

Keep Flippin' Presents

MueLas

How can you see into my eyes life

The Sounds of

2010

SATURDAY
MAY 1ST

SUNDAY
MAY 2ND

FLIPPIN' PRESENTS
MUELAS
Kacie MueLas

How can you see into my eyes life

How can you see into my eyes life

A VERY SPECIAL THANK YOU!

ACKNOWLEDGEMENTS

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

Michelle and Leah Stitsky

Our Music Shoppers!
Leah, Brianna, Taylor, Carly,
Laura

and especially ...

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!

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!

We are so proud of you!

THE SOUNDS OF MUSIC

A 2010 KEEP FLIPPIN' PRODUCTION



THE 17TH ANNUAL GYMNASTICS AND APPARATUS REVUE
EISSEY CAMPUS THEATRE - PALM BEACH GARDENS
DIRECTED BY: DARYL SUE - CHOREOGRAPHY: DARYL SUE & COACHES

SATURDAY, MAY 1ST

SUNDAY, MAY 2ND

OPENING: ALICIA & MORGANE

SHOWTEAM: EVERYBODY DANCE NOW

HIP-HOP

CLASSICAL

SHOWTEAM: STYX

ROCK

BROADWAY

INTERMISSION

SHOWTEAM: 7 SEAS OF RHYE

OUR SPECIAL FRIENDS

COUNTRY

REGGAE

SHOWTEAM: IMAGINARY

DISCO

SWING

SHOWTEAM: USA

TROPHY DISTRIBUTION

OPENING: ALICIA & MORGANE

SHOWTEAM: EVERYBODY DANCE NOW

TECHNO

POP

SHOWTEAM: STYX

SALSA

INTERMISSION

SHOWTEAM: 7 SEAS OF RHYE

OUR SPECIAL FRIENDS

PERCUSSION

SHOWTEAM: IMAGINARY

HEAVY METAL

SWING

SHOWTEAM: USA

TROPHY DISTRIBUTION

THE GYMNASTS

HIP HOP

Rachel Bulyar
Sydney Bulyar
Estefania Campos
Sofia Campos
Hannah Chivers
Gabrielle Cox
Beau Eavenson
Elizabeth Eno
Hannah Gallagher
Lily Greever
Sebastian Mastin
Kiki Montgomery
Abi Parratto
Cara Shapiro
Lia Shapiro
Jacqueline Steier
Luke Steier
Emily Weil

CLASSICAL

Joy Burckbuchler
Gabrielle Cohen
Jadyn Ellison
Aryal Fette
Alana Herr
Madison Howard
Kayly Kassab
Natalie Moores
Gabby Resnick
Kaira Rivas
Caroline Rozzo
Claire Scozzari
Chelsea Siebeneck
Kyn Stevens
Lindy Stevens
Makenna Walker

ROCK

Brandon Bach
Rachael Bach
Byron Barro
Emma Bruk
Sadie Burns
Elizabeth Eno
Annika Espenship
Ethan Espenship
Victoria Esposito
Emily Evans
Isabel Kauppi
Kaitlyn Key
Mya Liebig
Lana McCloskey
Sophia Nicolai
Sage Piscopo
Olivia Rodriguez
Avery Sloan
Nicky Stern

Hannah Theriault
Madison Thiele

BROADWAY

Brittany Anderson
Haley Barrett
Julia Brody-Barre
Mia Brunson
Jaycie Dickmann
Kylie Dickmann
Isabella Grear
Hannah Guild
Amber Keyser
Autumn Keyser
Julia McClement
Jane Montgomery
Alexis Murrow
Danielle Murrow
Savannah Myers
Kaitlynn Partridge
Samantha Ritchie
Katie Ruge
Emma Strauss
Samantha Titzel
Chantelly Vasco
Ryan Yule

COUNTRY

Joaquina Ayala
Lucia Ayala
Debra Baldwin
Lilly Bedard
Kendall Beland
Jordan Borenstein
Bianca Boutsikakis
Ashley Campbell
Kate Doolittle
Chloe Greenberg
Courtney Greenberg
Emma Hambrecht
Sophia Helene
Macayla Hermesman
Emily Holland
Emily Johnson
Jenna Kolaczynski
Emily Leckey
Cassidy Mahan
Krystal McGee
Kiki Montgomery
Rosalina Ribeiro
Alaina Saputo
Isabella Saputo
Malia Schmallegger
Emmalee Virginia

