Athlete's Name)  
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. The evaluation is a **CLOSED** evaluation and only the authorized evaluation administrator, the District Athletic Trainer, and the Director of Athletics will be allowed to be present during the evaluation.

Physical maturity is determined by the district medical director 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 not accept Tanner ratings from private medical providers unless they are a licensed Medical Doctor. Upon approval by 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 or she will be allowed to try out for competitive high school athletics during 7th and/or 8th grade(s), or compete at the modified level if in grades 9-12. 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, your child's eligibility can be extended to permit:

- a) participation during five consecutive seasons in the approved sport after entry into the 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 or 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 take into account your child's ability to handle the additional demands.

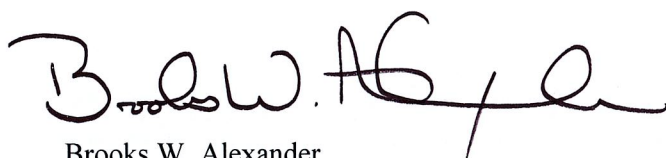
Please feel free to contact me regarding this program or to discuss any aspect of your child's athletic placement. If you agree to allow your child's participation in this program, please sign and return the parental permission form along with the recommendation from a Coach or Administrator to my office. Your signature on this form acknowledges understanding and compliance with the requirements set forth and contained within. As a parent, you are expected to ensure that both you and your child are familiar with the information and requirements contained in the Athletic Placement Process Packet located on the Athletics webpage of the Highland Falls-Fort Montgomery Central School District Website under the tab labeled A.P.P.

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**Parent/Guardian**

**DATE**

Sincerely,

A handwritten signature in black ink that reads "Brooks W. Alexander". The signature is written in a cursive style with a large initial "B" and a long horizontal stroke at the end.

Brooks W. Alexander  
Director of Athletics  
Highland Falls-Fort Montgomery C.S.D.

## ATHLETIC PLACEMENT PROCESS

### PHYSICAL MATURITY CHART

Recommended Tanner Scores for the Athletic Placement Process

Approved Sports	MALES			FEMALES		
	Freshman	JV	Varsity	Freshman	JV	Varsity
Archery *	2	2	2	2	2	2
Badminton *	2	2	2	2	2	2
Baseball +	2	3	3	3	4	4
Basketball !	2	3	4	3	4	5
Bowling *	2	2	2	2	2	2
Competitive Cheerleading!	2	3	4	3	4	5
Cross-Country *	2	3	3	3	4	4
Fencing +	2	2	2	2	2	2
Field Hockey!	2	3	4	3	4	5
Football !	2	3	4	3	4	5
Golf *	2	2	2	2	2	2
Gymnastics !	2	3	3	3	4	4
Ice Hockey !	2	3	4	3	4	5
Lacrosse !	2	3	4	3	4	5
Rifle *	2	2	2	2	2	2
Skiing (Downhill) !	2	3	4	3	4	5
Soccer !	2	3	4	3	4	5
Softball +	2	3	3	3	4	4
Swim*/Diving!	2	3	3	3	4	4
Tennis *	2	3	3	3	4	4
Track & Field*	2	3	3	3	4	4
Volleyball +	2	3	3	3	4	4
Wrestling !	2	3	4	3	4	5

Classification of Sports According to Contact (AAP)

- \*= Non Contact
- + = Limited Contact
- ! = Contact



# **ATHLETIC PLACEMENT PROCESS**

## **PHYSICAL FITNESS TEST: INSTRUCTIONS**

### **Curl-ups**

This activity measures abdominal strength and endurance.

#### Curl-ups Testing

Here's what you do:

- Have the student lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, the student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.
- To start, a timer calls out the signal "Ready? Go!" and begins timing the student for one minute. The student stops on the word "Stop."

#### Curl-ups Tip

Instruct helpers to count aloud the number of repetitions.

#### Curl-ups Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.

### **Shuttle Run**

This activity measures speed and agility.

## Testing

Here's what you do:

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- Student starts behind the opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across the starting line.

## Tips

Be sure the participants understand the importance of running through the finish line. Participants should perform this activity on a gym floor or other appropriate surface.

## Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

# One Mile Run/Walk

This activity measures heart/lung endurance.

## Testing

Here's what you do:

- On a safe, one-mile distance, students begin running on the count "Ready? Go!"
- Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

## Tips

This activity measures flexibility of the lower back and hamstrings.

#### V-sit Reach Testing

Here's what you do:

- A straight line two feet long is marked on the floor as the baseline.
- A measuring line four feet long is drawn perpendicular to the midpoint of the baseline, extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point.
- Student removes his/her shoes and sits on floor with measuring line between his/her legs and the soles of his/her feet placed directly behind the baseline, with the heels 8-12 inches apart.
- With hands on top of each other, palms down, the student places them on measuring line.
- With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed.
- After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

#### V-sit Reach Tip

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

#### V-sit Reach Rules

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.

## Sit and Reach Testing

Here's what you do:

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

## **Right Angle Push-ups Testing**

Here's what you do:

- The student starts in push-up position, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

### **Right Angle Push-ups Tip**

As with the pull-up, spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

### **Right Angle Push-ups Scoring**

Record only those push-ups done with proper form and in rhythm.

### **Right Angle Push-ups Rationale**

Right angle push-ups are a good indicator of the range of strength/endurance found in kids, whereas some kids are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

## **V-sit Reach**

- You'll need a specialty constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet.
- The student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box.
- With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

#### **Sit and Reach Tip**

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

#### **Sit and Reach Rules**

Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along the measuring line. Scores are recorded to the nearest centimeter.

## ATHLETIC PLACEMENT PROCESS

### Physical Fitness: Scores Required for the Athletic Placement Process

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	Choose one <sup>1</sup>		1 Mile- Walk/Run min/sec*	Choose one <sup>2</sup>	
				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

\*For swimming, see next page for alternative 500 yard swim scores.

<sup>1</sup> Upper body strength can be measured by performing pull-ups, or right angle push-ups.

<sup>2</sup> Flexibility can be measured by performing the V-sit Reach or the Sit and Reach