

PART III-Physical Fitness Test

New York State Selection Classification Fitness Examination

The test may include (depending on the sport) some, or all of the following:

Shuttle Run-a 10 yard 'course' whereby the student runs from the starting line, 10 yds out. The student will grab a baton and return to the starting line, drop the baton and run back out to a 2nd baton, pick it up and return to the start line.

1.5 Mile Run-6 laps around our standard high school tracks.

50 yard dash-A sprint that requires students to run a 50-yard straightaway.

Bent Knee Sit Ups-With arms crossed in front of the students chest, knees bent, student must return to the floor enough so a shoulder blade touches the ground or mat. An elbow must touch a knee in the up position. Go for 1 minute.

Arm Hang-Done on a pull up bar. Students pull themselves up so their chins are above the bar. Clock stops when their chin drops below the top of the bar. Knuckles are facing the student.

Standing Broad Jump-From a stationary position students broad jump out as far as they can go. Distance is measured by the part of the foot landing closest to the start line.

Talk to your Physical Education teacher, contact the high school coach or our athletic department to learn of our testing dates for each season. You can also visit our website at: www.kenton.k12.ny.us

For more information on the fitness test that your child may be taking please talk to your child's PE Teacher, call the Athletic Department At 871-3082, or visit:



ADDITIONAL INFORMATION

It is important for you and your child to understand that once the requirements are met and 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. Your child will be exposed to high school athletes socially as well as athletically.

POLICY AS IT RELATES TO TRANSPORTATION

Parent/Guardians should also note that due to the disparity in dismissal and bus times between the middle schools and high schools, you may be called upon to transport your athlete. As has been our practice for many years, we do not transport any student-athletes for practices. Along with practices it may be necessary for parents to transport their athlete:

*to catch the district-provided transportation to an away game

Generally high school buses depart the high schools anywhere between 3:15-3:45, depending on where the competition is

*to the site of an away contest because your athlete could not make the bus departure time

Our schools compete in the Niagara Frontier League which is comprised of the following school districts; Grand Island, Lewiston-Porter, Lockport, Niagara Falls, Niagara Wheatfield and North Tonawanda



Kenmore-Town of Tonawanda
Athletic Department

Play-Up Guide

*Understanding the
Selection Classification Process*



*An informative guide for
parents of middle school
students aspiring to play a
high school sport.*

Mailing address:
Ken-Ton Athletic Department
1500 Colvin Boulevard
Buffalo, NY 14223
716-871-3082
www.kenton.k12.ny.us

PART I-Parent Permission

I give my permission for my son/daughter,

Name: _____

to attempt to qualify for a JV or varsity athletic team in the sport of:

Sport: _____

We understand that a part of the selection criteria is the New York State Selection Classification Fitness Examination. We recognize the inherent risks in performing the fitness components. We know of no medical reason why our child should not be allowed to take such an examination. We understand that injuries may be suffered during the course of the examination and in extremely rare cases, even sudden death may occur.

Currently my child is in (you must check one):

7th 8th grade

at

FMS HMS KMS

The student is _____ years and _____ months old with a birth date of: _____

The High School that our son/daughter would like to compete at is (check one):

KENMORE WEST KENMORE EAST

Our home address is:

I understand the process for qualification and know the steps my son/daughter must take and what they must pass to be eligible. I have read and understand the significance of the statements issued above.

Parent/Guardian Signature

Date

PART II-Physician Approval

TO BE COMPLETED BY SCHOOL EXAMINER OR PRIVATE PHYSICIAN

_____ has
Student Athlete

(check one):

Passed the physical examination for sports participation

Physical maturity-Based on the code below, the above named student has tested, with regard to maturity at Level # _____

Code: 1=none 2=slight
3=moderate 4=above average
5=adult stage

Height: _____(inches) Weight: _____

Failed to pass the physical examination for sports participation

Signature of Physician or Signature of School Nurse confirming the information on file with the school.

Location of physical examination (specific office, clinic)

Date of physical examination

Note: New York State requires a student to have attained Level #2 or 3 in most contact sports for JV competition. Non-Contact sports require Level #2 for JV in most cases.

Varsity participation generally requires a Level #3 or #4

Dear Parent/Guardian:

Your middle school son/daughter has expressed an interest in attempting to qualify for participation at a high school junior varsity or varsity level in a particular sport. According to New York State guidelines, 7th and 8th grade students may qualify for interscholastic play at the high school level pending the following:

- ◆ They have parental approval to go through the New York State Selection Classification Fitness Examination and to participate, if selected, in the high school interscholastic program (**Part I**)
- ◆ They are academically eligible which will be determined by their school's Guidance Office.
- ◆ They pass a sports physical examination from either a family doctor or school examiner (**Part II**)
- ◆ They pass a fitness test, known as the New York State Selection Classification Fitness Exam (**Part III**)

Once parents have signed off on Part I, this pamphlet must be carried by the student to their sports physical examination where the examining physician is asked to sign Part II. Make sure the maturity level is filled in by the examiner.

Once the sports physical has been completed the pamphlet needs to be taken to the site of the Selection Classification Fitness Exam.

This pamphlet must be completed in its entirety prior to students beginning the testing.