REGGAE

Anna Baker
Veronica Baker

Rene Blaustein
Brooke Fishman
Lexie Fishman
Laney Gannelli
Kayla Kummerlen
Rachel Milstein
Juliet Mola
Nicholas Mola
Kate Nichols
Emma Strauss
Brandon Yudenfreund

DISCO

Molli Abel
Carleigh Alfrey
Danielle Borenstein
Mikaela Boyd
Paige Bravo
Laura Cochran
Lauren Gherardi
Celia Gomez
Brianna Hauck
Julia Jenkins
Annie McClement
Mikey Scala
Leah Stitsky
Hallie Uhrig
Taylor Wengierski

COACHES/HS

Jessica Durchholz
Amy Friedrichs
Kara Herr
BJ Kelly
Anthony Maffei
Lauren Miller
Kacie Muelas
Alicia Quick
Morgane Rayne
Jacqueline Rivera
Sean Scala
Ryan Scott
Michelle Stitsky
Jessica Sweeb
Daryl Sue Tesoriere
Scott Tesoriere
Katie Wenzel

TECHNO

Martha Arasim
Gabriella Brown
Emily Cazanans
Hannah Conley
Jenna Corwin
Madalyn Davis
Alexandra Doehnert
Amber Gatto
Carly Griffith

Maya Herran
Crystal Khuc
Maya Mills
Paige Neff
Ryland Neff
Dominique Petrarca
Chloe Rutstein
Alyssa Wenzel
Sarah Wenzel

POP

Ana Bauder
Lauren Bauder
Mikaela Boyd
Kiersten Disque
Dana Dubauskas
Alexandra Goldman
Taylor Hernandez
Alianna Jones
Kelsey Kerestes
Allison Kleinfeld
Elena Lavoll
Isabella Lavoll
Jane Lourie
Maya Milstein
Ruthie Nash
Alyssa Rojas
Angela Rojas
Claire Scozzari
Chelsea Siebeneck
Kira Vaden

LATIN

Carleigh Alfrey
Megan Alioto
Jeri-Anne Alvarez
Iliana Andrade
Amelia Blair
Abigail Bozzuto
Samantha Cohen
Emma Collins
Dylan Feder
Lindsey Fine
Sydney Fox
LeeAnne Grunow
Annika Hickman
Emily Holland
Jessica Holland
Devlyn Isberner
Carly Johnson
Allison Kleinfeld
Nicole Kleinfeld
Madison Krieger
Morgan Kullen
Maya Larson
Hannah Milstein
Maya Milstein
Zoe Primack
Maggie Regnery

Claire Scozzari
Cara Shapiro
Lia Shapiro
Logan Stein
Rachel Strauss
Marissa Sutton
Brooke Taylor
Jane Wang
Peyton Weiss

PERCUSSION

Julia Brody-Barre
Tatyanna Caputo
Grace Flatscher
Molly Fried
Samantha Fried
Mikenna Quigley
Caroline Rozzo
Olivia Stein
Sam Stitsky
Mason Domino

HEAVY METAL

Drake Andrews
Laurence Andrews
Sadie Burns
William Cazanans
Bradley Cohen
Lance Dellaria
Adam den Bakker
Demi den Bakker
Mason Domino
Kenny Hauck
Alex Hemmes
James Hemmes
Hunter Isley
Kaitlyn Key
Madison Key
Matthew Myers
Megan Palmieri
Seth Poissant
Alexander Popovics
Nicole Porcaro
Dominic Quick
Logan Quick
Trinity Quick
Maggie Rochefort
Melissa Scalera
Adin Segal
Emily Strivelli
Alex Stroh
Ashley Wilkins

SPECIAL FRIENDS

Kaitlyn Parsons
Michael Torres

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 south-east 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 paddleboarding, watersports, and being with her children.

