

ATHLETIC PLACEMENT PROCESS FORM**PROCEDURES FOR THE DIRECTOR OF PHYSICAL EDUCATION AND ATHLETICS**

The Director of Physical Education/Athletics has the responsibility of ensuring that the APP is followed by all parties involved; that the medical director is included at appropriate times; and that the final determinations are sent to the parents, competing school districts, and section executives. Students who pass all parts of the APP are permitted to try out. There are no waivers. A student must meet the appropriate standards of physical and emotional maturity, size, fitness, and skill, in order to qualify.

IMPLEMENTATION STEPS

ALL STEPS MUST BE FOLLOWED, IN ORDER, FOR EACH APP REQUEST.

Step 1 Parent/Guardian Permission: All students who are to be evaluated must first obtain written parent/guardian permission before any evaluation may begin. This form will originate and be mailed from the C-PP Athletic Dept.

Step 2 Administrative Approval: The athletic administrator should confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games. Additionally, because of the increased time demands of participation at the high school level, the student's academic performance is required to be at 80% or higher in every course. Furthermore, administration should assess the student's emotional readiness (behavior incident referrals, attendance, tardies) to socialize with high school-aged students. If the student is not academically or socially ready, the student should not proceed through the APP.

Step 3 Medical Clearance: Must be completed BEFORE the physical fitness portion of the process. The district medical director will determine a student's physical maturity level, and compare the physical size of the student in relation to that of the students against whom the student wishes to compete. If the student is determined to have attained the appropriate physical maturity level and comparable physical size for the desired sport and level, the student may proceed with step 5. If the student is determined to **not** have attained an appropriate physical maturity level for the desired sport and level, **the process stops.**

Important Note on the Physical Maturity Examination: For the medical director, determining the physical maturity level of the student is an important step in the APP process. This is done to ensure that the student has attained a level of physical development at which the chances of growth plate or overuse injury is minimized. Since the growth plate is the weakest area of the growing skeleton, weaker than the nearby ligaments and tendons that connect bones to other bones and muscles, injury to a growth plate can lead to a serious and potentially permanent injury to a joint or long bone. While growth plate injuries are usually caused by an acute event such as a fall or a blow to a limb, they can also result from overuse, such as when a gymnast practices for hours on the uneven bars, a runner runs long distances, or a baseball pitcher spends hours perfecting a curve ball. Caution must be exercised in determining the physical maturity of students at this age level. The size of the student in relation to the other athletes is also a critical component in determining the risk of injury. It is always best to err on the side of caution and keep a student at the age-appropriate level of play to safeguard the student.

Step 4 Sport Skill Evaluation: The sport coach will rely on past personal observations and may consider input from the student's former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sport coach may wish to observe the student in a physical education class.

Step 5 Physical Fitness Testing: This must be done by a certified physical education teacher who is **not** a coach of the sport for which the student will be trying out. The President's Physical Fitness Test has been selected as the test for this process, and the student must meet the 85th percentile level for their age in 4 out of 5 test components. For students trying out for swimming, an alternate fitness test to the 1 mile walk/run- students trying out for swimming may choose to either do the 1 mile walk/ run or the 500 yard swim.

****Failure to adhere to APP timeline posted on the C-PP School District website will result in the APP not being started.***

****A student will not be allowed to make-up the physical fitness test due to illness, injury, or a physical not being completed on time.***

*****Exception to the physical fitness test requirement: Golf and Bowling.***

Step 6 Qualification Determination: The results of the three evaluations will be sent to the director of physical education/athletics. **Only students who pass all parts of the APP are permitted to try out.**

Step 7 Try Outs: The student is allowed to try out for the sport and level requested or the student must return to the modified level of competition.

Step 8 Records: The physical education director and/or athletic director must maintain all records of students who have successfully completed the APP. Items to be kept in the student's file are: Parent/Guardian Permission and Result letters; Maturity Evaluation and Medical Director Form; Physical Fitness results; Coach's Sport Skill Evaluation.

Step 9 Notifications: A Notification List of the scores of all athletes who have successfully completed the process and have been approved through the APP **after the try-out period has been completed** must be sent to:

- The physical education director and/or athletic director of competitor schools
- Athletic governing board or section office