



## Our Facility



9,000 Sq. Foot - Very Clean

- AAI NEW Elite Parallel Bars
- AAI New Classic (Level 4)
- AAI NEW Elite Pommel Horse
- 42X42 Baltic Birch Floor with 2" Carpet Bonded Foam
- Ceiling Mounted Rings with Spring Swivels
- AAI High Bar
- AAI Vault Table

\*\*\*\*55ft Vault Run\*\*\*\*

## Spectator Viewing

Viewing will be available from the deck, as well as, two sets of bleachers in the lobby.

## Session Limits

Due to our space limitations session sizes will be limited to 52 athletes. This will allow for very fast sessions.



## Meet Website

All meet information is posted on our website: [www.aplusmeet.com](http://www.aplusmeet.com).

7104 S. Dillon Ct., Englewood, CO 80112

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

303-953-7320

CALL TODAY FOR MORE INFORMATION



**A+ Athletics**  
 7104 S. Dillon Ct.  
 Englewood, CO 80112  
 303-953-7320  
[www.aplusathletics.com](http://www.aplusathletics.com)

# A+ Athletics



## Fly High Classic

Saturday, February 1st  
Levels 4-7



## Welcome

CALL TODAY TO SIGN UP  
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## Fly High Classic

Saturday, February 1st

Level 4-7

### 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 4-8.

### AA Medals

AA medals based on individual performance.

### Competition Format

Traditional Style



## REWARDING WHAT'S IMPORTANT!

### EFFORT, SELF IMPROVEMENT, POSITIVE LEARNING

#### Team Awards

Team awards will be a little different than other meets you have attended. We will be giving away airplane trophies shown below. Each athlete will receive their own trophy.

The first place team athletes will choose first from the assorted trophies, then second, third etc...

#### 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?"

### Tentative Schedule

#### Session 1 Level 4

8:00 Open Stretch

8:20 Timed Warm-ups

9:00 Competition Begins

#### Session 2 Level 5

12:00 Open Stretch

12:20 Timed Warm-ups

1:00 Competition Begins

#### Session 3 Level 6,7

4:00 Open Stretch

4:20 Timed Warm-ups

5:00 Competition Begins

### 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.

### Spectator Admission Fee

\$5.00 per person  
6 yrs. and under free

### Entry Fee

\$70.00 Early Registration Discount  
\$80.00 Within 1 Month of Meet

### Meet Results

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)