



# FLY HIGH CLASSIC

SATURDAY - FEBRUARY 1, 2014

LEVELS 4-7

## EFFORT

Do not focus on "who won and who lost?" Focus on effort, "Am I giving my best effort?"

## LEARNING

Do not focus on comparison with others. "Am I better than he is? Focus on learning, "Am I Better than I was two weeks ago?"

## POSITIVE LEARNING

Positive Coaching is not just "happy talk." Being a positive coach involves setting high standards for yourself and your athletes while helping kids succeed through encouragement and positive reinforcement.

## SCHEDULE

### Session 1 Level 4

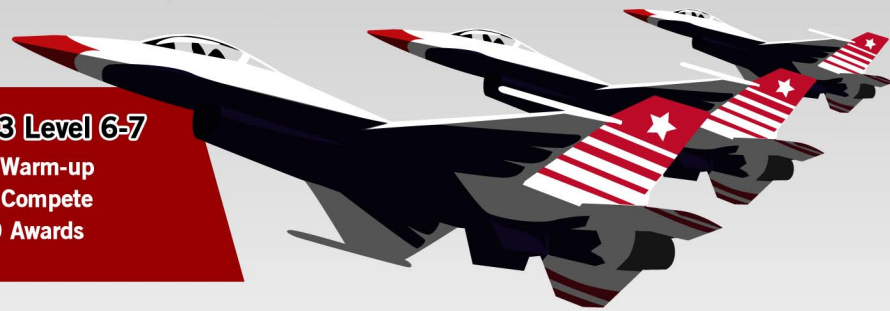
9:30 Warm-up  
9:45 Compete  
11:30 Awards

### Session 2 Level 5

12:00 Warm-up  
12:20 Compete  
2:00 Awards

### Session 3 Level 6-7

2:30 Warm-up  
2:50 Compete  
4:30 Awards



## AWARDS

### Individual Awards

Awards for our meet will be based on individual athlete performance. We will be following the level four awards system where each athlete receives a ribbon on each event based on their scores for levels 4-7.

### Team Awards

Team awards will be a little different than other meets you have attended. We will be giving away airplane trophies. Each athlete will receive their own trophy. The first place team athletes will choose first from the assorted trophies, then second, third etc...

### Competition Format

Traditional Style

### AA Medals

AA medals based on individual performance.

### Entry Fee

\$70 Early Registration Discount  
\$80 Whithin 1 Month of Feet

### Admission Fee

\$5 per person  
FREE - Age 6 and under

### Entry Fee

Results will be posted online during the week following the meet. Please inform your families that by registering for the meet, they are consenting to A+ Athletics posting the results on our website, [www.aplusathletics.com](http://www.aplusathletics.com).

7104 South Dillon Court,  
Centennial, Colorado 80112

☎ 303-953-7320

[www.aplusathletics.com](http://www.aplusathletics.com)