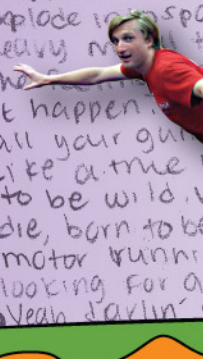
Keep Flippin takes a Roadtrip



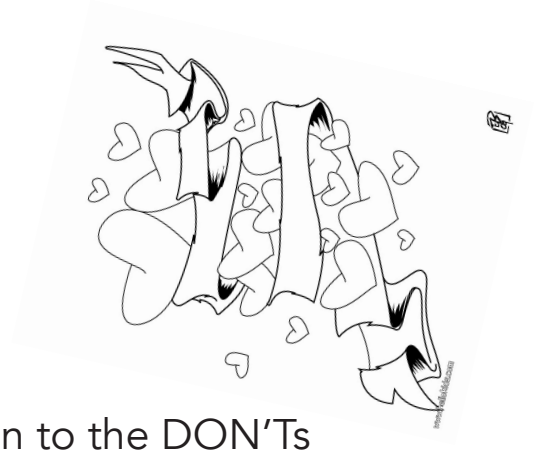
Get your motor runnin' head out on the highway, lookin for adventure, and whatever comes our way. Yeah darlin go make it happen, take the world in a love embrace. Fire all your guns at once and explode into space. I like the smoke and lightning heavy m[illegible] thunder rain with the wind and the [illegible] im under. Yeah darlin go make it happen [illegible] world in a love embrace. Fire all your gu[illegible] and explode into space. Like a true n[illegible], we were born, born to be wild. w[illegible] climb so high, I never wanna die, born to be [illegible]. born to be wild. get your motor runnin [illegible] head out on the highway, looking for adventure in whatever comes our way. Yeah darlin' g[illegible]na make it happen, take the world in a love embrace. Fire all of your guns at once and explode into space. Like a true nature child we were born, born to be wild. We can climb so high I never wanna die born to be wild born to be wild.

2011

Katie Mueras

Big wheels keep on turning, carry me home to see my kin. Singing songs about the Southland, I miss Alabamy once again. And I think its a sin, yes, Well I heard mister young sing about her. Well, I heard ole Neil put her down. Well, I hope Neil Young will remember. A southern man don't need him around anyhow. Sweet home Alabama, where the skies are blue, sweet home Alabama, lord im coming home to you. In Birmingham they love the governor, now we all did what we could do. Now Watergate does not bother me. Does your conscience bother you? Tell the truth sweet home Alabama, where the skies are so blue. Sweet home Alabama, here come Alabama. Now Muscle Shoals has got the hummers, and they've been known to pick me up when im feeling blue, now how about you. Sweet home Alabama, where the skies are so blue, sweet home Alabama. Lord im coming home to you. Sweet home Alabama oh sweet home baby, where the skies are so blue. and the governor's true. Sweet Home Alabama. Lordy, Lord, im coming home to you. Yeah, yeah Montgomery's got the answer.

LISTEN...



Listen to the MUSTN'Ts, child, Listen to the DON'Ts
Listen to the SHOULDN'Ts, The IMPOSSIBLES, the WON'Ts
Listen to the NEVER HAVES; Then - listen to me:
ANYTHING can happen, child, ANYTHING can be.

