

GYMNASTICS INSTRUCTORS & COACHES

Trisha Fast- Mrs. Fast brings valuable experience and expertise to the FFS. She is a 4th grade teacher for USD 373. She is a former competitive gymnast. Mrs Fast has taught and coached gymnastics for Folgers Gymnastics of Wichita, Pittsburgh Y, and Hutchinson Y. Her experience in teaching and coaching is a great plus for the Flip Flop Shop. The teams were quite successful this past season.

Penny Hiebert- Teaches tiny tots, tumblers and substitutes for beginners. She is one of the Pre-team coaches. Mrs. Hiebert loves working with kids. She has two children of her own, one of which has been involved with the Flip Flop Shop for over ten years now. That's how she got to love the sport. Mikayla is no longer competing, but helps teach classes at the FFS and has substituted for many classes in the past. Mrs. Hiebert has taught Sunday School for several years from kindergarten through 8th grade. She has also helped with Bible school and is active in the Praise Team in her church. She has been employed at Excel Industries, Inc. in Hesston for 29 years. She enjoys camping and working in her yard. Her family keeps her busy with all their activities, but she wouldn't have it any other way. This past spring her family welcomed a granddaughter to their family. Ms. Hiebert is a great asset to the Flip Flop Shop staff.

Mikayla Hiebert - is not new to the Flip Flop Shop having been a student and a team member for many years. She is a recent graduate of Bethel College in North Newton and teaches Tiny Tots, Terrific Tumblers, Beginners, Tumbling and coaches pre- team.

Keely Boston - is a former team member of the Flip Flop Shop and Newton High School Gymnastics Team. She is a graduate of Pittsburgh State University. She taught at Pittsburgh YMCA while attending PSU. Her experience as a gymnast and teacher is a great asset to the FFS.

Kylie Jantz- is also not new to the Flip Flop Shop. She was a student and a team member for many years and then competed for Newton High School for four years. She graduated from Bethel College and then went to WSU to get her master's degree in Physical Therapy. She is employed with the Newton school system as a Physical Therapist. We are blessed to have her on staff.

Carlve Anderson has recently started helping with some of the classes. She was a team member of the Flip Flop Shop for several years and then competed for Newton High School earning many honors one of which was a two time state champion on uneven bars. She is a certified EMT and she was an assistant coach for Newton High School last year. Her experience and knowledge are invaluable to the students she teaches.

Toria Thaw has recently started helping with some of the younger gymnasts. She, too, competed for the Flip Flop Shop several years and competed at Newton High this past year.

[site in progress: watch for updates](#)

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