



Onteora APP Testing Student Packet

2026-2027



Instructions for APP Packet

1. Athletic Placement Process "Parent or Guardian Permission" – (page 1 & 2) sign and return to *Athletic Office*.
2. Medically cleared by District Medical Director. Health forms (page 8 & 9) return to *Health Office*.
3. Guidelines for Athletic Placement Process. (page 3 & 4).
4. Coach Recommendation (page 5). return to *Athletic Office*
5. Physical Education Teacher recommendation. (page 6). return to *Athletic Office*
6. Social Readiness Review (page 7) return to *Middle School Principal*

Once the packet is complete it should be returned to the Athletic Office



ONTEORA MIDDLE/HIGH SCHOOL

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ATHLETIC PLACEMENT PROCESS

PARENT/GUARDIAN PERMISSION

PARENT/GUARDIAN STATEMENT

The New York State Education Department (NYSED) Athletic Placement Process (APP) provides a pathway for qualified student-athletes to be evaluated for participation on an interscholastic athletic team that is outside of their traditional grade placement.

The purpose of the APP is to provide student-athletes with opportunities to participate at an appropriate level of competition while prioritizing safety, physical readiness, social and emotional readiness, and overall student-athlete development. The process is designed to support increased opportunities, a fair and appropriate competitive environment, reduced risk, and greater personal satisfaction for student-athletes.

Your child has been invited to participate in the Athletic Placement Process evaluation for a Junior Varsity or Varsity team for the upcoming season. Please carefully review the following information regarding this NYSED-mandated process. Successful completion of the APP evaluation does not guarantee selection for a team. Placement is dependent upon meeting evaluation criteria, eligibility requirements, continued performance, and team selection factors.

Your written permission is required for a son/daughter to participate in the APP. By providing written permission, you are acknowledging understanding of the following:

- The physical demands and higher level of competition associated with participating in high school athletics.
- The potential risk of injury when competing alongside older and more physically mature student-athletes.
- The transportation, scheduling, time management, and academic responsibilities associated with participation on a high school team.
- Participation on a high school team will involve regular interaction with older students whose social experiences, maturity levels, interests, and age-related concerns may differ from those of younger student-athletes.
- Selection for a high school team is not guaranteed and is contingent upon meeting the evaluation criteria outlined below, as well as maintaining athletic, academic, and attendance eligibility requirements.

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/she cannot return to a lower-level team (modified) in that sport in that season.

Once your permission is received, your son/daughter will have the opportunity to try-out for a high school team. During this time they will be evaluated in comparison to high school students based on the following criteria:

Physical Fitness	The student demonstrates the strength, speed, agility, endurance, and overall conditioning appropriate to compete safely and effectively at the level requested. Evaluated through direct coach assessment during tryouts.
Sport-Specific Skills	The student possesses the technical skills, tactical understanding, and competitive execution specific to the sport (e.g., ball-handling, positioning, footwork) at a level comparable to other athletes at the requested level. Evaluated through direct coach assessment during tryouts.
Knowledge of the Sport	The student understands the rules, strategy, terminology, and game situations relevant to the sport, and can apply that knowledge during play. Evaluated through coach observation, situational drills, and/or questioning during tryouts.

PARENT/GUARDIAN PERMISSION
PARENT/GUARDIAN STATEMENT

I have read and understand the information provided regarding the Athletic Placement Process (APP), including the purpose of the process, evaluation criteria, responsibilities associated with participation on a high school athletic team, and eligibility implications.

My child (name): _____ has my permission to participate in this program.

GUIDELINES FOR ATHLETIC PLACEMENT PROCESS

7th & 8th Grade Students Trying Out for High School Teams

Junior Varsity, and Varsity Levels

I. Purpose and Overview

This document establishes the guidelines used to evaluate 7th and 8th grade students who wish to "play up" to a high school team (JV or Varsity) or high school students who wish to "play down" to the modified level. Exceptional athletes in the 7th and 8th grade may try out for teams at the JV or Varsity level after successfully completing the Athletic Placement Process (APP), as outlined by the New York State Education Department. The APP should only be used for "exceptional athletes," typically athletes who are expected by the coach to play a majority of each game due to their skills and abilities. The APP will not be implemented to fill out roster spots. Regardless of the reason, the APP process will be implemented at the sole discretion of the school district. Consistent with district policy, all students being considered for placement outside their grade-level team must demonstrate appropriate physical fitness, sport-specific skill, knowledge of the sport, and personal and social responsibility. Informed parent/guardian consent is required in all cases, and no 7th or 8th grade student may try out for a high school team without a formal invitation issued through the process described below.

II. Invitation to Try Out

7th and 8th grade students may not self-select or request a tryout for a high school team. A student may participate in a high school tryout only by written invitation of the school or district Director of Physical Education and Athletics. The Athletic Director issues an invitation only after receiving a recommendation from the Head Coach and both a physical readiness review and a social readiness review have been completed, as outlined below.

