W300/W400 FAQ

**Housing**

Q: Are Adults (coaches) housed with Athletes?
A: No, athletes and coaches are housed separately. No coach is allowed in the gymnast’s room and no gymnast is allowed in a coach’s room.

Q: How many gymnasts are housed in a room?
A: The number of gymnasts in a room will depend on the size of the room. USA Gymnastics will first put teammates together and then try to house gymnasts by approximate age groups.

Q: How far are the rooms from the gym?
A: The rooms are conveniently located by the gym and cafeteria.

Q: What do the athletes need to bring with them to the course?
A: Athletes and coaches will need to bring twin size linens (unless notified otherwise), towels, pillows, toiletries, hair dryer, and any other personal items. Athletes should bring a swim suit and beach towel.

Q: If they choose, can an athlete stay with a parent off campus?
A: No, athletes must stay on campus. There will be a USA Gymnastics representative chaperoning the athletes.

*Please see hotel options to the right for parents who wish to travel with their child.

**Training Course**

Q: How many hours do the athletes train per day?
A: Athletes will train twice a day for 3 hours each training session.

Q: Will my child learn new skills?
A: The athletes will be working drills and progressions for skills. If they are successful with the drills and progressions, opportunity to train the skill will be allowed.

Q: Are there activities for the gymnasts to do during off hours?
A: Yes, we will have some fun games for them to participate in with adult supervision (all staff has been background-checked).

Q: Are parents allowed at the W300/W400 Course?
A: Parents may attend at scheduled viewing times. Communication about viewing times will be sent with a confirmation letter.

Q: Is the training center and rooms air-conditioned?
A: Yes

**General**

Q: What if my athlete has allergies/special dietary needs?
A: Please provide this information upon registration.

Q: My athlete takes a prescription drug. Is someone available to help administer medicine or is the athlete in charge of it?
A: There is an athletic trainer onsite.

Q: Are athletes allowed to have cell phones?
A: Yes, athletes may use their cell phone when they are not training. However, cell phone reception is limited.

Q: How does the wait list work?
A: Each coach is allowed to bring, but is not guaranteed, five athletes. If the coach would like to bring additional athletes they will need to email education@usagym.org with the athlete’s name, depending on the number of athletes signed up, the wait listed athletes will be released 3 weeks prior to the course.

Q: Will coaches be turned away if they have not completed the U100: Fundamentals of Gymnastics Instruction course?
A: Yes, all the coaches who plan on attending the W300 or W400 hands-on training course must have passed U100 and show proof of completion.

Q: Are there prerequisites to attend this course (as a coach)?
A: Yes

W300: Must pass the W200 and/or work with that level of athletes
W400: Must pass the W300 or be pre-placed at that level

**Hotels on Page 2**
Accommodations for Parents

**Hampton Inn**

64 Hospitality Drive, Crossville, TN 38555  
931-707-7170

The exceptional Hampton Inn Crossville Tennessee hotel is located on the Cumberland Plateau at Exit 322 on Interstate 40, 2 miles from the camp exit #320. This hotel is brand new and very nice. The rates are higher than the other hotels we have listed here, but the amenities are also much nicer.

**Best Western Leisure Inn-Crossville**

4035 Highway 127 N, Crossville, TN 38571-7430  
931-484-1551

**Comfort Suites-Crossville**

2581 E. First Street, Crossville, TN, 38555  
931-707-8638

The Comfort Suites® hotel is conveniently located off Interstate 40, 2 miles from Flip Fest Camp, in the golf capital of Tennessee, close to four championship golf courses. This Crossville hotel is near many area attractions, including the Cumberland County Playhouse, Cumberland Mountain State Park, Deer Creek Golf Course and Vanity Fair Outlet Mall. The Cumberland Medical Center is less than four miles away.

**Holiday Inn Express**

560 Peavine Rd., Crossville TN 38571  
931-707-1035

Recently Renovated in January 2017, this Holiday Inn Express & Suites® hotel is situated in the Golf Capital of Tennessee & the heart of the Volunteer State. Our accommodations provide convenient access to I-40, Highways 68, 70, 127, and 101, ideal for all. We are located 7 miles from the Flip Fest camp, 2 miles from exit #320.

**Grandview Mountain Cottages**

2392 Possum Trot Road, Grandview, TN 37337  
423-365-4412 or 423-618-1932

**McCoy Place Bed & Breakfast**

525 Roy McCoy Road, Crossville, TN 38571-0346  
931-484-1243