

NORTH ROCKLAND ATHLETICS



ATHLETIC PLACEMENT PROCESS-SEE APP PACKET

In order for a 7th or 8th grade student athlete to be eligible for participation in athletics at the high school level, the following protocol must be followed. Athletic placement is aimed for the few select students who can benefit from such placement because of their level of readiness. A 7th grade student may only classify for the Freshman or JV level if there is no team offered at the modified level. A 7th grade student may only classify for the varsity level through an appeal process. The student must demonstrate an extreme high level of skill for the specific sport. The appeal process is approved through the Director of Athletics. A student must meet the appropriate standards of physical and emotional maturity, size, fitness, and skill. It is our goal to take the few selected students, to improve and develop their skills and the athletic program, through commencement at North Rockland High School.

1. The student athlete **MUST** be invited/recommended by the **varsity coach** of the sports program
 - the varsity coach will notify/invite both the student and parent/guardian
 - the varsity coach will put this invitation in writing to the athletic office and school nurse(Fieldstone)
 - Student athletes NOT invited by the varsity coach will not be permitted to tryout/participate at the high school level.
2. After an invitation by the varsity coach, the student should register online, print and complete the APP packet (found on NR Athletics website) and proceed to the school nurse. (coach completes necessary paperwork)
 - After all paperwork is completed and handed into the school nurse, student will take the physical endurance test section.
 - The test will be administered by the school Physical Education teacher.
 - Test Components-Shuttle run, push ups/pull-ups, Sit-ups,
1 Mile Run, V-sit and reach (flexibility)
 - Maturation/Medical exam to be done by a Physician.

3. If the student scores in the 85th percentile for their age on 5 out of 6 tests, he/she can tryout for the high school level team. (exceptions- Golf and Bowling)
 4. The student's name and completed paperwork is sent to athletic office for final approval. The student athlete can then participate in high school level contests.
- Question and/or concerns should be directed to the athletic office 845-942-3390

Tentative dates

Winter season athletic placement paperwork/endurance is due by November 1

Spring season athletic placement paperwork/endurance due by March 1

Fall season athletic placement paperwork/endurance due by August 1

Physical Fitness tests and Standards



ATHLETIC PLACEMENT PROCESS

Physical Fitness: Scores
Required for the Athletic Placement Process

SEX	AGE	Curl ups # in one minute	Shuttle Run in seconds	Choose one		1 Mile Walk/Run min/sec	Choose one	
				Push Up Reach in inches	Sit & Reach in centimeters		Pull Ups if completed	Right Angle Push-ups if every 3 sec
Males	11	47	10.0	4.0	31	8:20	6	26
	12	50	9.8	4.0	31	8:28	7	30
	13	53	9.6	3.5	31	8:50	7	35
	14	56	9.4	4.5	33	7:11	10	37
	15	57	9.0	5.0	36	7:32	11	40
Females	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7.0	36	8:23	2	20
	13	46	10.2	7.0	38	8:13	2	21
	14	47	10.1	8.0	40	7:59	2	20
	15	48	10.0	8.0	43	8:08	2	20

*For swimming, see next page for alternative 500 yard swim scores.