**F**

**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.

|  |  |
| --- | --- |
| **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** |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

\* 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)*

*NYSED Athletic Placement Process* 23

*Last Updated July2016*