

ATHLETIC PLACEMENT PROCESS

PHYSICAL FITNESS TEST

Curl-ups

This activity measures abdominal strength and endurance.

Test

- Have the student lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, the student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapula's (shoulder blades) touch the floor, for one curl-up.
- The time is for one minute.

Shuttle Run

This activity measures speed and agility.

Test

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- Student starts behind the opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across the starting line.

One Mile Run/Walk

This activity measures heart/lung endurance.

Test

- On a safe, one-mile distance, students begin running.
- Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Pull-ups

This activity measures upper body strength and endurance.

Test

- The student hangs from a horizontal bar at a height the student can hang from with arms fully extended and feet free from the floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to the starting position.
- The student raises his/her body until chin clears the bar and then lowers his/her body to the full-hang starting position. The student performs as many correct pull-ups as possible.

Right Angle Push-ups

Test

- The student starts in push-up position, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up.

- The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

Right Angle Push-ups Rationale

Right angle push-ups are a good indicator of the range of strength/endurance found in kids, whereas some kids are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

*Students will be allowed to choose either the pull-ups or push-up.

V-sit Reach

This activity measures flexibility of the lower back and hamstrings.

Test

- A straight line two feet long is marked on the floor as the baseline.
- A measuring line four feet long is drawn perpendicular to the midpoint of the baseline, extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point.
- Student removes his/her shoes and sits on floor with measuring line between his/her legs and the soles of his/her feet placed directly behind the baseline, with the heels 8-12 inches apart.
- With hands on top of each other, palms down, the student places them on measuring line.
- With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed.
- After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Rules

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.

Sit and Reach Testing

Test

- You'll need a specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet.
- The student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box.
- With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.
- Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along the measuring line. Scores are recorded to the nearest centimeter.

*Students will be allowed to choose either the V-sit or Sit and Reach.

ATHLETIC PLACEMENT PROCESS

Physical Fitness: Scores Required for the Athletic Placement Process

				Choose	One*		Choose	One **
SEX	AGE	Curl-Ups # in one Minute	Shuttle Run in seconds	V-sit Reach in inches	Sit & Reach In centimeters	1 Mile- Walk/Run min/sec***	Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
Males	11	47	10	4	31	7:32	6	26
	12	50	9.8	4	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9	5	36	6:20	11	40
Females	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7	36	8:23	2	20
	13	46	10.2	7	38	8:13	2	21
	14	47	10.1	8	40	7:59	2	20
	15	48	10	8	43	8:08	2	20

*Flexibility can be measured by performing the V-sit Reach or the Sit and Reach

**Upper body strength can be measured by performing pull-ups, or right angle push-ups.

***For swimming, see next below for alternative 500 yard swim scores.

SWIMMING

The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the one mile run or the 500 yd swim.

SWIMMING TIMES REQUIRED FOR 500 YARD SWIM

BOYS LEVEL 500 Yard Swim Time (min:sec)

Modified	9:15
Freshman	9:00
Junior	
Varsity	8:45
Varsity	8:30

GIRLS LEVEL 500 Yard Swim Time (min:sec)

Modified	10:00
Freshman	9:45
Junior	
Varsity	9:30
Varsity	9:00

SPECIAL TRY-OUT PROCESSES

BOWLING

Any 7th or 8th grade student may be given the opportunity to try out for a junior varsity or varsity bowling team. At the completion of the try-out sessions, which must include nine games bowled over a three-day period, if the individual's bowling average puts him/her in the top eight of your bowlers, he/she is eligible for the team.

GOLF

Any 7th or 8th grade student may be given the opportunity to try out for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes golfed over a three-day period (the first three days of the individual's tryout when the course is accessible), if the individual's golf average puts him/her in the top 8 of your golfers, he/she is eligible for the team.