

# 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 2021 will include Baseball (Var, JV and Mod), Softball, (Varsity, JV and Mod) Boys Lacrosse (Varsity and JV), Girls Lacrosse (Varsity and JV), Wrestling (JV and Varsity), Boys Tennis (JV and 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 85<sup>th</sup> 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](http://www.ktufsd.org)

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

## KEN EAST APP TEST DATES

Monday April 26, 2021

Tuesday April 27, 2021

Wednesday April 28, 2021

2:45 PM-Main Gym

## KEN WEST APP TEST DATES

Monday April 26, 2021

Tuesday April 27, 2021

Wednesday April 28, 2021

2:45 PM in the KW Fitness Center

## FRANKLIN MIDDLE SCHOOL

7th Graders at FMS should see Mr. Decker to set up an APP Test

## HOOVER MIDDLE SCHOOL

7th Graders at HMS should see Mr. DeCarolis to set up an APP Test

Please be sure to see your school nurse to make sure that your paperwork is up to date! If you have any questions, please contact the Athletic Office at 871-3082.

Please visit our website at [www.ktufsd.org](http://www.ktufsd.org) to learn more about the APP Test or call the Athletic Dept. at 871-3082 with any questions.