

# **NHCSD Athletics**

## **Advanced Placement Process (APP) Procedure**

*All 7th & 8th grade students must sign up for modified sports. Anyone in 7th or 8th grade signing up for a JV or Varsity sport will NOT be approved and moved to the modified level.*

**Only with the Head Varsity Coaches recommendation may an athlete be considered for the Athletic Placement Process (APP).**

### **Step 1 – Coach Recommendations**

- The Athletic Director will email all varsity coaches with a deadline for athlete recommendations for APP candidates for the upcoming season. (Approximately 1 month prior to the start of sign ups.)
- Coaches must submit athlete names in writing to the Athletic Director for APP consideration and complete and sign the coaches player skill evaluation form by the deadline.
- If the varsity coach does NOT recommend the athlete or meet the established deadline, the **APP process stops** immediately and the athlete will not be allowed to start the process.
- Varsity coaches are responsible for communicating with JV coaches, modified coaches, and any other coaches (when possible) to gather information on potential athletes.

### **Step 2 – Parent Notification & Permission Packet**

- The Athletic Office will contact parents of recommended athletes and explain the process and answer any questions.

- Athletes will still sign up for modified sports when completing the sports registration.
- Parents will receive a letter and must return the signed permission slip prior to the medical review. Please include:
  - Signed parent permission form
  - A current physical (must be within the last 12 months)

**Note**

If permission slip is not returned prior to the medical review date the athlete will not be allowed to continue.

**APP process stops here.**

## **Step 3 – Medical Review**

The District/Boces Nurse Practitioner or Medical Director will review all information.

Students will then be evaluated by the District/Boces NP or Medical Director to determine if the athlete is at the appropriate level of physical maturity.

If approved, the athlete continues to the next step.

If NOT approved, the **APP process stops here.**

## **Step 5 – Physical Fitness Testing**

**Approved students will complete the Physical Fitness Test with the designated PE teacher(s). Students must pass 4 out of 5 fitness components.**

- **If the student passes 4/5, they are approved for tryouts and may report Day 1 of the Varsity or JV tryouts.**
- **If the student fails, the APP process ends here.**

## **Step 6 – Final Clearance**

**Students who successfully pass all components above will be cleared to try out, approved in FamilyID and moved to the appropriate sport level (JV or Varsity).**

**Please contact the Athletic Office for any questions regarding the Athletic Placement Process**

