

Alyse Karenbauer

PA Cyber – GPA 4.0
Class of 2023

YouTube: [Xquisite Gymnastics](#)

Instagram: [alyse_karenbauer](#)

X-Cel Gymnastics - Home of Team Xquisite

Head Coach-Lindsey Stancil

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Skills:

Vault: Yurchenko Full

Working: Yurchenko 3/2 & 2/1

Bars: Hindorff/Pak, Pirouette/Toe circle, Giant, Double Lay Full Out

Also has: Toe handstand, Free Hip Handstand, Blind 1/1

Working: Maloney

Beam: BHS/LOSO, Switch/Split/B. Tuck, Side Straddle Jump Full Turn, Front Tuck/ Beat Jump, Switch Straddle, RO 3/2

Working: BHS/BHS/LOSO, Front Tuck/Split Jump

Floor: Tucked Full-In, FLO/F 1/1, Front through to Double Back, Switch Side/Popa

Also has: Piked Full-in soft surface, RO/1.5/FLO, Tour Jete ½, Switch 1/2

Working: Double LO, Rudi

Recent & Career Highlights:

- **2021: L10 DP Nationals: 12th VT**
- **2021: L10 Regionals: 2nd VT, 6th FX, 7th AA – DP National Qualifier**
- 2021: L10: Christmas City Classic: 1st VT, 2nd UB, 1st BB, 2nd FX, 1st AA
- 2021: L10: Stars & Stripes: 1st VT, 5th AA
- 2021: L10: Buckeye Classic: 1st VT, 5th UB, 5th FX, 4th
- 2020: L10: Fantasia Classic: 1st VT, 4th UB, 4th BB, 4th FX, 2nd AA
- 2020: L10: Buckeye Classic: 1st VT, 1st UB, 4th FX
- 2020: L10: Texas Prime: 1st VT, 3rd UB, 3rd FX, 3rd AA- qualified to Legendz on UB
- **2019: L10: State & Regional Qualifier**
- **2018: Boston Elite Qualifier: Qualified EC, 1st place bars**
- **2018: L9: Eastern Nationals: 4th BB, 11th AA, 1st place R7 Team**

