

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

All current 6th and 7th graders interested in competing at the high school level in the Fall of 2018 must follow the **NYSED ATHLETIC PLACEMENT PROCESS (APP)**
(formerly known as the Selection Classification Process)

The APP Fitness Test includes:

- *Sit-ups in a minute
- *10-yard shuttle run
- *1-mile run
- *Pull-ups
- *Sit & reach flexibility assessment

To pass the Fitness Component students must meet the 85 percentile level from national scores in 4 out of 5 tests.

In addition, students will need to be evaluated on their Tanner or maturity score.

There is no appeal process through New York State for students that do not meet these standards.

For more information on APP testing please visit our web site at www.ktufsd.org/athletics

Kenmore East and Kenmore West Athletic Placement Fitness Test Dates:

Tuesday August 7, 2018
Wednesday August 8, 2018
Thursday August 9, 2018

All testing will be done at
9:00 am at
Adams Field (Parker Field)

**Modified & Intramural sports participants
DO NOT need to take the
Athletic Placement Fitness Test**

**All student athletes MUST have a current
physical on file to try out for any sport.
Please see your school nurse to find out what
paperwork you need to turn in. You will not
be allowed to take the test if you do not have
the proper paperwork.**

**If you have any questions, please contact the
Athletic Office at 871-3082**