adapted from "Where The Sidewalk Ends",
by Shel Silverstein

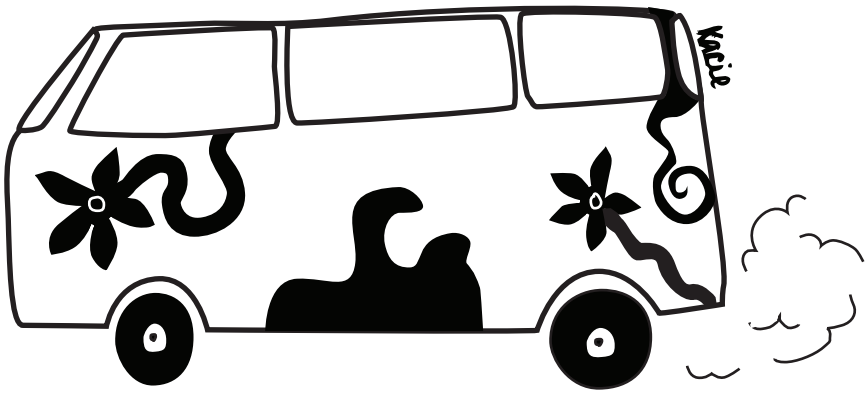
Keep Flippin'™

A VERY SPECIAL THANK YOU!

L.G. Nichols Co. — Charles "T" — Scott & Lyara Tesoriere — SHOWTEAM Parents — Alicia "Wonder Woman" Quick — Kathy Myers — Angel & Marlene Cantu — C.R. Cooper, C.P.A. — Peter Ray, Esq. — Morgane Rayne — BJ Kelly — Kacie Muelas, artist Extraordinaire — Jennifer Jones Wellman — Michelle and Leah Stitsky — Our creative and supportive parents for their props, time, and caring! A very BIG THANK YOU to the Eissey Theatre Crew for an outstanding professional job!

A 2011 KEEP FLIPPIN' PRODUCTION

A ROAD TRIP



THE 18TH ANNUAL GYMNASTICS AND APPARATUS REVUE

EISSEY CAMPUS THEATRE - PALM BEACH GARDENS - DIRECTED BY: DARYL SUE
CHOREOGRAPHY: DARYL SUE, MORGANE RAYNE & COACHES
GUEST CHOREOGRAPHY: LYARA TESORIERE AND JULIE PINGEL

SATURDAY, APRIL 30TH SUNDAY, MAY 1ST

OPENING
Harder, Better, Faster
Massachusetts
New York
Showteam: Hand of Sorrow
Pennsylvania
Tennessee
Showteam: Dancing in the Streets

INTERMISSION
Showteam: Rise
Special Needs
Alabama
Georgia
Showteam: Shout
Florida
Nevada
Showteam: USA

TROPHY DISTRIBUTION

OPENING
Harder, Better, Faster
Texas
Louisiana
Showteam: Hand of Sorrow
Illinois
Showteam: Dancing in the Streets

INTERMISSION
Showteam: Rise
Special Needs
Michigan
Hawaii
Showteam: Shout
California
Nevada
Showteam: USA

TROPHY DISTRIBUTION

THE GYMNASTS

Massachusetts
Angela Berman
Mia Brunson
Maddie Domnick
Victoria DosSantos
Julia Effenberger
Sabrina Freeman
Katelyn Grant
Hanna Hilcoff
Zoe Hilcoff
Jenna Hitchcock
Lana McCloskey
Caroline Swift
Natalie Tejada
Lisa Traylor
Sara Traylor

New York
Tiffany Allen
Brittany Anderson
Tineal Carter
Elizabeth Eno
Brooke Fishman
Lexi Fishman
Laney Gannelli
Katie Geremia
Sarah Hauge
Nikki McDonald
Hannah Milstein
Maya Milstein
Rachel Milstein
Maximos Montesino
Samuel Montesino
Lauren Murphy
Kate Nichols
Evan Roth
Cara Shapiro
Emma Strauss
Hallie Uhrig

Pennsylvania
Jackie Albanese
Brandon Bach
Rachael Bach
Tineal Carter
Sofia DeLeonardo
Catherine Dowd
Matthew Dowd
Emma Hambrecht
CJ Koen
Mya Liebig
Megan Marien
Daniel Murphy
Katelyn Murphy
Bridget O'Neill
Sara Podlesnik
Dylan Rankine
Taylor Rankine
Olivia Rodriguez
Sophia Rodriguez
Emeline Smith
Maggie Smith
Hannah Theriault

