

2024 Senior National Showcase

National High School Gymnastics Association

This year the High School Senior National Showcase will be held at the Estero Community Center - on May 17th & May 18th in Ft Myers, Florida. This meet is for any High School Senior that is interested in participating, and is set up to acknowledge the talents of all High School Gymnasts across the nation. This meet format is set up a little different than our High School meets and the timeline will be as follows. On Thursday, May 16th – there will be a warm up time set up for each team early in the afternoon to get bar settings and touch the equipment. (AAI equipment) Opening ceremonies/dinner will be held later that evening for the gymnasts/coaches. This is a good time to mingle and meet the gymnasts from other states. May 17th and May 19th are the competition days. The judging will follow modified USAG Level 9 rules, (will not penalize for doing level 10 skills) with the warm-up/compete format. Team and AA scores will be determined from the first day of competition. After the first day of competition, only the top 15 gymnasts on each event will be called back for a second day of competition. Individual awards will be given out by the scores earned on that second day of competition. This is my 15th year as the state liaison and I am trying to promote as many gymnasts as possible to go to this meet. I feel this meet is a great way to end your High School Gymnastic career as well as to meet other girls that have the same interests from around the country. I am willing to coach any gymnast that would like to participate in this meet. If a gymnast would like to bring their own coach - that will not be a problem either. Just a little more paper work will need to be filled out. For more information regarding the High School Senior National Showcase, you can visit the National High School website @ *http://www.nationalhsga.net.* If you have any questions, please let me know. I can be reached on my cell phone: 724-601-0774 or by email: [cheriemulford@msn.com](mailto:cheriemulford@msn.com). All paperwork for this event must be completed and sent to me, no later than Friday - March 31, 2024. Thanks.

**Cherie Mulford**

**(Assistant Coach for Beaver, Central Valley, Hopewell,**

**South Side Beaver, & West Allegheny Gymnastics Teams)**