

Alyse Karenbauer

PA Cyber – GPA 4.0
Class of 2023

YouTube: [Xquisite Gymnastics](#)

X-Cel Gymnastics - Home of Team Xquisite
Head Coach-Lindsey Stancil
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Skills:

Vault: Yurchenko Layout

Working: Yurchenko 1/1

Bars: Mount HB, Pak, Pirouette/Free Hip/Toe Hecht, Blind/Front
Giant/Pirouette, Giant, Double Layout

Also has: Toe Hand

Working: Shaposhnikova, Blind 1/1, Piked Jaeger, Double Lay Full
Out

Beam: BHS/LOSO, Switch/B. Tuck, Switch Side, Full Turn, Front Tuck,
Double Back Dismount

Working: BHS/BHS/LOSO, BHS/BHS two foot/True LO, Front Tuck/Split/Straddle,
Switch Half, Double Pike

Floor: Double Pike, Double Back, RO/1.5/F. LO, Tour Jete ½, Switch Side, Popa,
Switch Half

Working: Full In, Double LO, Front Full, Rudi

Career Highlights:

- 2018: Boston Elite Qualifier: Qualified EC, 1st place bars
- 2018: L9 Eastern Nationals: 4th Beam, Junior 3 R7 Team Champions
- 2018: L9 Regionals: VT 4th, BB 5th, AA 5th
- 2018: L9 States: VT 6th, UB 7th, AA 7th
- 2018: L9 Fantasia: VT 4th, UB 3rd, BB 3rd, FX 8th, AA 2nd

