

Athletic Placement Process

At Christian Brothers Academy, we offer a wide range of athletic programs at many different levels. In some sports, however, it is impossible for us to field teams at all levels. In sports such as girls swimming, we do not offer junior high programs. In these sports, junior high students may try out for the high school team if they pass the State Education Department's Athletic Placement Process (APP) test. This test is made up of five components, from a physical maturity test to an endurance test, each designed to help determine a student's ability to compete against older boys and girls. The test is not an indicator of an athlete's skill in a particular sport, but rather a measure of whether a child can physically withstand the rigors of competing in a sport at a higher level. If a child cannot pass the APP test, it should not be considered a failure or inability to achieve at the higher level but rather viewed as a safety precaution against your child being put at risk of injury.

In sports where junior high programs are offered, it is strongly encouraged that seventh and eighth graders compete at that level. In fact, it is required that seventh graders compete on those teams. We feel that it is important for seventh graders to compete on teams with their peers, when possible, to interact and form friendships with fellow classmates. Exceptionally talented eighth graders, however, may be eligible to try out for a high school team. First, they must be recommended by the high school coach, and then they must achieve the APP standards for that particular sport.

Parents should be mindful that although a junior high student may possess the skills to compete on a high school team, there are several other factors that should be considered before allowing your child to take the APP test. First, there are social implications. When your child competes on a high school team, he/she is removed from interaction with his/her peer group. This could make it difficult for a child to relate to fellow classmates and force him/her to socialize with teammates that may be at a different maturity level. Also to be considered is the increased time commitment for JV and Varsity sports. As athletes move on to the higher levels, practices are held more frequently, at later times, and on weekends. It is often necessary for athletes on these teams to give up some outside activities to devote the necessary time and effort to the sport. Are you and your child ready to make that increased commitment? Finally, why? Please remember to keep athletics in the proper perspective. Very few athletes will eventually make a living playing a sport professionally, and even if your child is going to earn a college scholarship, it will make very little difference whether he/she played JV or Varsity as an eighth grader. When a gifted athlete reaches high school, it is certain that he/she will be competing at the highest level offered where he/she can be successful. Whether or not that advancement should take place in junior high is a matter that must be evaluated on an individual basis. Should you choose to have your child take the APP test, please print out the appropriate permission forms and have your child bring it with him/her on testing day.

**CHRISTIAN BROTHERS ACADEMY
ATHLETIC PLACEMENT PROCESS
PARENT/GUARDIAN PERMISSION**

A

Dear Parent/Guardian:

There is a New York State Education Department (NYSED) program that permits physically and emotionally appropriate students to try out for an athletic team that is outside of their grade placement. It is called the Athletic Placement Process (APP).

Your child may be eligible to participate in a sport outside of his or her normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the APP. This evaluation is a comprehensive evaluation of your child's emotional and physical maturity (including height and weight); as well as athletic abilities, physical fitness, and sport-specific athletic skill in relationship to other student athletes at that level.

Physical maturity is determined during a physical exam, using the Tanner Scale. CBA requires Tanner ratings from your private medical provider or a history of menarche for girls in place of a physical examination. Upon passing the medical clearance, the student may proceed to the physical fitness and skill assessments. Students must pass ALL levels in order to meet the requirements of the APP.

The physical maturity form (form C) should be completed by your private medical provider.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive high school athletics at the JV or Varsity levels during 7th and/or 8th grade(s). Under normal circumstances, a student is eligible for senior high school athletic competition in a sport for only four consecutive seasons, beginning with the student's entry into the ninth grade. However, by meeting the Athletic Placement Process requirements established by NYSED, your child's eligibility can be extended to permit:

- a) participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) participation during six consecutive seasons in the approved sport after entry into the seventh grade.

In order to advance to the physical fitness portion of the APP process, forms B and C of this packet must be completed fully at the time of the test.

It is important for you and your child to understand that, once the requirements are met and if he/she is accepted as a member of the team, he/she cannot return to a lower-level team (modified) in that sport in that season. Remember, at the higher level of play your child will be exposed to the social atmosphere that is common among older students in a high school environment. Therefore, it is important to take into account your child's ability to handle the additional demands.