A. Physical Readiness Review

Before an invitation is issued, the Athletic Director will obtain:

- A written recommendation from the Varsity Head Coach of the sport in question, based on observed skill level, athleticism, and readiness to compete safely at the high school level.
- A review of the student's participation and performance in Physical Education class, including effort, fitness levels, and coordination/skill development as documented by the PE teacher.

B. Social Readiness Review

Before an invitation is issued, the Athletic Director will consult with the Middle School Principal regarding:

- The student's current grades and overall academic standing.
- The student's attendance record.
- The student's discipline record, including any behavioral concerns relevant to team participation.

Only after both reviews support the student's readiness will the Athletic Director issue an invitation to try out. The invitation does not guarantee placement on the team; it authorizes the student to participate in the tryout process described in Section III.

III. Selection Criteria Applied During Tryouts

Once a student has been invited to try out, the same four criteria below are applied consistently to every participant in the tryout, regardless of grade level. No exceptions or modified standards are made for 7th or 8th grade candidates; they are evaluated against the identical benchmarks used for high school candidates trying out for the same team.

Criterion	Definition / What Is Evaluated
Physical Fitness	The student demonstrates the strength, speed, agility, endurance, and overall conditioning appropriate to compete safely and effectively at the level requested. Evaluated through fitness testing, coach observation during tryouts, and the PE participation review conducted prior to invitation.

Criterion	Definition / What Is Evaluated
Sport-Specific Skills	The student possesses the technical skills, tactical understanding, and competitive execution specific to the sport (e.g., ball-handling, positioning, footwork) at a level comparable to other athletes at the requested level. Evaluated through direct coach assessment during tryouts.
Knowledge of the Sport	The student understands the rules, strategy, terminology, and game situations relevant to the sport, and can apply that knowledge during play. Evaluated through coach observation, situational drills, and/or questioning during tryouts.
Personal & Social Responsibility	The student demonstrates maturity, coachability, sportsmanship, teamwork, and the ability to manage the social and emotional demands of competing with older peers. Evaluated through coach observation during tryouts and informed by the Principal consultation on attendance, grades, and discipline records conducted prior to invitation.

IV. Parent/Guardian Consent

Written parent/guardian permission is required for a student to participate in the Athletic Placement Process (APP). By providing written permission, the parent/guardian acknowledges understanding of the following:

- The physical demands and higher level of competition associated with participating in high school athletics.
- The potential risk of injury when competing alongside older and more physically mature student-athletes.
- The transportation, scheduling, time management, and academic responsibilities associated with participation on a high school team.
- That participation on a high school team will involve regular interaction with older students whose social experiences, levels of maturity, interests, and age-related concerns may differ from those of younger student-athletes.
- That selection for a high school team is not guaranteed and is contingent upon meeting the evaluation criteria outlined in Section III, as well as continued performance and eligibility.

V. Consistency and Non-Discrimination in Application

The Athletic Director and coaching staff will apply the invitation process (Section II) and selection criteria (Section III) uniformly to all 7th and 8th grade candidates across all sports. Documentation of each review (the Varsity Head Coach recommendation, the PE participation review, and the Principal consultation) will be confidential and retained in the student's athletic file only for the purpose of demonstrating consistent application of these guidelines.

VI. Play-Down Requests (High School Students to Modified Level)

The same four criteria, physical fitness, sport-specific skills, knowledge of the sport, and personal and social responsibility, apply when a high school student is being considered to play down at the modified level, along with the same requirement for informed parent/guardian consent. Requests of this nature are also coordinated through the Athletic Director in consultation with the relevant coaching staff and building principal.

Coach Recommendation

Student Name: _____ Current Grade Level: _____

Recommending Coach: _____

Sport: _____ Position/Title: _____

Dates/Season(s) Coached or Observed: _____

Based on my personal observations of this student-athlete, I recommend that they be considered for participation in the Athletic Placement Process (APP).

Basis for Recommendation

Please indicate the areas in which the student has demonstrated readiness.

- ☐ Advanced sport-specific skill level
- ☐ Exceptional athleticism
- ☐ Demonstrates the physical maturity necessary to safely compete at the high school level
- ☐ Demonstrates strong game awareness and decision-making
- ☐ Demonstrates maturity, work ethic, and coachability
- ☐ Consistently performs above peers at their current level of competition
- ☐ Other: _____

Please describe why you believe this student should be considered for participation in the APP. Your recommendation should be based on your personal observations and should address the student's:

- Sport-specific skill level
- Athleticism
- Readiness to compete safely at the high school level
- Any additional observations that support your recommendation

Coach Certification

I certify that this recommendation is based on my personal observations of the student-athlete while coaching or evaluating them. The information provided reflects my professional judgment and is intended to assist the school district in determining whether the student should be considered for participation in the Athletic Placement Process.

