

NHSGA Senior Showcase Invitational 2023

General Meet Information



Hello Everyone,

We have been busy planning (and re-planning due to Ian) this year's Senior Showcase Invitational meet. It will, once again, prove to be a wonderful competition of the nation's most outstanding high school gymnasts.

Our site for this year the meet will be **Ft. Myers Beach, Florida**. The competition gym is set for [Estero Recreation Center](#) The hotel for the gymnasts/coaches/parents/families is [Marriot Sanibel Harbour Resort & Spa](#). Reservation information on the website. The hotel has agreed to give us a great rate for this resort.

The competition dates of the meet will be **Friday, May 19th and Saturday, May 20th**. We will have an appointed warm up time for each team on Thursday, **May 18th early afternoon** to get a feel for the gym and equipment. Opening Ceremonies for the gymnasts and coaches will be held **Thursday evening**. This year's equipment will be AAI. We plan on **having two sets** of women's equipment and an extra tumble strip. At this time, we plan to have just one session, as we have done in the past, but plan on having a modified capital cup format. If we need to go to two sessions because of large numbers, we will do that. Further information, forms and changes will be posted on the website as it becomes available. We want to invite all states to send as many gymnasts as possible. You are allowed as many competitors per event per state as you can bring and count the top 4 scores for the team score. Floor music must be in **digital format** (mp3) such as on an iPad, iPod, personal cell phone, etc. Please bring an **alternative back up copy on someone else's phone/ipad/pod**. Remember that the gymnast's high school coach **MUST** be [a member of the NHSGA](#). Lead coaches/liaisons—please make sure they are members of the NHSGA, **they need not attend the meet, but they need to be members for the gymnast to be eligible!**

The Opening Ceremonies is an event where the gymnasts can get to know each other and get a feel for the Florida lifestyle. There will be a meal, "get to know you" activities and very important competition information at this event. This banquet is primarily for gymnasts and coaches. However, if parents and others want to attend, they may for an additional fee and a separate dining area (same restaurant).

Each state has a State Liaison and/or Lead Coach. All gymnasts must register through their Lead Coach.

The rooms are being held until 5:00pm on Friday, April 17th, 2023 reserve early😊
Go to www.nationalhsga.net for more information.

We hope to make this a great experience for you and create memories that will last a lifetime.

Gymnastically,

NHSGA Executive Board

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