Please feel free to contact me regarding this program or to discuss any aspect of your child's athletic placement. If you agree to allow your child's participation in this program, please sign and return the parental permission form at the time of testing.

Sincerely,



Buddy Wleklinski
Director of Athletics

NYSED Athletic Placement Process

**CHRISTIAN BROTHERS ACADEMY
ATHLETIC PLACEMENT PROCESS
PARENT/GUARDIAN PERMISSION**

B

PARENT/GUARDIAN STATEMENT

I have read the attached letter and I understand the purpose and eligibility implications of the Athletic Placement Process.

My son/daughter (name): _____ has my permission to undergo the evaluation process and to participate in this program. I understand that the determination of physical maturity will be done by a private medical provider chosen by me. Upon passing the medical clearance, he/she may proceed to the physical fitness and skill assessments. I understand that passing the evaluation process does not guarantee my child a position on a team, but only permits them to try out.

Parent/Guardian Signature

Date



**CHRISTIAN BROTHERS ACADEMY
ATHLETIC PLACEMENT PROCESS**

C

PHYSICAL MATURITY FORM

Student's Name _____ Grade _____

Home Address _____

Date of Birth ____/____/____ Age ____ Gender: Male Female

Parental/Guardian Permission Form Received: Yes Date Received _____

Desired Level: Varsity Jr. Varsity Frosh Modified

Desired Sport: ***Recommended Tanner Rating for this sport and level** _____

SCREENING PROCEDURES- THIS SECTION TO BE COMPLETED BY A PRIVATE MEDICAL PROVIDER

A. TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT COMPLETED BY:

EXAM DATE: _____

PROVIDER NAME _____

CIRCLE THE CURRENT DEVELOPMENTAL STAGE OF THE STUDENT, USING THE TANNER SCALE:

1 2 3 4 5

B. ALTERNATIVE TO TANNER EXAMINATION FOR FEMALES ONLY):

Onset of Menarche = Tanner Stage 5

C. HEIGHT _____ WEIGHT _____

D. CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS.

Student is **cleared** **not cleared** for the sport of _____

at the following level: Modified Freshman Junior Varsity Varsity

SIGNED _____ DATE ____/____/____

ATHLETIC PLACEMENT PROCESS PHYSICAL MATURITY CHART

Recommended Tanner Scores for the Athletic Placement Process

| Approved Sports | MALES | | | FEMALES | | |
|--------------------------|----------|----|---------|----------|----|---------|
| | Freshman | JV | Varsity | Freshman | JV | Varsity |
| Archery | 2 | 2 | 2 | 2 | 2 | 2 |
| Badminton | 2 | 3 | 4 | 2 | 3 | 4 |
| Baseball | 3 | 4 | 5 | 4 | 5 | 5 |
| Basketball | 3 | 4 | 5 | 4 | 5 | 5 |
| Bowling | 2 | 2 | 2 | 2 | 2 | 2 |
| Competitive Cheerleading | 3 | 4 | 5 | 4 | 5 | 5 |
| Cross-Country | 3 | 4 | 5 | 4 | 5 | 5 |
| Fencing | 2 | 3 | 4 | 2 | 3 | 4 |
| Field Hockey | 3 | 4 | 5 | 4 | 5 | 5 |
| Football | 3 | 4 | 5 | 4 | 5 | 5 |
| Golf | 2 | 2 | 2 | 2 | 2 | 2 |
| Gymnastics | 3 | 4 | 5 | 4 | 5 | 5 |
| Ice Hockey | 3 | 4 | 5 | 4 | 5 | 5 |
| Lacrosse | 3 | 4 | 5 | 4 | 5 | 5 |
| Rifle | 2 | 2 | 2 | 2 | 2 | 2 |
| Skiing | 3 | 4 | 5 | 4 | 5 | 5 |
| Soccer | 3 | 4 | 5 | 4 | 5 | 5 |
| Softball | 3 | 4 | 5 | 4 | 5 | 5 |
| Swim/Diving | 3 | 4 | 5 | 4 | 5 | 5 |
| Tennis | 3 | 4 | 5 | 4 | 5 | 5 |
| Track & Field | 3 | 4 | 5 | 4 | 5 | 5 |
| Volleyball | 3 | 4 | 5 | 4 | 5 | 5 |