



# ATHLETIC PLACEMENT PROCESS (APP) Coach's Recommendation:

---

Date: \_\_\_\_\_

Student Name: \_\_\_\_\_ Present Grade: \_\_\_\_\_ Grade in Fall: \_\_\_\_\_

Middle School: \_\_\_\_\_

Sport/Level Requested: \_\_\_\_\_

Age - Yrs.: \_\_\_\_\_ Mos.: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date of Last Physical: \_\_\_\_\_

I am requesting that (student's name), \_\_\_\_\_, be allowed to participate in the following sport/level: \_\_\_\_\_.

There is great diversity among student athletes throughout New York State. The Athletic Placement Process is to be used only when an individual athlete's athletic skills warrant moving to the Varsity or Junior Varsity competition level, and therefore, ideally, it should be initiated by the district/building athletic director, coach, and/or physical education staff, who recognize the student's skill. The three components to playing a JV or Varsity sport are physical maturity, proof of elite athletic ability in requested sport, and passing the NYS Physical Performance Test.

---

Coach's Signature

Print Name

---

Coach's Email

Coach's Phone Number

**TO BE COMPLETED BY COACH:**

**Coach's Recommendation.** Please list reasons, attributes, and traits that you believe qualify this potential student-athlete to be recommended for the Athletic Placement Process. Your recommendation and points of justification will be used in determining whether or not this student-athlete should be tested by the Athletic Placement Process. The Director of Athletics will make final decision on this recommendation.

---



---



---



---



---



---



---



---

**Please return this form completed by you the coach to the Athletic office for review.**

**NYS Athletic Placement Process:  
(Physical Fitness Scoring Rubric)**

*If approved, the student-athlete 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.*

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.
<b>Males</b>	<b>11</b>	<b>47</b>	<b>10.0</b>	<b>4.0</b>	<b>31</b>	<b>7:32</b>	<b>6</b>	<b>26</b>
	<b>12</b>	<b>50</b>	<b>9.8</b>	<b>4.0</b>	<b>31</b>	<b>7:11</b>	<b>7</b>	<b>30</b>
	<b>13</b>	<b>53</b>	<b>9.5</b>	<b>3.5</b>	<b>31</b>	<b>6:50</b>	<b>7</b>	<b>35</b>
	<b>14</b>	<b>56</b>	<b>9.1</b>	<b>4.5</b>	<b>33</b>	<b>6:26</b>	<b>10</b>	<b>37</b>
	<b>15</b>	<b>57</b>	<b>9.0</b>	<b>5.0</b>	<b>36</b>	<b>6:20</b>	<b>11</b>	<b>40</b>
<b>Females</b>	<b>11</b>	<b>42</b>	<b>10.5</b>	<b>6.5</b>	<b>34</b>	<b>9:02</b>	<b>3</b>	<b>19</b>
	<b>12</b>	<b>45</b>	<b>10.4</b>	<b>7.0</b>	<b>36</b>	<b>8:23</b>	<b>2</b>	<b>20</b>
	<b>13</b>	<b>46</b>	<b>10.2</b>	<b>7.0</b>	<b>38</b>	<b>8:13</b>	<b>2</b>	<b>21</b>
	<b>14</b>	<b>47</b>	<b>10.1</b>	<b>8.0</b>	<b>40</b>	<b>8:08</b>	<b>2</b>	<b>20</b>
	<b>15</b>	<b>48</b>	<b>10.0</b>	<b>8.0</b>	<b>43</b>	<b>7:59</b>	<b>2</b>	<b>20</b>

*\*For Golf, and Bowling please see Special Try-out processes. Appendix G. \*For Swimming the mile run may be substituted with a 500-yard swim.*