

# APP TESTING

7th and 8th Grade Students that want to try out for a High School Sport must take the NYSED Athletic Placement Test (APP) before they can do so.

\*If you are playing a modified sport, you do not need to take the test\*

Spring of 2025 will include

Baseball (Var, JV and Mod), Softball, (Varsity, JV and Mod)  
Boys Lacrosse (Varsity and JV), Girls Lacrosse (Varsity and JV),  
Boys Tennis (Varsity), Girls Flag Football (Varsity and JV)  
and Boys and Girls Track (Varsity and JV)

To be eligible for competition, students must pass the physical fitness test and be the appropriate tanner level.

## I. Fitness Component

The test includes; sit-ups, shuttle run, 1 mile run, pull-ups & sit & reach

Students must attain 85<sup>th</sup> percentile (from national norms for their age) in 4 of 5 tests. Talk to your Phys. Ed. teacher about each test

## II. Physical Maturity

Four criteria are evaluated when determining a student's physical maturity: tanner level, height, weight and muscle mass

To learn more about Tanner Level please go to our web site: [www.ktufsd.org](http://www.ktufsd.org) click on "Athletics" and then click on "Athletic Information"

## KEN EAST APP TEST DATES

**Monday March 10, 2025**

**Wednesday March 12, 2025**

**2:30 Fitness Center-2nd Floor**

## KEN WEST APP TEST DATES

**By Appointment Only**

**Call the Athletic Office at**

**716-871-3082 to schedule an appt.**

## FRANKLIN MIDDLE SCHOOL

**Wednesday March 5, 2025**

**3:00 Fitness Center**

## HOOVER MIDDLE SCHOOL

**Tuesday March 4, 2025**

**Thursday March 6, 2025**

**Large Gym-Immediately After School**

**If you have any questions, please contact the Athletic Office at 871-3082.**

If you are a 7th or 8th grader that wants to 'play up' you must register on Final Forms under Coed APP Test for your respective high school.

FMS kids should choose KE, HMS kids should choose KW.

If you have any questions, please call the Athletic Dept. at 716-871-3082