

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

All incoming 7th and 8th graders interested in competing at the high school level in the Fall of 2021 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

Athletic Placement Fitness Test Dates:

**Tuesday August 17, 2021
Thursday August 19, 2021
Friday August 20, 2021**

**All testing will take place at:
CROSBY FIELD AT 9AM**

**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**