



KENMORE EAST
HIGH SCHOOL

KENMORE-TOWN OF TONAWANDA UNION FREE SCHOOL DISTRICT
DEPARTMENT OF PHYSICAL EDUCATION, RECREATION AND ATHLETICS
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KENMORE WEST
HIGH SCHOOL

Athletic Placement Process (APP)

For 7th or 8th grade students

Stages 2 & 3 Information

Stage 1: FinalForms Registration – **Completed**

Stage 2: Physical Maturity Form

- Parent/Guardian completes top portion of “**FORM C**” – “Physical Maturity Form”
- Private Medical Provider or District Medical Director completes bottom portion of the form

Stage 3: Coach/PE Teacher Recommendation

- Parent/Guardian seeks out “**FORM D**” – Sports Skill Evaluation to be completed by:
 - Ken-Ton UFSD coach for the level and sport in which the student plans to try-out; **OR**
 - Ken-Ton UFSD Physical Education teacher, knowledgeable of the student’s skill and fitness level; **OR**
 - Youth/Club coach knowledgeable of the student’s skill level AND has witnessed him/her participating against students of the age level which they wish to compete.

Stages 1, 2, and 3 above must be fully completed prior to the physical fitness test.

The physical fitness test will be administered at Kenmore Junior/Senior High School.

Stage 4: Physical Fitness Test

- APP testing dates and times can be found on Athletics portion of the district’s website.

The Physical Maturity Form and Coach/PE Teacher Recommendation must accompany the student-athlete to the physical fitness test.

For any questions related to the APP process, please contact the Athletics Office or visit the Athletics portion of the district website for testing dates.

FORM C
PHYSICAL MATURITY FORM

To be completed by parent/guardian

Student's Name _____ Grade _____

Home Address _____

Date of Birth ____/____/____ Age _____ Gender ☐ Male ☐ Female

High School ☐ Kenmore East ☐ Kenmore West

Desired Sport _____

Desired Level ☐ Modified ☐ Freshman ☐ Junior Varsity ☐ Varsity

Recommended Tanner Rating for this Sport & Level _____ (see Appendix)

To be completed by District Medical Director or Private Medical Provider (for review by the district)

Tanner score AND height/weight assessment completed by:

☐ District Medical Director ☐ Private Medical Provider

Exam Date _____

Provider Name _____

CIRCLE the current developmental stage of the student, using the Tanner Scale:

1 2 3 4 5

Alternative to Tanner Examination for Females Only

☐ Onset of Menarche = Tanner Stage 5

Height _____ (____) % Weight _____ (____) %

Check appropriate boxes below and return form to the Ken-Ton Athletics Office (See Appendix)

Student is ☐ **CLEARED** ☐ **NOT CLEARED** for the sport of _____

At the following level: ☐ Modified ☐ Freshman ☐ Junior Varsity ☐ Varsity

Signed/Completed by _____ Date _____

District Medical Director or Private Medical Provider

FORM D
COACH/PE TEACHER RECOMMENDATION

Page 1 of 2

INSTRUCTIONS FOR THE COACH

This form is to be completed by a Ken-Ton UFSD coach for the level and sport in which the student plans to try out or a Ken-Ton UFSD physical education teacher who is knowledgeable of the student's skill and fitness level or a youth/club coach who is knowledgeable about the student's skill level and has witnessed him/her participate against students of the age level in which they wish to compete.

Coach _____ Sport _____ Level _____

Student's Name _____ Gender ☐ Male ☐ Female Age _____

The above-named student has requested an evaluation through the Athletic Placement Process. Having coached this student-athlete in the past, your complete assessment of his/her skill level is an important factor in this process.

NOTE:

*The number of students who are allowed to compete outside of their grade levels should be few and far between. The program is intended only for the athlete who has the physical maturity, physical fitness, and sport skills to be placed with other athletes outside of his/her grade level. Abuses in the program by decision makers who seek to satisfy the needs of the team, rather than considering the well-being of the student cannot be condoned. There are many potential physical and social/emotional pitfalls that must be avoided, and once a student is elevated, the decision is irreversible. Please keep in mind that, until you are notified by the director of physical education's office that the student has successfully completed the entire Interscholastic Athletic Placement Process, that student **may not attend** any practices.*

If you are familiar with the candidate, please write an evaluation of his/her skill level on the back of this sheet. Supporting information would be helpful in determining proper placement, so be specific. If you are not familiar with the candidate, you may wish to contact his/her former coaches for further assessment and/or schedule time to observe the student in a physical education class.

