

**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 | | 1 MILE RUN MIN/SEC | CHOOSE ONE | |
|---------|-----|--------------------------------|------------------------------|-----------------------------|----------------------------------|--------------------------|----------------------------|---|
| | | | | 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 |

SPECIAL TRY-OUT PROCESSES

SWIMMING The 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 one mile run or the 500 yard swim.

| | | 500 SWIM |
|------|---------|----------|
| BOYS | JV | 8:45 |
| | VARSITY | 8:30 |

| | | 500 SWIM |
|-------|---------|----------|
| GIRLS | JV | 9:30 |
| | VARSITY | 9:00 |

BOWLING Any 7th or 8th grade student may be given the opportunity to try out for a JV or VARSITY bowling team. At the completion of the try-out sessions, which must include nine games bowled over a three-day period, if the individual's bowling average puts him/her in the top eight of your bowlers, he/she is eligible for the team.

GOLF Any 7th or 8th grade student may be given the opportunity to try out for a JV or VARSITY golf team. At the completion of the tryout sessions, which must include 18 holes golfed over a three-day period (the first three days of the individual's tryout when the course is accessible), if the individual's golf average puts him/her in the top of your golfers, he/she is eligible for the team.

ATHLETIC PLACEMENT PROCESS PHYSICAL FITNESS TEST

CURL-UPS

This activity measures abdominal strength and endurance.

Curl-ups testing;

- Student lies on floor with knees flexed about 12 inches from their buttocks. A partner holds their feet.
- 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.
- Students do any many as they can during a one minute period.
- "Bouncing" off the floor is not permitted.

SHUTTLE RUN

This activity measures speed and agility.

Shuttle run testing;

- 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 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.
- Blocks should not be thrown across the lines.

ONE MILE RUN

This activity measures heart/lung endurance.

One mile testing;

- Walking maybe interspersed with running. However students should be encouraged to cover the distance in as short a time as possible.

PULL-UPS

This activity measures upper body strength and endurance.

Pull-up testing;

- 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 (palm facing towards body).
- 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 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

This activity measures upper body strength and endurance.

Right angle push-ups;

- 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 completed every three seconds, and are continued until the student can do no more at the required pace.

V-SIT REACH

This activity measures flexibility of the lower back and hamstrings.

V-sit testing;

- 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 the 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.
- 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.
- 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.