Alicia Cantu Quick — Alicia is a Florida Native. She has been coaching gymnastics for 20 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 NCAA to the University of Florida. Alicia has studied Pangai-Noon Karate for 19 years and holds the rank of black belt second degree. Alicia volunteers for Hand-in-Hand Ministries, Jupiter Elementary School, ABC Montessori, Central Baptist Church, and Meals on Wheels weekly. She enjoys paddle boarding, 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 13 wonderful years.

Morgane Rayne — When Morgane’s parents enrolled her for some gymnastics lessons at age 4, little did they know what would really come out of it. She has now been with Keep Flippin Gymnastics for 16 years, 7 of those has been coaching. This is her 9th year performing with the SHOWTEAM. Morgane is also a student at Florida Atlantic University working towards a bachelor’s degree in Exercise Science. She traveled a lot as a child and enjoys spending time visiting her family in France. When she’s not working, studying or working out with Alicia you can usually find her biking, kayaking, surfing with Scott, playing with her ferret Bradley, carpooling with Lucy and cooking up some yummy food.

Scott Tesoriere — Scott received his Bachelors of Science and Masters Degrees at Florida State University. He is currently the Tech Director for Keep Flippin’. He also coaches, and helps establish new gyms. Scott enjoys surfing, and travelling to exotic locales. He also design websites on the side.

BJ Kelly — Coach BJ has been doing gymnastics for over 24 years and has been with Keep Flippin’ as a coach since he moved to Florida over seven 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. Even now, as a Mac Genius (computer tech) at the Apple Store in the Gardens Mall, BJ always makes time to do what he truly enjoys... tumbling and coaching.

Michelle Stitsky — This is Michelle’s third 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 17 years and their two children, Leah and Sam. In her time away from Keep Flippin’, Michelle enjoys yoga, paddleboarding, and snowboarding.

Ryan Scott — Ryan has been coaching at Keep Flippin’ for a year and a half; this is his first year on Show Team. Before Keep Flippin’ he dove competitively for four and a half years. On the rare occasion he is not at the gym, Ryan can be found somewhere outside either at the beach, in the middle of the woods, or free running. Ryan has just graduated high school and is now studying to become a foreign language teacher.

THE COACHES

Katye Wenzel — Katye started classes at Keep Flippin when she was 5 years old, and decided to start coaching for us two years ago. She is now 17 years old and a junior at JHS. Katye loves the children here and feels that she learns something new from them everyday. She also plays beach and indoor volleyball, loves the beach and boat, hanging out with her friends, and anything fun in the sun. She plans on moving back to her hometown in Alabama for college to pursue a career in the medical field after her senior year.

Lauren Miller — Gymnastics came into Lauren's life at the age of 8 and she never thought that she would some day be coaching. Her coaches sculpted me into becoming the person I am today, which she is forever grateful. This art form is a way for kids to express themselves and all she wants to do is pass on the things that she has learned from being a gymnast to them. When Lauren graduates high school she plans on moving to Europe to pursue something in the art/science field.

Sean Scala — Sean was born and raised in Jupiter Florida and has two brothers. Sean is 17 years old and is a junior at Jupiter High School. Sean like to go to the beach and chill with my friends and coach gymnastics. Sean plans on going to USF and getting a biomedical degree and later on specializing in immunology, then get into a research facility to discover new ways to treat and vaccinate diseases and illnesses.

Jessica Sweeb — Jessica has lived in Jupiter for the past ten years. She is currently a senior at Jupiter High School and will be attending the University of Florida. After she completes four years there, she will hopefully be moving up to Boston to further her education in becoming an orthodontist. She has been working at Keep Flippin' since she was 16 and it has been the best job she has ever had so far. Besides working at the gym, she spends most of her time with her friends and outdoors.

Amy Friedrichs — Coach Amy has been having a lot of fun during her first year at Keep Flippin' Gymnastics! She used to do competitive gymnastics and loves the opportunity to be back in the gym! Amy is also a full-time elementary school teacher at The Baldwin Prep School in North Palm Beach, where she teaches a 4th/5th grade combination class and a 7th grade science class. When she is not working, Amy enjoys spending time with her husband, traveling, baking, walking on her hands, and spending time outdoors.

