



2018 Greensboro Gymnastics Invitational Coaches' Guide

Welcome to the 9th Annual Greensboro Gymnastics Invitational (GGI) hosted by Flip Force Gymnastics and Flip Force Booster Club. This year's GGI is a Nastia Liukin Cup Junior and Senior Qualifying event. We are excited to continue our relationship with the Nastia Liukin Cup!

Please take a moment to read over this Coaches' Guide to ensure you have all the information and schedules you may need. You will receive your complete Coaches' Packet when you arrive at the event, which will contain information and details specific to your sport. These packets are designed to give you all the necessary information, but if any concerns arise or you have any questions, please contact your Meet Director. We look forward to a wonderful weekend and hope you enjoy the event and the Greensboro area while you are here!

Venue Location and Information

- The GGI will be held in the **Greensboro Coliseum Special Events Center (SEC)**:
1921 West Gate City Blvd Greensboro, NC 27403
(336)-373-7400
- Your USAG Coach's Card will serve as your Parking Pass for Coliseum parking. Please show this card to receive free parking during this event

Host Hotels

Holiday Inn Greensboro Coliseum
3005 West Gate City Boulevard
Greensboro, NC 27403
[336.294.4565](tel:3362944565) phone
[800.942.6556](tel:8009426556) toll free
[Click here to book](#)

Wyndham Garden Greensboro (Newly Renovated!)
415 South Swing Road
Greensboro, NC 27409
Exit 213 off of I-40
Double or King Rooms \$99.00
Suites (Limited) \$149.00
Flip Force Gymnastics block
WYNDHAM.COM/HOTELS/49325

Comfort Suites Four Seasons
3308 Isler Street
Greensboro, NC 27407
(336)235-4002
GGI Block
\$109 per night



General Schedule of Events

Friday, February 9	
8:00 am – 10:00 pm	Women's Competition
4:00 pm – 8:00 pm	Men's Competition
6:00 pm – 8:00 pm	PTT Open Warm Ups
Saturday, February 10	
8:00 am – 10:00 pm	Women's Competition
8:00 am – 9:15 pm	Men's Competition
8:00 am – 10:00 pm	PTT Competition
Sunday, February 11	
8:00 am – 9:00 pm	Women's Competition
9:00 am – 5:50 pm	Men's Competition
8:00 am – 3:00 pm	PTT Competition

Registration opens daily at 7:15 am.

*Please see detailed schedule sheets for individual competition times. Awards follow each competition session for men's and women's gymnastics and each flight for power tumbling and trampoline.

Competition Information

	Men	Women	Tumbling and Trampoline
Format	Capital Cup	Modified Capital Cup	Touch and Compete
Meet Directors	Chris Young	Sarah Myers	Esau Huang
USAG Levels	4 – 10	Xcel, 2 – 10	1 – Elite

Check-In

- Upon arrival, all coaches should check in at the registration desk located in the lobby of the Special Events Center. Credentials and other information will be distributed at the registration table upon check-in. All coaches must have current USAG status, and present USAG badge at check in. All coaches must wear their GGI credentials always, especially while on the competition floor.
- Coaches' Meetings will be held before competition begins to go over any last-minute information and address any questions or concerns. Please arrive promptly.



Food Accommodations

- If you are staying at one of the host hotels, breakfast is available as follows:
 - At the Holiday Inn, breakfast is available in the restaurant, Friday through Sunday. You will receive breakfast vouchers when you check in at the hotel.
- The Coliseum SEC Hospitality Room is located upstairs in Rooms 7 & 8, overlooking the competition areas. This is where lunch and dinner will be provided during the event. The meal schedule will be on the back of your credentials
- Snacks and beverages will be provided throughout the competition in the Judges' and Coaches' Snack area located just off the competition floor under the GGI banners.
- There will be a Reception for coaches and judges on Saturday evening, February 11th. More information will be available at the meet.

Code of Ethics and Dress Code

The USA Gymnastics Codes of Ethics and Dress are in effect for each athlete, coach, and official.

To review the USAG Code of Ethics, please visit:

http://usa-gymnastics.org/pages/aboutus/pages/code_of_ethics.html

Weather Policy

The GGI will not be cancelled due to inclement weather.

Greensboro Area Information

Please visit the Greensboro Visitor's Bureau website for information about local attractions:

<http://www.greensboronc.org/>



Flip Force Gymnastics, Flip Force Booster Club and the GGI are proud supporters of Big Brothers Big Sisters of the Central Piedmont