

2025 EmpowerHER Invite

Saturday September
20th, 2025

Estero Recreation Center
9200 Corkscrew Palms Blvd, Estero, FL
33928, United States

Session 1 (62)

USAG Bronze ALL

USAG Silver ALL

9:00 am General Stretch

9:15 am Warm up

9:30 am Compete

11:00 am Individual & Team
Awards

Session 2 (76)

USAG Level 1 & 2

11:00 am General Stretch

11:15 am Warm up

11:30 am Compete

1:15 pm Individual & Team
Awards



**All Sessions are Modified
Capital Cup Format.**

Session 3 (81)

USAG Level 3

1:15 pm General Stretch

1:30 pm Warm up

1:45 pm Compete

4:00 pm Individual & Team
Awards

Session 4 (79)

USAG Level 4 & 5

4:00 pm General Stretch

4:15 pm Warm up

4:30 pm Compete

7:00 pm Individual & Team
Awards

Meet Director

Kendall Croy- Premier Gymnastics
PremierGym@gmail.com

Host Hotels

To view accommodation choices
and rates:
[BOOK HERE](#)