

APP TESTING

7th and 8th Grade Students that want to try out for a High School Sport must take the NYSED Athletic Placement Test (APP) before they can do so.

If you are playing a modified sport, you do not need to take the test

Spring of 2024 will include Baseball (Var, JV and Mod), Softball, (Varsity, JV and Mod) Boys Lacrosse (Varsity and JV), Girls Lacrosse (Varsity and JV), Boys Tennis (Varsity) and Boys and Girls Track (JV and Varsity)

To be eligible for competition, students must pass the physical fitness test and be the appropriate tanner level.

I. Fitness Component

The test includes; sit-ups, shuttle run, 1 mile run, pull-ups & sit & reach

Students must attain 85th percentile (from national norms for their age) in 4 of 5 tests. Talk to your PE teacher about each test

II. Physical Maturity

Four criteria are evaluated when determining a student's physical maturity: tanner level, height, weight & muscle mass

To learn more about Tanner Level please go to our web site:

www.ktufsd.org

click on 'Athletics' and then click on "Athletic Information"

KEN EAST APP TEST DATES

Monday March 11, 2024

2:30 Fitness Center-2nd Floor

KEN WEST APP TEST DATES

Tuesday March 5, 2024

Wednesday March 6, 2024

2:30 New Gym

FRANKLIN MIDDLE SCHOOL

Tuesday February 27, 2024

3:00 Fitness Center

HOOVER MIDDLE SCHOOL

Tuesday February 27, 2024

Thursday February 29, 2024

3:00 Large Gym

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

If you are a 7th or 8th grader that wants to 'play up' you must register on Final Forms under APP Test.

If you have any questions, please call the Athletic Dept. at 716-871-3082