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**ATHLETIC PLACEMENT PROCESS**

NOTIFICATION OF QUALIFIED ATHLETES

**TO**:  Executive Director, Section

Date

 Opponent School Districts

**FROM**: Director of PE/Athletics

SCHOOL

**SUBJECT**: APP Qualified Students:  Fall  Winter  Spring

This is official notification that the following student(s) successfully completed the requirements for Athletic Placement Process per the updated 2016 guideline.

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| **ATHLETIC PLACEMENT PROCESS** | | | | **PHYSICAL FITNESS SCORES** | | | | |
| **Curl**  **Ups** | **Shuttle**  **Run** | **Endurance**\*  1 Mile Walk/ Run (a) **Or**  500 yard swim (b) | **Upper Body**\*\*  Pull-ups(a)  **Or**  Right angle push-ups (b) | **Flexibility**\*\*\*  V- sit reach  (a)  **Or**  Sit & reach (b) |
| Name | **Grade** | Sport | **Level** |
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\* Alternative 500 yard swim is only for students who desire to try out for swimming.

\*\* Upper body strength can be tested using either pull-ups or right angle push-ups.

\*\*\* Flexibility can be tested using either the V- sit reach or sit & reach.

*Note: Include the subscript of test completed in the score box. (e.g. if completed 2 pull-ups, then report the score as a-2. a is the subscript for pull-ups, and 2 is the number of pull-ups completed)*

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*Last Updated July2016*