

AMHERST CENTRAL SCHOOL DISTRICT

ATHLETIC PLACEMENT PROCESS (APP)

For 7th and 8th grade students interested in trying out for any JV or Varsity sport **RECOMMENDED BY A COACH*

**If you have already passed the APP (previous year or season) you need only to complete the parent permission form (fitness testing not required)*

1. The Athletic Office or Coach provides [APP information](#) (link) to the student and parent/guardian.
2. Parent/guardian completes the [parent permission form](#) (link) for the child to participate in the APP at least 3 weeks prior to the start of the season start date.
3. Once written parent permission is obtained, the Athletic Office forwards the student's name, along with the corresponding sport and level, to the Middle School nurse and administration. The school nurse will review medical documentation. School administration will review academic and social/emotional readiness of the student to compete at the high school level.
4. **Physical Maturity Medical Clearance:** Physical maturity is determined by a licensed medical provider 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 will use the Tanner rating from the student's most current physical exam. If it does not meet minimum recommendations, the district strongly encourages parents to seek an updated Tanner rating from the student's private medical provider.
 - Parents may elect to have the district physician determine a Tanner rating in lieu of the private medical provider at Sports Physicals, however this practice is not recommended due to the sensitive nature of this exam.
 - The district does **not** accept a history of menarche for girls in place of a physical examination.

The district physician reviews the student's individual Tanner rating, height and weight, and sport recommendation and compares them to the APP Recommended Minimum Tanner Scores and the average height and weight of the high school students participating at that level. Based on all this information, the district physician will determine if the student may safely proceed to the physical fitness and skill assessments. This determination is based on not only the student's physical maturity and abilities, but also the team/competitors physical maturity and abilities.

5. **Physical Fitness Testing:** The [Fitness Test](#) (link) is conducted by a Certified PE Teacher or Director of PE who is not a coach of the sport for which the student is trying out. The student must meet the predetermined standard level for his/her age in 4 out of 5 test components. (Exception: No fitness testing is required for Golf.) **WINTER Sports APP fitness testing will be conducted in the MS South Gym November 6 after school.**
6. Only students who pass all parts of the APP are permitted to try out for the requested sport. The JV or Varsity level coach will make the final determination regarding athletic readiness/participation. Passing the APP does not secure a roster spot. Students that are not selected to participate at the high school level are eligible to participate in our modified sports program.
7. All students must register for the sport before being permitted to try out. Registration period starts 30 days prior to the start of the sports season and is completed online through FinalForms. **FinalForms will not permit a 7th or 8th grader to select a high school level sport. Register your child with all necessary information and the athletic office will manually enter the high school level sport upon successful completion of the APP.**