Kacie Muelas — Kacie is 15 years old and has been at Keep Flippin' for 10 years. She enjoys hanging with new people and doing fun activities like drawing (kacie designed the program cover and the coaches T-shirt for the show), laser tag, and bowling. She is a sophomore school at Jupiter High School. Kacie has been on the show team for four years and plans to keep working here until she goes to college.

Anthony Maffei — Anthony has been working at Keep Flippin since he was 14. He started off as a volunteer and now has been coaching for 4 years. Anthony is a senior at south fork high school and will be furthering his education at Florida gulf coast university next year. He plans on becoming an orthodontist. Anthony loves the water. You can find him on a boat jet ski or hanging out on the beach almost everyday. If he's not working or at the beach you can find him hanging out with friends and just relaxing.

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.

THE SHOWTEAM



Team:
Alicia Alexis
Amber Brittany
Collin Haley
Julia Kacie
Morgane Ryan

Pre-Team:
Brooke Hannah
Lexie Rachel
Ryan

SUPERSTARS

OUR STAR CRYSTAL KHUC.
MAY YOUR JOURNEY ALWAYS
BE BRIGHT.
LOVE, MOM & DAD

Great Job Annika!

Mom, Dad & Cory

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



Congratulations Gymnasts!
www.oceansurfhotel.com

Congratulations!
Montgomery girls! The
"coolest" gymnasts
around! Love,
Mosca's of Jupiter Amici
Pizza

SUPERSTARS

Ashley

We are so proud of you!

Awesome Job.

Love, Mom, Dad & Britt

Bravo Byron!

Good Job!

Love Un Bacio!

Babbo & Mamma!

Macayla,

Keep reaching for the stars,
we are very proud of you.

Love, Dad, Mom, Tristain, and Sawyer.

A Beautiful Young Lady,
we wish you the best of luck.
Love, Nanna and PaPa.

We are very proud of you.
Always follow your heart and pursue your dreams.
Love, Aunt Becky, Uncle Jeff, Colby and Kerrigton.

Great Job

Katie & Samantha!

Fabulous Performance
Gabriella!

We are so proud of you!
Love, Mommy, Daddy,
Grandma & Sol Mike

Rosalina

With a boundless source of energy... you continue to
make things happen! You are a roaring success with
an endearing spirit of love and lots of determina-
tion! We are so proud of you!

Mom, Dad, Daniel, David and the hounds too :)

xoxox

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

MY EARTH ANGELS

My Lyara, From a "Magna" lady to a "Disney" performer!

You are so special and beautiful. We adore you!

Scott, Thank you for all your wonderful, considerate help.

My fantastic, talented son.

Emma Hambrecht,

Good luck in your first gymnastic show.

We are very proud of you!

Love, Mom, Dad, Kylie, MeMom, Pop Pop, Mike,

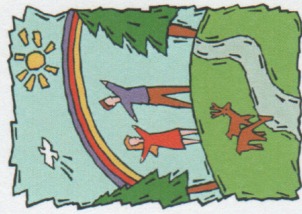
Matt & Carrie

WAY TO GO EMILY AND
JESSICA HOLLAND!

WE ARE SO PROUD OF
YOU!

YOU ROCK!!!

LOVE, MOM & DAD



Circle of Life

Elton John

From the day we arrive on the planet
and blinking, step into the sun
there's more to be seen that can ever be seen
more to do than can ever be done . . .
Some of us fall by the wayside
and some of us soar to the stars
and some of us sail through our troubles
and some have to live with the scars
There's far too much to take in here
more to find than can ever be found
But the sun rolling high
through the sapphire sky
Keeps great and small on the endless round . . .

In the circle of life
It's the wheel of fortune
It's the leap of faith
It's the band of hope
Till we find our place
On the path unwinding
In the circle - circle of life

- In loving memory of Marilyn Nichols -



The leader of the band is
tired and his eyes are
growing old
But his blood runs through
my instrument
And his song is in my soul
My life has been a
poor attempt to imitate
the man
I am just the living legacy
of the
Leader of the Band

In loving memory of
Leslie Nichols