Which level team is the student trying out for?

☐ Modified ☐ Freshman ☐ Junior Varsity ☐ Varsity

Which level of play would you recommend for this student?

☐ Modified ☐ Freshman ☐ Junior Varsity ☐ Varsity

Compare this student's skills relative to other members of the team that the student is trying out for:

☐ Below Average ☐ Average ☐ Above Average ☐ Superior

What percentage of playing time would you estimate he/she would receive at that level? _____ %

List or provide documentation (coaches' evaluations, previous play statistics, etc.) of any evidence of sport skills in respect to playing at the proposed level (Modified, Freshman, Junior Varsity, or Varsity).

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Signature _____ Date _____

Name of individual completing the evaluation _____

Physical Fitness Testing: Score Form

To be completed by test administrator

Instructions for the test administrator

The student listed below has been approved to take the Physical Fitness Test. Please proceed with the testing as described in the Physical Fitness Test Descriptions & Directions in Appendix I of this document.

1. Read the instructions for administering the five items carefully. If you are the coach of the sport that the athlete wants to participate in, you may not be the tester. Notify the Director of Physical Education and/or Athletic Director that a new tester must be assigned.
2. The test can be given in any time frame and in any order. Any of the five items may be retested up to the number of times defined by your APP district policy. Only the best scores should be recorded. For Swimming see, Appendix J page 2, for an alternative portion of the fitness test. For bowling and golf, students are not required to complete a physical fitness test.
3. Encourage the student to do his/her best on each test item. Before commencing with the test, inform the student of the minimum qualification requirement for each component. They **MUST** score in the 85th percentile for their age in 4 out of 5 test components.
4. Return this score sheet to the Physical Education and/or Athletic Director's office as soon as the test is completed.

Physical Fitness Test Scores:

Student's Name _____ Gender ☐ Male ☐ Female Age _____

Desired Sport _____ Desired Level _____

Test Administered by: _____ Date _____

Shuttle Run (nearest tenth) 1/10 seconds _____

V-Sit Reach or Sit & Reach (feet and inches to nearest inch) _____

Pull Ups (# completed) or Right-Angle Push-ups (# completed every 3 seconds) _____

Stomach Curls (one for each completed movement) number _____

One Mile Run/500 Yard Swim (minutes and nearest second) _____

Final Assessment: Student ☐ PASSED ☐ DID NOT PASS at better than the 85th percentile

Signature _____ Date _____

Special Try-Out Process

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.

Rifle

Any 7th or 8th grade student may be given the opportunity to try out for a varsity rifle team. At the completion of the tryout sessions, which must include shooting at all three (3) positions over a three-day period (the first three days of the individual's tryout), if the individual's cumulative scoring average puts him/her in the top eight (8) of your shooters, he/she is eligible for the team.

APPENDIX

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	2	2		2	2	2
Baseball +	2	3	3		3	4	4
Basketball !	2	3	4		3	4	5
Bowling *	2	2	2		2	2	2
Competitive Cheerleading!	2	3	4		3	4	5
Cross-Country *	2	3	3		3	4	4
Fencing +	2	2	2		2	2	2
Field Hockey!	2	3	4		3	4	5
Football !	2	3	4		3	4	5
Golf *	2	2	2		2	2	2
Gymnastics !	2	3	3		3	4	4
Ice Hockey !	2	3	4		3	4	5
Lacrosse !	2	3	4		3	4	5
Rifle *	2	2	2		2	2	2
Skiing (Downhill) !	2	3	4		3	4	5
Soccer !	2	3	4		3	4	5
Softball +	2	3	3		3	4	4
Swim*/Diving!	2	3	3		3	4	4
Tennis *	2	3	3		3	4	4
Track & Field*	2	3	3		3	4	4
Volleyball +	2	3	3		3	4	4
Wrestling !	2	3	4		3	4	5

Classification of Sports According to Contact (AAP)

*= Non Contact

+ = Limited Contact

! = Contact