

Lockport City School District

Athletic Placement Process

Step by Step Process for Parents and Student Athletes

1. Student picks up packet of forms with information.
2. Parents read page "A" and signs page "B" (permission form).
3. Physical maturity (Tanner Scale) (Page "C") is completed by the student's primary doctor or by school nurse practitioner on date that is stated on page "A". A Tanner score chart is enclosed in the packet or you may refer to:
http://www.childgrowthfoundation.org/CMS/FILES/Puberty_and_the_Tanner_Stages.pdf.
4. Student gets skill evaluation completed by
 - Lockport City School District coach for the level and sport in which the student plans to try out.
Or
 - A Lockport City School District 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.
5. Parts B & C must be completed at the time of the fitness test (see page "A") on every student or they will not be allowed to participate in a fitness test.
6. Review and practice fitness testing procedures before taking the test.

July 25, 2022

**LOCKPORT CITY SCHOOL DISTRICT
ATHLETIC PLACEMENT PROCESS
PARENT/GUARDIAN PERMISSION**

A

Dear Parent/Guardian:

There is a New York State Education Department (NYSED) program that permits physically and emotionally appropriate students to try out for an athletic team that is outside of their grade placement. It is called the Athletic Placement Process (APP).

Your child may be eligible to participate in a sport outside of his or her normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the APP. This evaluation is a comprehensive evaluation of your child's emotional and physical maturity (including height and weight); as well as athletic abilities, physical fitness, and sport-specific athletic skill in relationship to other student athletes at that level.

Physical maturity is determined by the district medical director during a physical exam, using the Tanner Scale. The Tanner Scale requires the inspection of the entire body, including the breasts and genitals. The district does accept Tanner ratings from private medical providers. The district does accept a history of menarche for girls in place of a physical examination. Upon passing the medical clearance, the student may proceed to the physical fitness and skill assessments. Students must pass all levels in order to meet the requirements of the APP. .

The physical maturity form (form C) may be completed by a private medical provider. If unable to have this form completed by a private medical physician, the Lockport City School District will supply physical maturity testing on the following date/time/location.

The Athletic Placement Fitness testing for all fall sports will take place on August 15 &16 at 3:00pm Lockport High School (Athletic Entrance). APPOINTMENTS ARE REQUIRED- Please call or email Mrs. Gailor at 716-478-4474 or cgailor@lockportschools.net

Medical clearance (tanner scores) will be provided by the district physician only on August 15 & 16 starting at 3:00 PM. You may also obtain the tanner score from your personal physician. He/she will need to complete the "Physical Maturity Form" "C" and it will need to be brought with you to your APP appointment to be reviewed by the district physician.

Please have all forms filled out and signed for the doctor at 3:00 pm. Testing will take place after the doctor gives clearance.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive high school athletics during 7th and/or 8th grade(s). Under normal circumstances, a student is eligible for senior high school athletic competition in a sport for only four consecutive seasons, beginning with the student's entry into the ninth grade. However, by meeting the Athletic Placement Process requirements established by NYSED, your child's eligibility can be extended to permit:

- a) participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) participation during six consecutive seasons in the approved sport after entry into the seventh grade.

In order to advance to the physical fitness portion of the APP process, forms B and C of this packet must be completed fully at the time of the test.

It is important for you and your child to understand that, once the requirements are met and if 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. Remember, at the higher level of play your child will be exposed to the social atmosphere that is common among older students in a high school environment. Therefore, it is important to take into account your child's ability to handle the additional demands.

Please feel free to contact me regarding this program or to discuss any aspect of your child's athletic placement. If you agree to allow your child's participation in this program, please sign and return the parental permission form at the time of testing.

