



Amherst Central School District

Anthony J. Panella
Superintendent

Jeffrey Wheaton
Director of Health, Physical Education and Athletics

Dear Parent/Guardian:

To begin the Athletic Placement Process (APP) for your child (7th or 8th grade) to play a JV or Varsity sport, the following steps must be completed and approved prior to any tryout being conducted. Please note specific deadlines, which must be followed. Dates are subject to change.

1. Return the [Parent/Guardian Permission Form](#) to the Athletic Office no later than **3 weeks prior to the start of the season** in order to **begin** the process. Mail or Email to rreuben@amherstschoos.org. Forms can also be downloaded from the [athletics webpage](#).
2. Upon parent permission, approval must be granted by the middle school principal, school counselor, JV or Varsity sport coach, athletic director and medical director for your child to participate. A current physical must be on file with the school nurse (dated within 1 year of the start of the season). If approved, your child will proceed to the next step of the APP process. Letters will be emailed indicating whether or not your child is permitted to proceed to the final step and take part in mandatory physical fitness testing.
3. Approved students will take part in a mandatory physical fitness test the week prior to the season start date (TBA via Athletic Website) from 4-5:30 pm at the Middle School North Gym. Please arrive on time at the start of the session. Students should wear athletic clothing, sneakers and bring their own water bottle. To view the APP physical fitness standards, [click here](#). *Please note, students that have previously passed the physical fitness testing portion are exempt from this portion of the APP process, parent/guardian permission and school approval is still required.
4. If all steps have been completed and approved, your child will have the **opportunity to tryout** for a JV or Varsity team. Tryout dates/times will be communicated by the sport coach. Students that are not selected to participate at the JV or Varsity level, are eligible to participate in our modified sports program.

If you have any questions, please feel free to call the Athletic Office at 362-3020.

Take care,

Jeff Wheaton

Director of Health, Physical Education and Athletics
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