



**Hamburg Central
School District**

Hamburg High School
Department of Athletics
4111 Legion Drive
Hamburg, NY 14075
Telephone: (716) 646-3300 FAX: (716)
646-3345

A

Athletic Placement Process Parent/Guardian Information

Dear Parent/Guardian,

Hamburg Central takes part in a program offered by the NYS Education Department that permits highly skilled and exceptionally talented 7th and 8th grade students to try out for and perhaps compete on the varsity or JV level prior to reaching high school.

The intent of the Athletic Placement Process (APP) is to provide safe and suitable participation for selecting and classifying students for interscholastic athletics. It focuses on determining a student's physical readiness for interscholastic competition.

Form B

In order to establish appropriate eligibility, we must have your permission to begin the APP. This evaluation is a comprehensive one that addresses your child's emotional and physical maturity, as well as athletic abilities, physical fitness, and sport-specific skills in relationship to other student athletes at that level.

Form C

Physical maturity is determined by a student's personal physician. The Tanner Scale is the recommended reference point for this portion of the evaluation, and height, weight, and muscle mass of the student are taken into consideration as well. The district does accept history of menarche for girls in place of a physical examination. Upon passing the medical clearance, the student proceeds to the physical fitness and skill assessments portion. All levels must be passed in order to meet the requirements of the APP. The physical maturity form (form "C") is to be completed by your child's private medical provider.

Form D

Student's moving on to the fitness test portion of the APP are required to submit an evaluation of their skill and fitness level (Form D). This is to be completed by the time of the fitness test, and can be from either the HCSD coach of the sport and level the student wishes to try out, or an HCSD Physical Education teacher who is familiar with the skills and fitness of the student.

APP Fitness testing will take place on Wednesday, November 8th at HHS gym directly after school. Contact Steve Chaffee at schaffee@hcsdk12.org with questions.

You will need to bring form B, C, and D with you to this appointment so it can be reviewed by our district staff.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive HS athletics during 7th and 8th grade. While a student athlete is only eligible to compete in high school level sports for four consecutive seasons beginning in 9th grade, the APP allows a student athlete to compete for 5 or 6 consecutive seasons (depending on whether they begin competition in 7th or 8th grade).

In order to advance to the physical fitness portion of the APP, forms B, C, and D of this packet must be completed fully at time of test and brought to the testing site for review.

It is important to remember that once the requirements are met and your HMS student is accepted as a member of the team, there is no return to a lower level team in that sport for that season. Your child will be competing with older students, and with that comes challenges both during competition and practice, as well as a social atmosphere that is more mature. JV and Varsity teams typically practice and compete 6 days a week; it's important to take into account your HMS student's ability to handle additional demands.

Feel free to contact me regarding this program or any aspect of athletic placement. If you would like your child to participate in this program, please sign and return the parental permission form at the time of testing.

Sincerely,

Thomas Adams
HMS Principal
Director of Athletics, HCSD
716-646-3344



**Hamburg Central
School District**

Hamburg High School
Department of Athletics
4111 Legion Drive
Hamburg, NY 14075
Telephone: (716) 646-3300 FAX: (716)
646-3345

B

**Athletic Placement Process
Parent/Guardian Permission**

Parent/Guardian Statement

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

My HMS Student, _____, has my permission to undergo the evaluation process and to participate in the Athletic Placement Process program. I understand that the determination of physical maturity is a private medical examination involving inspection of breasts and genitals done by my child's own medical provider. Upon passing the medical clearance (Form C), my child may proceed to the coach/teacher's evaluation (Form D) and to the physical fitness and skill assessments. Completed Forms B, C, and D must be brought to fitness testing at the specified date and time (see Form A). I understand that passing the evaluation process does not guarantee my child a position on the team, but only permits them to try out.

Parent/Guardian Signature

Date



Hamburg Central School District

Hamburg High School
Department of Athletics
4111 Legion Drive
Hamburg, NY 14075
Telephone: (716) 646-3300 FAX: (716) 646-3345

C

Physical Maturity Form

Student's Name _____ Grade _____

Home Address _____

Date of Birth ___/___/___ Age _____ Gender ___ Male ___ Female

School Attended during 2023-24 school year _____

Parental/Guardian Permission Form Signed: _____ YES Date Received _____

Desired Level: _____ Varsity _____ Junior Varsity

Desired Sport: _____

SCREENING PROCEDURES-THIS SECTION TO BE COMPLETED BY PRIVATE MEDICAL PROVIDER

A. Tanner score and height/weight assessment completed by

Provider Name _____

Exam Date _____

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

_____ onset of Menarche = Tanner Stage 5

C. Height _____ (%) Weight _____ (%)

D. Check the appropriate line below and the student athlete will bring form to fitness test or submit to the Athletics office.

Student is _____ cleared _____ not cleared to try out for the sport of _____

at the following level: _____ Junior Varsity _____ Varsity

Signed _____
(private medical provider)

Date ___/___/___



Hamburg Central
School District

Hamburg High School
Department of Athletics
4111 Legion Drive
Hamburg, NY 14075
Telephone: (716) 646-3300 FAX: (716)
646-3345

D

Coach or HCSD Teacher Sport Recommendation

INSTRUCTION - This form is to be completed by an HCSD coach for the level and sport in which the student plans to try out **OR** an HCSD physical education teacher who is knowledgeable of the student's skill and fitness level.

Recommender _____

Sport and Level _____ / _____

Student's Name _____ Gender **M** **F** Age _____

The above named student has requested a recommendation through the Athletic Placement Process. Having coached and / or taught this student-athlete in the past, your recommendation is an important factor in this process.

The APP is intended only for athletes who possess the physical and emotional maturity, physical fitness, and sport-specific skills to be placed with other athletes outside of his/her grade level. Once a student passes and makes the higher level team, the student cannot be returned to the modified team for that sport during the current season.

Your help in this process is vital and is greatly appreciated.

I, _____, recommend the above named student athlete to try-out for the above named sport. This recommendation is only made if the other components of the APP are fulfilled.

Optional additional information from the coach or HCSD PE teacher making the recommendation:

Recommender's Signature

Date



**Hamburg Central
School District**

Hamburg High School
 Department of Athletics
 4111 Legion Drive
 Hamburg, NY 14075
 Telephone: (716) 646-3300 FAX: (716)
 646-3345

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	5
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	2	2	2	2	2
Field Hockey!	2	3	4	3	4	5
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 (Downhill) !	2	3	4	3	4	5
Soccer !	2	3	4	3	4	5
Softball +	2	3	3	3	4	4
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

Classification of Sports According to Contact (AAP)

- *= Non Contact
- + = Limited Contact
- ! = Contact



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 specialty 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.

STANDARDS

ATHLETIC PLACEMENT PROCESS

Physical Fitness: Scores
 Required for the Athletic Placement Process

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	V-sit Reach in inches	Sit & Reach in centimeters	1 Mile- Walk/Run min/sec*	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

SWIMMING

The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one, either the 1 mile run or the 500 yard swim.

Required Swim Times for 500 yards

Boys

Junior Varsity	8 : 45
Varsity	8 : 30

Girls

Junior Varsity	9:30
Varsity	9:00