

# Chapin Athletics



Athletic Placement Packet  
for  
Class 8 Athletes Interested in Trying Out for JV or Varsity Teams

Contents:

Page 2...OVERVIEW

Pages 3 - 6...Fitness Test *How To*

Pages 7 - 8...Parent/Guardian Permission Forms

Appendix C...Doctor's Form indicating Level of Physical Maturity

Appendix J...APP Physical Fitness Scores - chart

Final Section: Suggested Tips for Training for APP Fitness Test

## OVERVIEW

Class 8 student athletes have several sports opportunities available to them. Here are the sports offerings for 7/8 teams, which are by signups with no tryouts and no cuts:

### **7/8 TEAM SPORTS**

Fall: CROSS COUNTRY(NEW!); SOCCER; VOLLEYBALL

Winter: BASKETBALL, SWIMMING

Spring: LACROSSE, TRACK AND FIELD

### **JV AND VARSITY TEAM SPORTS**

Class 8 girls also have the opportunity to try out for jv and varsity teams. Please note that the commitment to these teams is 4-5 days per week and athletes must attend all practices and tryouts. In addition, Class 8 athletes must complete the state required APP for tryouts\*.

### **JV and VARSITY TEAM SPORT OPPORTUNITIES**

Fall: VARSITY CROSS COUNTRY, VARSITY FIELD HOCKEY, JV AND VARSITY VOLLEYBALL AND VARSITY SOCCER

Winter: JV AND VARSITY BASKETBALL, FENCING, INDOOR TRACK, SQUASH, SWIMMING

Spring: BADMINTON, LACROSSE, TENNIS, TRACK AND FIELD

### **PROCESS TO BE ELIGIBLE FOR JV OR VARSITY TEAM TRYOUTS**

Chapin is on the Federation List for NY State Athletics. This allows us the opportunity to enter teams or athletes in post season competitions beyond our league (AAIS) and state independent school tournaments (NYSAIS), such as Federation Cross Country Championships. It also allows us to compete during the regular season against public and catholic schools. It also means that we must follow the NYS Commissioner's Regulations. One of those regulations is specific to Class 8 athletes and tryouts for jv or varsity sports. In order for you daughter to be considered at tryouts, she must complete the Athletic Placement Process, or APP.

#### **Basic steps for APP:**

1. Parent/Guardian: Permission signed
2. Your daughter's physician (please note: on the packet you will see the term "District Medical Director - SMD - this applies only to public schools. For Chapin, you use your own daughter's physician.): Maturity form and evaluation filled out, signed, returned to Chapin.
3. Athletic Director and Coach discuss, review, record a summary of the athlete's abilities to reinforce the student is at a level where she is ready to attend tryouts for jv or varsity teams.
4. Physical Fitness Test: Testing will be done in the first days of preseason by our Athletic Trainers. We have attached a summer workout plan to help your daughter prepare for the test.

Once these steps are completed, the tryouts begin for the athlete.

Print out the pdf and use the forms in the packet. A link to the packet can also be found on both the Upper School Athletics page of our website and the Middle School Athletics page.

**TRAINING PROGRAM** - Our Athletic Trainers have put together a workout program, included in this packet, for Class 8 athletes who would like to prepare for the APP fitness testing.

If you have any questions, please do not hesitate to email me at [mcaywood@chapin.edu](mailto:mcaywood@chapin.edu).

## **ATHLETIC PLACEMENT PROCESS PHYSICAL FITNESS TEST: INSTRUCTIONS**

### **Curl-ups**

This activity measures abdominal strength and endurance.

#### **Curl-ups Testing**

Here's what you do: 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 scapulas (shoulder blades) touch the floor, for one curl-up.

To start, a timer calls out the signal "Ready? Go!" and begins timing the student for one minute. The student stops on the word "Stop."

#### **Curl-ups Tip**

Instruct helpers to count aloud the number of repetitions.

#### **Curl-ups Scoring**

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.

### **Shuttle Run**

This activity measures speed and agility.

#### **Testing**

Here's what you do: 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.

#### **Tips**

Be sure the participants understand the importance of running through the finish line. Participants should perform this activity on a gym floor or other appropriate surface.

#### **Scoring**

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a

second.

### **One Mile Run/Walk**

This activity measures heart/lung endurance.

#### **Testing**

Here's what you do: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

#### **Tips**

Use a large enough running area so that no more than eight laps are necessary to complete a mile. Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time.

#### **Scoring**

Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

### **Pull-ups**

This activity measures upper body strength and endurance.

#### **Pull-ups Testing**

Here's what you do:

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.

#### **Pull-ups Tips**

Spend as little time hanging from the bar beforehand as possible because the extra time on the bar may reduce the number of pull-ups performed. Discourage any leg kicking or body swinging, as this may also decrease the number of repetitions.

#### **Pull-ups Scoring**

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

### **Right Angle Push-ups Testing**

Here's what you do:

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 Tip**

As with the pull-up, spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

### **Right Angle Push-ups Scoring**

Record only those push-ups done with proper form and in rhythm.

### **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.

### **V-sit Reach**

This activity measures flexibility of the lower back and hamstrings.

#### **V-sit Reach Testing**

Here's what you do: 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.

#### **V-sit Reach Tip**

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

## V-sit Reach 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

Here’s what you do: 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.

## Sit and Reach Tip

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

## Sit and Reach Rules

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.

# The Chapin School

## ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION

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 (name): \_\_\_\_\_ may be eligible to participate in the sport of \_\_\_\_\_ 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/does not accept Tanner ratings from private medical providers. The district does/does not 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.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive high school athletics during 7<sup>th</sup> and/or 8<sup>th</sup> grade(s), or compete at the modified level if in grades 9-12. 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.

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 to my office.

Sincerely,

Michelle Caywood

Director of Athletics  
The Chapin School  
[mcaywood@chapin.edu](mailto:mcaywood@chapin.edu)

*NYSED Athletic Placement Process 15 Last Updated February 2015*

B

ATHLETIC PLACEMENT PROCESS PARENT/GUARDIAN PERMISSION

PARENT/GUARDIAN STATEMENT

I have read the attached letter and I understand the purpose and eligibility implications of the Athletic Placement Process.

My son/daughter (name): \_\_\_\_\_ has my permission to undergo the evaluation process and to participate in this program. I understand that the determination of physical maturity is a private examination involving inspection of breasts and genitals and will be done by a licensed school health professional, and I give my permission for the examination. Upon passing the medical clearance, he/she may proceed to the physical fitness and skill assessments. I understand that passing the evaluation process does not guarantee my child a position on a team, but only permits them to try out.

\_\_\_\_\_  
Guardian Signature Date \_\_\_\_\_ Parent/

# ATHLETIC PLACEMENT PROCESS

## PHYSICAL MATURITY FORM

**THIS SECTION TO BE COMPLETED BY THE DIRECTOR OF PHYSICAL EDUCATION AND/OR ATHLETIC DIRECTOR:**

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 \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
District Medical Director

## 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 <sup>1</sup>		1 Mile- Walk/Run min/sec*	Choose one <sup>2</sup>	
				V-sit Reach in inches	Sit & Reach in centimeters		Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
Males	11	47	10.0	4.0	31	7:32	6	26
	12	50	9.8	4.0	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9.0	5.0	36	6:20	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.

<sup>1</sup> Upper body strength can be measured by performing pull-ups, or right angle push-ups.

<sup>2</sup> Flexibility can be measured by performing the V-sit Reach or the Sit and Reach