

Are you interested in playing a high school sport this spring?

All current 7th and 8th graders interested in competing at the high school level in the Spring of 2017 must follow the **NYSED ATHLETIC PLACEMENT PROCESS (APP)** (formerly known as the Selection Classification Process)

*****NEW THIS YEAR*****

To be eligible students must pass **TWO** parts of the APP examination:

I. Fitness Component

The test includes; sit-ups, shuttle run, 1 mile run, pull-ups & sit & reach

Students must attain 85th percentile (from national norms for their age) in 4 of 5 tests. Talk to your PE teacher about each test

II. Physical Maturity

Four criteria are evaluated when determining a student's physical maturity: tanner level, height, weight & muscle mass

Note: to play at the varsity level a Tanner Level of #5 is now required in 17 boy's sports and 17 girl's sports.

To learn more about Tanner please go to our web site:

www.ktufsd.org

click on 'Athletics' and then click on "Athletic Information"



APP Test Dates:

Kenmore West HS

Feb. 14 @ 2:45

Feb. 15 @ 2:45

In the KW Weight Room

Hoover Middle School

Feb 15 @ 3:25

Feb. 16 @ 3:25

In the Hoover Middle Gym

Forms B, C and D must be completed in order to take the fitness test.

If you do not have these completed forms with you, you will not be allowed to take the test.

All student athletes **MUST** have a current physical on file to try out for any sport. Forms are available in Room 149. Forms can also be found on the district website www.ktufsd.org click on 'Athletics' and then 'Athletic Information'

If you have any questions, please come to Room 149 or contact the Athletic Office at 871-3082.