Tennessee
Fox Atreidis
Molly Bolland
Julia Brody-Barre
Lucas Cohen
Samantha Cohen
Victoria DosSantos
Victoria Esposito
Hannah Gallagher
Anna Kennedy
Carson Miles
Lauren Miles
Nikki Miller
Jane Montgomery
Bailey Nathan
Mia Nuttle
Madison Thiele
Loreen Tilley
Samantha Titzel
Brandon Yudenfreund
Brielle Yudenfreund

Alabama
Noelle Cain
Emily Cazanas
Jenna Corwin
Gabrielle Cox
Victoria DosSantos
Olivia Dugger
Elizabeth Eno
LeeAnne Grunow
Maya Herran
Emily Holland
Isabel Kauppi
Kaitlyn Key
Jennifer Kyu
Maya Mills
Angela Rojas
Caroline Rozzo
Chloe Rutstein
Kylyn Stevens
Lindy Stevens
Elina Sutinen
Mackenzie Trefz

Georgia
Sofia Abbonizio
Veronica Baker
Debra Baldwin
Ashley Campbell
Madalyn Davis
Hailey Ende
Christie Escanilla
Celia Fidanza
Chloe Greenberg
Courtney Greenberg
Lexi Greene
Natalia Lopardo
Brianna McGee
Krystal McGee
Jane Montgomery
Kiki Montgomery
Grayson Murphy
Abi Parratto
Nicole Porcaro
Rosalina Ribeiro
Chelsea Siebeneck
Ruth Weisberg
Bryce Weisser
Brynn Weisser
Olivia Zeeman

Florida
Carleigh Alfrey
William Cazanas
Sloane Dowd
Selah Dyben
Allison Koen
Haley Lichterman
Kelsey Mackey
Madison McAllister
Madeline McDevitt
Alicia Militello
Krista Miller
Alexis Murrow
Samantha Napieralski
Sabrina Probst
Leah Stitsky
Brooke Van Nice
Taylor Wengierski
Alyssa Wenzel
Lauren Westerfield

Nevada
Laura Cochran
Leah Stitsky
Taylor Wengierski
Courtney Wickers

Special Friends
Donelle Hatcher
Kaitlyn Parsons
Michael Torres

Texas
Gibson Baker
Byron Barro
Zak Buddemeyer
Alan DeLeon
Adam den Bakker
Mason Domino
Alex Hemmes
Hunter Isley
Rowan Paulman
Dominic Quick
Logan Quick
Adin Segal
Sam Stitsky
Riley Visker
Xander Visker

Louisiana
Selah Baker
Mikaela Boyd
Gabrielle Cohen
Demi den Bakker
Annika Espenship
Eliza Grenci
Noa Miller
Danielle Murrow
Ruthie Nash
Trinity Quick
Malia Schmalleger
Talia Segal
Lisa Traylor
Sara Traylor
Brittany Walsh
Mickaela Zimmer

Illinois
Iliana Andrade
Ana Bauder
Julia Brody-Barre
Joy Burckbuchler
Ashtyn DePasquale
Peyton DePasquale
Samantha Ende
Molly Fried
Samantha Fried
Carly Griffith
Hannah Guild
Taylor Hernandez
Kayly Kassab
Allison Kleinfeld
Elena Lavoll
Isabella Lavoll
Angela Rojas
Caroline Rozzo
Katie Ruge
Cara Shapiro
Sarah Wenzel

Michigan
Jeri-Anne Alvarez
Skylar Alverson
Angela Berman
Amelia Blair
Rene Blaustein
Lindsay Copple
Victoria DosSantos
Crystal Khuc
Paige Neff
Ryland Neff
Gabby Resnick
Holli Simpson
Lainey Simpson
Marissa Sutton
Brooke Taylor
Jessica Uhrig
Tristen Whittaker