Coach Signature: _____ Date: _____

Physical Education Teacher Recommendation

Student Name: _____ Current Grade Level: _____

Recommending Physical Education Teacher: _____

School: _____ Grade Level(s) Taught: _____

Based on my personal observations of this student in Physical Education class, I recommend that they be considered for participation in the Athletic Placement Process (APP).

Basis for Recommendation

Please indicate the areas in which the student has demonstrated readiness for participation in athletics at the next level.

- ☐ Demonstrates advanced physical skills and movement abilities
- ☐ Demonstrates exceptional athleticism and overall physical ability
- ☐ Demonstrates fitness levels above peers at their current grade level
- ☐ Demonstrates strong coordination, balance, agility, and body control
- ☐ Demonstrates consistent effort, motivation, and commitment during class activities
- ☐ Demonstrates the ability to learn and apply new skills quickly
- ☐ Demonstrates teamwork, sportsmanship, and a positive attitude
- ☐ Demonstrates maturity, responsibility, and the ability to accept feedback/coaching
- ☐ Demonstrates the physical maturity necessary to safely participate at the high school level
- ☐ Other: _____

Please describe why you believe this student should be considered for participation in the APP. Your recommendation should be based on your personal observations of the student in Physical Education class and should address the student's:

- Effort, work ethic, and participation
- Physical fitness level and athletic ability
- Coordination, skill development, and ability to perform movement patterns
- Maturity and readiness to safely participate at the high school level
- Any additional observations that support your recommendation

Physical Education Teacher Certification

I certify that this recommendation is based on my personal observations of the student during Physical Education instruction, activities, and assessments. The information provided reflects my professional judgment regarding the student's physical abilities, skill development, effort, maturity, and readiness to be considered for participation in the Athletic Placement Process.

Physical Education Teacher Signature: _____ Date: _____

Social Readiness Review

Principal: _____ School: _____

Student Name: _____ Current Grade Level: _____

Date of Review: _____

Academic Standing

Please indicate the areas that apply based on the student's current academic performance.

- ☐ Maintains satisfactory academic progress in all subject areas
- ☐ Demonstrates strong academic performance and commitment to learning
- ☐ Meets or exceeds grade-level academic expectations
- ☐ Demonstrates the ability to balance academic responsibilities with extracurricular commitments
- ☐ Requires academic supports but demonstrates responsibility and effort toward improvement
- ☐ Academic concerns exist that should be considered prior to participation
- ☐ Other: _____

Additional Comments:

Attendance Record

Please indicate the areas that apply based on the student's attendance history.

- ☐ Demonstrates consistent attendance and punctuality
- ☐ Demonstrates responsibility for attending school regularly and on time
- ☐ Attendance record supports readiness for participation in high school athletics
- ☐ Has shown improvement in attendance patterns
- ☐ Attendance concerns exist that should be considered prior to participation
- ☐ Other: _____

Additional Comments:

Discipline and Behavioral Record

Please indicate the areas that apply based on the student's behavioral history.

- ☐ Demonstrates appropriate behavior and respect for peers and adults
- ☐ Demonstrates the maturity and responsibility expected of a student-athlete
- ☐ Accepts feedback and responds positively to correction
- ☐ Demonstrates teamwork, sportsmanship, and accountability
- ☐ Has a discipline record with no concerns relevant to team participation
- ☐ Has demonstrated growth or improvement in behavioral areas
- ☐ Behavioral concerns exist that should be considered prior to participation
- ☐ Other: _____

Additional Comments:

REQUIRED NYS SCHOOL HEALTH EXAMINATION FORM

TO BE COMPLETED BY PRIVATE HEALTHCARE PROVIDER OR SCHOOL MEDICAL DIRECTOR

Note: NYSED requires a physical exam for new entrants and students in Grades Pre-K or K, 1, 3, 5, 7, 9 & 11; annually for interscholastic sports; and working papers as needed; or as required by the Committee on Special Education (CSE) or Committee on Pre-School Special Education (CPSE).

STUDENT INFORMATION

Name:	Affirmed Name (if applicable):	DOB:
Sex Assigned at Birth: ☐ Female ☐ Male	Gender Identity: ☐ Female ☐ Male ☐ Nonbinary ☐ X	
School:	Grade:	Exam Date:

HEALTH HISTORY

If yes to any diagnoses below, check all that apply and provide additional information.

