

APP – Athletic Placement Process

The New York State Athletic Placement Process program is designed to permit exceptional 7th or 8th grade student athletes to play on a team that is outside of their normal grade level. The APP is aimed at a few select students who are physically, emotionally, mentally and socially ready to compete at a higher level. It should be used to increase opportunities, place students at a fairer competitive environment and minimize risk. The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school students when no modified program is offered, or to reward a student.

APP steps

- 1) Recommendation from coach, physical education teacher or athletic director.
- 2) Parental consent
- 3) Administrative approval
- 4) Doctor approval – The district medical director determines physical maturity based on the tanner scale as well as inspection of entire body.
- 5) Fitness test – Given by the athletic director. Students must pass 4 of 5 components of the fitness test. Mile run (or 500-yard swim for swimmers), sit ups, pull ups (or push-ups), Sit and reach, and shuttle run. Student athletes may attempt each test portion up to 3 times.

Upon successful completion of the above steps, the student then may try out for the higher level team. After 3 try out days, the coach must make a determination. If a player does make the higher level team they may play modified. If a player stays more than 3 days at the JV/varsity level, they are not permitted to return to the modified level for that sport.

Season	Coaches recommendation/ athlete request	Fitness Test Completed by
Fall 2019	July 15	August 15
Winter 2019-2020	October 1	October 18
Spring 2020	February 3	February 28