Hawaii
Lilly Bedard
Zak Buddemeyer
Tatyanna Caputo
Bradley Cohen
Jaycie Dickmann
Kylie Dickmann
Mason Domino
Victoria DosSantos
Ethan Espenship
Michael Golden
Gabriella Granda
Jenna Hitchcock
Ian Justiz
Sasha Justiz
Morgan Kullen
Emily Leckey
Gabrielle Mastando
Jenna Mastando
Brent Robbins
Malia Schmalleger
Chelsea Siebeneck
Kara Tomlinson
Amanda Vega
Kailee Whiteside

California
Angelina Clark
Naomi Cohn
Lindsay Copple
Lauren Cronin
Haylie Fine
Lindsey Fine
Ava Goforth
Annika Hickman
Emily Holland
Jessica Holland
Hannah Jacobs
Rebecca Jacobs
Allison Kleinfeld
Madison Krieger
Elizabeth Mallard
Jade Miller
Juliet Mola
Megan Palmieri
Angelina Quinn
Makayle Rutledge
Cara Shapiro
Erin Shingledecker
Logan Stein
Rachel Strauss
Hannah Thomas

THE COACHES

Daryl Sue Tesoriere — USGF, AGSAA, is a former Pan Am Competitor, with a dance and theatre background. She is a founder of the "Rebounders" gymnastic exhibition team that performed throughout the Northeast and was invited to perform at the New York World's Fair. Daryl Sue has also been an aerobics instructor for 20 years with a background in Physical Education and Special Education. She studied sports medicine and kinesiology and applies the methods to all her exercise and gymnastic work. As the southeast representative for SPRI Inc., she traveled extensively to promote the use of aerobic tubes and bands for different health clubs and studios, as well as a "SPRIercise" Fit Program for school children. She is AFAA certified and is a well-known personal trainer throughout Palm Beach County. She will continue to travel to promote the new "Keep Flippin'" franchises. She enjoys paddle boarding, water-sports, and being with her children.

Alicia Cantu Quick — Alicia is a Florida Native and she has been coaching gymnastics for 21 years throughout the state. Alicia is the director of the Keep Flippin' Gymnastics program, and is the Vice President of the Keep Flippin' Franchise. She was one of the original Keep Flippin' exhibition team members: "The Jupiter Challengers", and is currently on the SHOWTEAM. She received a cheerleading scholarship from the NCA to the University of Florida. Alicia has studied Pangai-Noon Karate for 19 years and holds the rank of black belt second degree. This May, Alicia will compete in her first Brazilian Jiu Jitsu tournament. Alicia volunteers for Hand-in-Hand Ministries, Jupiter Elementary School, Family Church, and Meals on Wheels weekly. She enjoys jiu jitsu, paddle boarding with Michelle and Daryl Sue, biking, working out with Morgane, watching UFC with Lucy, fishing with her dad, shopping with her mom, and most of all playing with her two handsome boys (Dominic and Logan) and her beautiful princess (Trinity). Alicia married her high school sweetheart, Eric, and will be celebrating 14 wonderful years.

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SPECIAL GYMNASTIC VIDEO NOTICE

Parents! It is a strict policy of the Eissey Campus Theatre in Palm Beach Gardens, to absolutely prohibit patrons from using video and cameras in the auditorium during the performance. Only an authorized videographer is permitted to tape the show. We are very fortunate again this year to have Lightning Videos provide us with a professional broadcast quality video. They are very well known for their excellent work and we were able to obtain their services.

Morgane Rayne — When Morgane's parents enrolled her for gymnastics lessons at age 4, little did they know what would come of it. She has been with Keep Flippin' Gymnastics for 17 years, eight of which have been as a coach. This is her 10th year performing with the SHOWTEAM. Morgane was recently accepted to the University of Florida in order to pursue a bachelor degree in Exercise Science. She traveled a lot as a child with her family and is thankful for every moment they spent together. When she's not working, studying, working out with her team mates, you can usually find her mountain biking, kayaking, surfing with Scott, playing with her ferret Bradley, shopping with her mom, eating dark chocolate and cooking up some yummy food. Morgane loves her job and looks forward to coming into work everyday.