☐ Allergies	Type: ☐ Medication/Treatment Order Attached ☐ Anaphylaxis Care Plan Attached
☐ Asthma	☐ Intermittent ☐ Persistent ☐ Other: ☐ Medication/Treatment Order Attached ☐ Asthma Care Plan Attached
☐ Seizures	Type: _____ Date of last seizure: _____ ☐ Medication/Treatment Order Attached ☐ Seizure Care Plan Attached
☐ Diabetes	Type: ☐ 1 ☐ 2 ☐ Medication/Treatment Order Attached ☐ Diabetes Medical Mgmt. Plan Attached

Risk Factors for Diabetes or Pre-Diabetes: Consider screening for T2DM if BMI% > 85% and has 2 or more risk factors: Family Hx T2DM, Ethnicity, Sx Insulin Resistance, Gestational Hx of Mother, and/or pre-diabetes.

BMI _____ kg/m²

Percentile (Weight Status Category): ☐ < 5th ☐ 5th-49th ☐ 50th-84th ☐ 85th-94th ☐ 95th-98th ☐ 99th and >

Hyperlipidemia: ☐ Yes ☐ Not Done

Hypertension: ☐ Yes ☐ Not Done

PHYSICAL EXAMINATION/ASSESSMENT

Height:	Weight:	BP:	Pulse:	Respirations:
Laboratory Testing	Positive	Negative	Date	Lead Level Required for PreK & K
TB- PRN	☐	☐		☐ Test Done ☐ Lead Elevated ≥ 5 $\mu\text{g/dL}$
Sickle Cell Screen-PRN	☐	☐		

☐ **System Review Within Normal Limits**

☐ **Abnormal Findings – List Other Pertinent Medical Concerns Below** (e.g., concussion, mental health, one functioning organ)

☐ HEENT	☐ Lymph nodes	☐ Abdomen	☐ Extremities	☐ Speech
☐ Dental	☐ Cardiovascular	☐ Back/Spine/Neck	☐ Skin	☐ Social Emotional
☐ Mental Health	☐ Lungs	☐ Genitourinary	☐ Neurological	☐ Musculoskeletal

Assessment/Abnormalities Noted/Recommendations:	Diagnoses/Problems (list) ICD-10 Code*
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☐ Additional Information Attached

*Required only for students with an IEP receiving Medicaid

Name:		Affirmed Name (if applicable):		DOB:	
SCREENINGS					
Vision & Hearing Screenings Required for PreK or K, 1, 3, 5, 7, & 11					
Vision Screening	With Correction ☐ Yes ☐ No	Right	Left	Referral	Not Done
Distance Acuity		20/	20/	☐ Yes	☐
Near Vision Acuity		20/	20/	☐ Yes	☐
Color Perception Screening ☐ Pass ☐ Fail					☐
Notes					
Hearing Screening: Passing indicates student can hear 20dB at all frequencies: 500, 1000, 2000, 3000, 4000 Hz; for grades 7 & 11 also test at 6000 & 8000 Hz.					Not Done
Pure Tone Screening	Right ☐ Pass ☐ Fail	Left ☐ Pass ☐ Fail	Referral ☐ Yes		☐
Notes					
Scoliosis Screening: Boys grade 9, Girls grades 5 & 7		Negative	Positive	Referral	Not Done
		☐	☐	☐ Yes	☐
FOR PARTICIPATION IN PHYSICAL EDUCATION*/SPORTS*/PLAYGROUND/WORK					
☐ *Family cardiac history reviewed – required for Dominick Murray Sudden Cardiac Arrest Prevention Act					
☐ Student may participate in all activities without restrictions. If Restrictions Apply – Complete the information below					
☐ Student is restricted from participation in: ☐ Contact Sports: Basketball, Competitive Cheerleading, Diving, Downhill Skiing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, and Wrestling. ☐ Limited Contact Sports: Baseball, Fencing, Softball, and Volleyball. ☐ Non-Contact Sports: Archery, Badminton, Bowling, Cross-Country, Golf, Riflery, Swimming, Tennis, and Track & Field. ☐ Other Restrictions:					
Developmental Stage for Athletic Placement Process <u>ONLY</u> required for students in Grades 7 & 8 who wish to play at the high school interscholastic sports level OR Grades 9-12 who wish to play at the modified interscholastic sports level.					
Tanner Stage: ☐ I ☐ II ☐ III ☐ IV ☐ V					
☐ Other Accommodations*: Provide Details (e.g., brace, insulin pump, prosthetic, sports goggles, etc.):					
*Check with the athletic governing body if prior approval/form completion is required for use of the device at athletic competitions.					
MEDICATIONS					
☐ Order Form for medication(s) needed at school attached					
COMMUNICABLE DISEASE			IMMUNIZATIONS		
☐ Confirmed free of communicable disease during exam			☐ Record Attached ☐ Reported in NYSIIS		
HEALTHCARE PROVIDER					
Healthcare Provider Signature:					
Provider Name: <i>(please print)</i>					
Provider Address:					
Phone:			Fax:		
Please Return This Form to Your Child's School Health Office When Completed.					