Sincerely,

Michael Sobieraski
Director of Athletics and Physical Education
478-4473

LOCKPORT CITY SCHOOL DISTRICT
ATHLETIC PLACEMENT PROCESS

C

PHYSICAL MATURITY FORM

Student's Name _____ Grade _____

Home Address _____

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

Parental/Guardian Permission Form Received: Yes Date Received _____

Desired Level: Varsity Jr. Varsity Frosh Modified

Desired Sport: *Recommended Tanner Rating for this sport and level _____

** See Appendix H*

**SCREENING PROCEDURES- THIS SECTION TO BE COMPLETED BY THE DISTRICT
MEDICAL DIRECTOR**

*(OR BY PRIVATE MEDICAL PROVIDER FOR REVIEW BY THE DISTRICT MEDICAL DIRECTOR IF
PERMITTED)*

A. 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

B. ALTERNATIVE TO TANNER EXAMINATION FOR FEMALES ONLY *(If accepted by district):*

Onset of Menarche = Tanner Stage 5

C. HEIGHT _____ WEIGHT _____

D. CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE DIRECTOR OF PHYSICAL
EDUCATION/ATHLETICS. *(See Appendix H)*

Student is **cleared** **not cleared** for the sport of _____

at the following level: Modified Freshman Junior Varsity Varsity

SIGNED _____ DATE ____/____/____

**ATHLETIC PLACEMENT PROCESS
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 | 4 |
| 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 | 3 | 4 | 2 | 3 | 4 |
| Field Hockey | 2 | 2 | 2 | 2 | 2 | 2 |
| 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 | 2 | 3 | 4 | 3 | 4 | 5 |
| Soccer | 2 | 3 | 4 | 3 | 4 | 5 |
| Softball | 2 | 3 | 3 | 3 | 4 | 5 |
| 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 |

ATHLETIC PLACEMENT PROCESS

PHYSICAL FITNESS TEST

Curl-ups

This activity measures abdominal strength and endurance.

Test

- Have the student lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, the student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapula's (shoulder blades) touch the floor, for one curl-up.
- The time is for one minute.

Shuttle Run

This activity measures speed and agility.

Test

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- Student starts behind the opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across the starting line.

One Mile Run/Walk

This activity measures heart/lung endurance.

Test

- On a safe, one-mile distance, students begin running.
- Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Pull-ups

This activity measures upper body strength and endurance.

Test

- The student hangs from a horizontal bar at a height the student can hang from with arms fully extended and feet free from the floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to the starting position.
- The student raises his/her body until chin clears the bar and then lowers his/her body to the full-hang starting position. The student performs as many correct pull-ups as possible.

Right Angle Push-ups

Test

- The student starts in push-up position, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

Right Angle Push-ups Rationale

Right angle push-ups are a good indicator of the range of strength/endurance found in kids, whereas some kids are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

*Students will be allowed to choose either the pull-ups or push-up.

V-sit Reach

This activity measures flexibility of the lower back and hamstrings.

Test

- A straight line two feet long is marked on the floor as the baseline.
- A measuring line four feet long is drawn perpendicular to the midpoint of the baseline, extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point.
- Student removes his/her shoes and sits on floor with measuring line between his/her legs and the soles of his/her feet placed directly behind the baseline, with the heels 8-12 inches apart.
- With hands on top of each other, palms down, the student places them on measuring line.
- With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed.
- After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Rules

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.

Sit and Reach Testing

Test

- You'll need a specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet.
- The student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box.
- With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.
- Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along the measuring line. Scores are recorded to the nearest centimeter.

*Students will be allowed to choose either the V-sit or Sit and Reach.

| SEX | AGE | CURL UPS (1 Minute) | SHUTTLE RUN (In seconds) | CHOOSE ONE | | CHOOSE ONE | | 1 MILE - WALK/RUN (Min/Sec) |
|--------|-----|------------------------|-----------------------------|---|-------------------|--|---------------|--------------------------------|
| | | | | PULL-UPS OR RIGHT ANGLE PUSH-UPS (Completed) | # every 3 seconds | V-SIT REACH OR SIT & REACH (inches) | (Centimeters) | |
| FEMALE | 11 | 42 | 10.5 | 3 | 19 | 6.5 | 34 | 9:02 |
| | 12 | 45 | 10.4 | 2 | 20 | 7 | 36 | 8:23 |
| | 13 | 46 | 10.2 | 2 | 21 | 7 | 38 | 8:13 |
| | 14 | 47 | 10.1 | 2 | 20 | 8 | 40 | 7:59 |
| | 15 | 48 | 10 | 2 | 20 | 8 | 40 | 8:08 |
| MALE | 11 | 47 | 10 | 6 | 26 | 4 | 31 | 7:32 |
| | 12 | 50 | 9.8 | 7 | 30 | 4 | 31 | 7:11 |
| | 13 | 53 | 9.5 | 7 | 35 | 3.5 | 31 | 6:50 |
| | 14 | 56 | 9.1 | 10 | 37 | 4.5 | 33 | 6:26 |
| | 15 | 57 | 9 | 11 | 40 | 5 | 36 | 6:20 |

SPECIAL TRY-OUT PROCESSES

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.