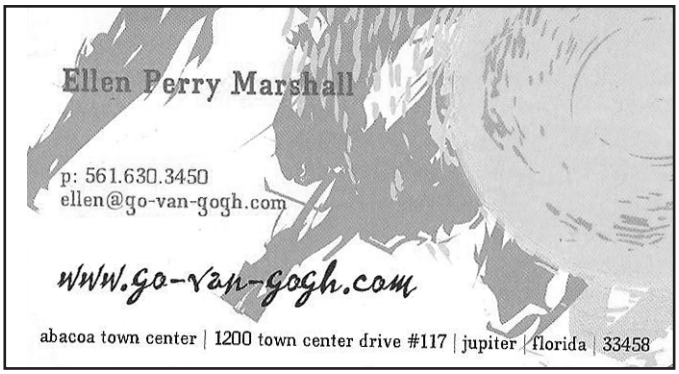
Scott Tesoriere — Scott received his Bachelor of Science and Masters' Degrees at Florida State University. He is currently the Technical Director for Keep Flippin'. He also coaches and helps establish new gyms. Scott enjoys surfing, and traveling to exotic locales. He also owns and runs a web development business.

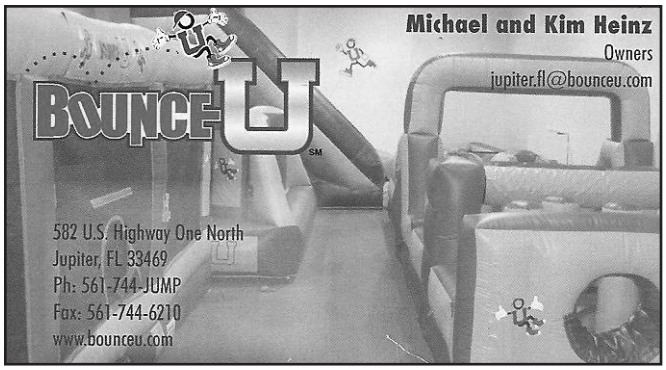
BJ Kelly — Coach BJ has been doing gymnastics for over 25 years and has been with Keep Flippin' as a coach since he moved to Florida over eight years ago. While he has had a variety of jobs since moving to Florida, BJ has always found time to coach classes and to coach and participate with the Keep Flippin' SHOWTEAM.

Michelle Stitsky — This is Michelle's fourth year with Keep Flippin Gymnastics. She enjoys teaching the children to have fun exercising and to be healthy. Michelle lives with her husband Lorne of 18 years and their two children, Leah and Sam. In her time away from Keep Flippin' Michelle enjoys snowboarding, Martial Arts at Purple Dragon and playing with her dog Casey.

Ryan Scott — Ryan Scott has been coaching at Keep Flippin' for two and a half years and is happy to be on the Keep Flippin' SHOWTEAM. He is also a traceur and teaches parkour and freerunning at the gym. After he gets his bachelor's degree in Exercise Science, he is going to audition for Cirque du Soleil as a gymnast or diver. Ryan just graduated high school and is now studying to become a foreign language teacher.

Kacie Muelas — Kacie is a junior at Jupiter High School. She has been at Keep Flippin' Gymnastics for 11 years and has been on the SHOWTEAM for 5 years. She plans on going to USF to study marine biology. In her free time, she likes to draw and be anywhere outdoors. Most of the time you can find her at the gym or volunteering at Loggerhead Marine Center.





THE COACHES

(CONTINUED)

Katye Wenzel — Katye started classes at Keep Flippin when she was 5 years old, and decided to start coaching for us three years ago. She is now 18 and will be graduating in May from Jupiter High School. Katye adores her students and says there's not a dull moment at any time. Katye plays beach volleyball, loves the beach and boat along with anything in the sun. This summer she is moving back to Alabama to continue her education at the University of Alabama and continue coaching gymnastics at a gym up there. However, she will be back to visit her favorite gym, Keep Flippin!

Valentina Cortelezzi — Valentina has been working at Keep Flippin' for a year and a half. She is a graduating senior at JHS. Valentina enjoys kids, loves to rollerblade, being outdoors and is currently a student at here at Keep Flippin'. One day, she intends to become a pilot.

Callie Susterka — This is her first year at Keep Flippin' and she loves it! She also attends the Adult Tumbling class. Callie is a student at Jupiter Christian School and enjoys horse back riding. Her goal is to become a Kindergarten or first grade teacher.

Congratulations Mikaela!

We are so very proud of your accomplishments!

Love you xoxo,
Mom, Dad, Kierra and Ainsley

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Alexandra Escalona — Alexandra completed her first year of coaching at Keep Flippin'. She also tumbles and performs in the adult gymnastics class. Alexandra is a senior at Jupiter High School and will be studying next year at the Universidad Interamericana in Puerto Rico. She is planning on becoming a Medical Doctor. Alexandra enjoys the beach and working with children.

Christina Casaceli — Christina has been working at Keep Flippin' for about a year and tumbled here when she was younger. She is currently studying at Palm Beach State College as a freshman in the field of nursing. She is planning on transfering to a university for her junior year. She loves the beach, being around her friends, and all the gymnasts she coaches here; she says they never fail to make her laugh and put a smile on her face.

Rob Davis — Rob just started coaching at Keep Flippin' and is loving it. When he isn't working he can be found surfing, free running, or hanging out with friends. He graduated from Suncoast High School last year and is working to become an English teacher. He loves working with the kids and teaching them to lead healthy lives.

Kimberly Lokitus — Kim started doing gymnastics with Keep Flippin at age 14 and coached with Daryl Sue for 10 years. She attended USF in Tampa and received a degree in Human Resources and then went on to study Massage Therapy. Kim currently works at Pure Bliss Day Spa doing massage and works independently with private clients. She enjoys working with the kids at the gym a few days a week and loves doing anything active.

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THE SHOWTEAM

SUPERSTARS

Way to go ***Emily and Jessica Holland!*** *We love you!*

- Mom & Dad

CONGRATS TO ALLI, MEGAN AND CJ!
May you Keep'on Flippin'
Happily always
Love, GG, Nane Michele, Mom & Dad, Gram, Mam mee

To my Dominic, Logan, and Trinity,
I love to see you laugh and play,
I love to see you as you pray.
I thank God every day,
That he has BLESSED ME in this way.
As the three of you perform tonight,
I will watch as my heart melts in delight.
There is only one more thing I have to say,
"Keep reaching for the stars and ultimately they will be yours,
And above all things BELIEVE in yourself,
For you are as AMAZING as the stars themselves."
You are My Life, My Love, My DoLoTri
God Bless You. Love, Mom and Dad

Loreen*, Congratulations on a great year. We are proud of you!*

- Bob, Beth, Oma Tilley

For Alicia,
I've heard it said
That people come into our lives for a reason
Bringing something we must learn
And we are led
To those who help in return
Well, I don't know if I believe that's true
But I know I am who I am today
Because I knew you
Like a comet pulled from orbit
As it passes a sun
Like a stream that meets a boulder
Halfway through the wood
Who can I say if I've been changed
for the better?
But because I knew you
I have changed for good
Love, Dar

Madison Thiele

I am so proud of you!
Keep up the great work!

Love, Mom!

Congratulations Katie*!*

Love - Mom, Dad, Grandma & Poppa

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Rachel, Hannah, and Maya

You always make us so proud.

Dream big and reach for the stars.
Love,
Mom, Dad
Max, Maggie, Aladdin, and Jasmine

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The rest is still unwritten.....
Dar

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Scott, Thank you for all your wonderful, considerate help. My fantastic, talented son.

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